



Association of Professional Advisers and Counselors

ARTS AND SCIENCES CENTRAL ADVISING OFFICE

FEBRUARY, 1988

ANN TRAIL, EDITOR

February Meeting

"What is a professional counselor?" Our next meeting, on February 24, 1988, at noon in Savery 207, will grapple with this question. Our organization titles us "professionals," but what does the word mean, and to whom? There will be a panel of advisers and administrators with their answers to the question. We want you to come with yours.

Lujan Committee Recommendations

--Lindsay Michimoto

According to David Williams, Director of Personnel, the Provost is likely to adopt the recommendations of the Ad Hoc Committee on Counselors chaired by Vice President Herman Lujan. The recommendations include: 1) an across-the-board salary increase to all exempt counselors similar to the faculty increase, effective March 1, 1988, funded by the central administration; 2) a reclassification of all counselor positions based on a new five-level Professional Ranking System for Counseling Positions; 3) adjustment of grades in recognition of the growth of the counseling profession, effective July 1988. This is the time to submit upgrade applications if your position needs it. All reviews and adjustments should be effected by June, 1989. Contact Lindsay Michimoto at 3-4871 for more information.

New Role for APAC

--Kate Nelson

On January 21, the APAC Board decided in a special session to reframe the concept of the organization in order to provide more flexibility and autonomy to members who have differing needs. While APAC's goals will remain the same, the strategies to achieve those goals may change. The goals of APAC, as stated in the By-laws are:

1. To define, promote, improve and maintain professional standards;
2. To encourage recognition as an association and as individuals;
3. To enhance communication and exchange of professional information among advisers and counselors;
4. To facilitate communication between or provide liaison among the Association, students, faculty, the administration of the University of Washington, its schools, colleges and departments, and its personnel board.
5. To promote and conduct research in the field of advising and counseling.

Board members conceptualize APAC as an "umbrella" organization devoted to professional development and the enhancement of the image of advising and counseling. However, it seems appropriate that, with a membership as diverse in training, educational background and job function as ours, other needs exist which may be better served by a committee, task force, special meeting of interested members, or other channel.

APAC will continue to offer monthly meetings and to support efforts for recognition of advisers and counselors through its Professional Staff Task Force. In addition, APAC will offer support for special concerns, such as the recent development of a forum on departmental advising and the possible co-sponsorship of the 1989 regional conference of the N.A.A. (see article in this issue). APAC will continue to publish a monthly newsletter and host a year-end luncheon.

Board members hope the new concept will strengthen the organization and give greater opportunity to members who have concerns that are unique to their particular department or job situation. As always, we invite your comments.

College Studies Program

The College Studies Program -- an alternate method of fulfilling the distribution requirement -- is scheduled to be available Autumn 1988. As of January, 1988, the following sequences have been approved:

HUMANITIES: Interpretation, Community and Culture (C LIT 260, 360, 460); Literature, Imagination and Culture (three of ENGL 205, 306, 307, 346, 408); The Spectrum of Literature (C LIT 200, 350, 400); Argumentation in Society (SPCH 334 and two of SPCH 424, 426, 428, 434); Art in Public Places (ART 275, 276, 332).

SOCIAL SCIENCES: Science in Civilization (HST 311, 312, and HST 313 or BI HS 424); Western Civilization (HST 111, 112, 113); American Ethnic Studies* (AES 350, 351, 352); Political Economy (POL S 270, 370, 475); Evolution of Political Power (POL S 273, ANTH 373, POL S 411), Human Biology and Behavior (PHY A 372, SOC/ANTH 486, WOMEN 453/ANTH 483); Metacognition (PHIL 460, PSYCH 464, and PSYCH 462 or 466).

*Approval pending

NATURAL SCIENCES: The Universe (ASTR 210, 211, 212); The Physical World (PHYS 214, 215, 216); Natural Science and the Environment (ENV S 203, 204, 207).

Students who elect to pursue the College Studies Program as an alternative to the distribution requirement will be required to choose one 15-credit sequence in each of the three areas (humanities, social sciences, and natural sciences). The College Studies Program is a 45-credit option (versus the 60-credit distribution requirement). Note, however, that many of these sequences are upper division, and students

may need to take background courses before they can begin their sequences.

210 Credit Policy

Undergraduate students approaching 210 credits are being sent letters advising them that the University requires that students complete their degrees by the time they are 30 credits beyond the minimum required for the degree (most programs require a minimum of 180 credits). Each quarter the Registrar's Office will be forwarding to department advisers lists of students who have 210 credits and who do not have applications for graduation on file. It will be up to the department to initiate any kind of action. If the department is satisfied with the student's progress, no action need be taken. If the department is dissatisfied, or feels the student needs some less-than-gentle nudging, the student's name should be flagged and the Registrar's Office will send a letter saying that s/he will not be allowed to continue to enroll as an undergraduate.

1989 Northwest Academic Advisers Regional Conference

Having volunteered to be site selection chair for the NAA, I am now beginning to search for conference sites for the 1989 and 1990 sessions. Traditionally, NAA has tried to rotate sites among Puget Sound area, "other" coastal area (i.e., Oregon and British Columbia), and eastern area. By this system, the 1989 regional conference should be hosted in the Puget Sound area. I would like to see the University of Washington host the 1989 conference. We are probably the largest advising organization in the northwest, and the Seattle area boasts the largest concentration of two- and four-year colleges. In order to offer ourselves up at New Westminster in March, however, I need to have some volunteers to help organize the event. Please contact me (Ann Trail, GN-10, 3-7547) AS SOON AS POSSIBLE (by March 11, preferably) if you are interested in helping with this event. (We do get a nice little packet of seed money from NACADA and NAA, by the way.) I think hosting a professional conference would be a terrific way to enhance our professional image on campus.

Staff News

CLARIFICATION: DON WHITNEY'S new position is Director of Student Services/Academic Counselor for the School of Social Work. JOHN ARMSTRONG, Director of Admissions for Social Work, works with Admissions for the BA, MSW, and PhD programs and answers questions about the social work profession. Don advises students in the three programs as well as has other administrative functions. John and Don are working together in providing student services for the School of Social Work.

Stress for Success?

--Kate Nelson

Maureen Sawyer, MSW, ACSW, spoke on stress management at the January APAC meeting. Ms. Sawyer, who teaches at Antioch University and also maintains a private practice, encouraged those in attendance to examine their own emotional responses as workers in a profession that is often unrecognized, undervalued and lacks financial reward or professional advancement.

Many symptoms -- such as irritability, apathy, cynicism, as well as somatic complaints like headaches or fatigue -- can be stress-related. People in the helping professions are prone to overfunction at work -- often a continuation of a pattern developed in the family during childhood. When eventually overfunctioning fails to bring the rewards they would like, they feel unappreciated, even mistreated or exploited and sometimes paranoid. Some function by denial, turning off their feelings and separating themselves from the situation.

Ms. Sawyer also described the "underfunctioning" person in the work situation. This is someone who may have at one time been an overfunctioner, but who saw that s/he was getting nowhere. We all know this person as the one who copes by doing as little work as possible, by being absent often, or by not investing her/himself in the job. She discussed the need for counselors to set limits at work and to discuss strategies with supervisors and colleagues. She explained that co-workers need to know of any changes so that they, too, can make accommodations to the new situation.

One question to ask: is my emotional reaction disproportionate to the situation? If you can answer "yes," you are probably dealing with a larger issue than the obvious work-related one. You may wish to examine your role in the family in which you were raised. Were you a showcase for the family? The scapegoat? The unrecognized one? By looking at these early roles and patterns, we can discover more about how we learned to get along in the family system, which can in turn help us to understand our current unhealthy coping behavior in our work situations.