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FALL 2010

[www.careerdevelopment.org](http://www.careerdevelopment.org)

## President's Corner

Joan C. Gallagher, LPC, NCC, M.Ed.  
LCDA President

Greetings, Everyone!  
I am pleased to introduce myself as your new LCDA President and I'd like to share a little of my background. I am a native of Philly, where I also earned my bachelor's degree in Psychology at LaSalle University. I relocated with my husband to New Orleans where I later earned a Master of Education in Educational Leadership and Counseling at the University of New Orleans. My practice of over 20 years in the field of career exploration and employment services has been quite exciting as I have worked for the Louisiana Department of Labor, Catholic Charities Job Search Program, and in three university career centers including Tulane, Loyola and LSU, where I currently serve as Associate Director for Career Services. I have experience working with clients age 15 through 80 and enjoy each new client, seeing my work with them as a mutual adventure. It has been my privilege to accompany them on their career journey and I am constantly thrilled at their ability to discover and harness their potential and launch their careers.

This year, I hope to journey with you, my colleagues in the field, as we prepare our clients to meet the issues and chal-

lenges of today's workplace with the knowledge and confidence that will lead to their success and ours.

My goals for the year include bringing information and professional development opportunities to all LCDA members, enhancing our relationships with other LCA divisions including LSCA, LCCA, LMHCA and others. I also hope to strengthen ties to the National Career Development Association by encouraging members to join and by sharing NCCDA resources with you.

As LCDA president, I attended the 2010 International NCCDA conference in San Francisco and was able to network with other state CDA presidents and swap ideas about how our organizations can grow to be an even more vibrant CDA's. In addition, the conference presentations were first rate, and the opportunity to connect with friends and colleagues in the field was outstanding. LCDA members were able to meet for breakfast as a group and it was fun to connect names and faces from across the state. And of course, San Francisco was such a beautiful city in which to hold the conference. Casual groups of us enjoyed lunch overlooking the Pacific Ocean, dinner in Chinatown, Fisherman's Wharf, and even a Giants baseball game! Next year's conference is

planned for San Antonio, and if you can go, definitely do it!

If you have any questions, news, or ideas you would like to share, please e-mail me at [jgallag@lsu.edu](mailto:jgallag@lsu.edu) or call 225-578-1548. I look forward to hearing from you and hopefully meeting you soon!



Sharon Walker  
Anne Nowak  
Maggie McCormick  
Tamara Baker  
Nathan Koch  
Ron Cathey  
Gwanette Johnson  
Michelle Waguespack  
Joan Gallagher  
Shirley White

Photo taken by Karen Goodridge



**2010 LCA  
Conference  
“We Are Family”  
InterContinental  
New Orleans  
September 19-22**



### **LCA CONFERENCE**

The LCA Conference in New Orleans is just around the corner. Here are two things for your “To Do list”. If you have not yet registered, you can do so online at <http://www.lacounseling.org/>. When you register, be sure to **check the box indicating that your primary division is LCDA**. By doing so, a very small but needed portion of your registration fee will be given to LCDA to help fund our costs throughout the year.

### **LCDA MEMBERS TO PRESENT AT CONFERENCE**

We are proud to announce that the following LCDA members will present a content session this year.

**Presenters:** Ellen Bush-Miller, Krystal Hardison, Loretta Swank and Sharon Fife

**Presentation Title:** “Work Wont Love You Back, But Your Family Will: A Survival Guide For Work/Life Balance”

**Time:** 1:30 Tuesday, September 21

**Program Summary:** An overview of work/life balance research and issues; a wellness model; plus other techniques for helping counselors and their clients with work/life balance.

### **LCDA DIVISIONAL BUSINESS MEETING**

The LCDA Divisional Business Meeting will be held on Tuesday, 9/21 from 3:00-4:00 PM. Come meet your fellow members and learn what’s new in our division. Mark your conference calendar to attend!

## **Announcements**

### **LCDA MEMBERSHIP**

We would like to focus our efforts this year on increasing our LCDA membership. We will be exploring ways to reach out to extend membership to others in the field and need your help. At \$10.00, membership is an excellent bargain. Why not invite your colleagues to join? Or consider offering membership in LCDA as a holiday gift for your career counseling intern. What a great way to help someone else improve their professional identity!

### **GOVERNORS PROCLAMATION**

Governor Bobby Jindall, at the request of LCDA, has declared that November is Career Month in Louisiana. We are calling on you to focus attention on careers at your workplace during November. Many of us may already be planning career events at that time, but I would like to challenge you to consider what we can do to alert our clients and students to the tremendous value of career exploration and career development. Please share your ideas on the LCDA blog. Ashley Allen is our blog editor, so please send her your posts and she will get them onto the blog.

Some ideas might include hosting a field trip to visit employers; bring in a panel of guest speakers from different career paths; require that students do a job shadowing experience in a field of interest; or conduct a workshop on new careers in federal government. You might refresh your own knowledge base by setting aside a little time that month to scope out some new career web sites or read one of the suggested

books listed in “Tools of the Trade.” What creative ideas do you have? Please let Ashley know, so she can post them to the blog, at [ashleyallen82@yahoo.com](mailto:ashleyallen82@yahoo.com)

### **LCDA SPRING**

### **CONFERENCE PREVIEW**

Yes, we are already planning for our LCDA 2011 Spring conference to be held in Baton Rouge in late March or early April. The theme, “**Career Development Today: The Future is Here!**” promises to unify an upbeat series of presentations from outstanding presenters. Following on the success of last year’s conference, we will again offer this exceptional event which will provide 6 CEU’s for all full-day attendees, plus continental breakfast, lunch and snacks for a cost of \$60.00. More conference information will be forthcoming. Watch your inbox!

## LCDA Nominations

### NOTICE - IT IS TIME FOR LCDA ELECTIONS

Officers to be elected:

President-Elect for 2011-2012  
Member-At-Large for 2011-2012

Please e-mail your nominations to Sharon Walker, Past President, at [sharon.walker@ololcollege.edu](mailto:sharon.walker@ololcollege.edu)  
We will also have a nominations box on the voting table at the LCA Conference September 19-22, 2010 in New Or-

leans. After we have gathered nominations via e-mails and the nominations box at the conference, we will have the election by mass e-mail to all LCDA members.

Please consider nominating yourself or someone else (make sure you ask that person if they are willing to serve). If anyone has any questions about the duties and responsibilities of either of these offices, please e-mail Sharon or call her at 225-235-4590.

**WE NEED MEMBERS WILLING TO SERVE TO STEP UP AND TAKE A ROLE IN LCDA LEADERSHIP!**

## Colleague Connection

The NCDA conference was held in San Francisco this past June 30-July 2 entitled *A Bridge to a Brighter Future...Inspiring Careers Empowering Lives!* After speaking to several colleagues that attended, we can assure you that the conference certainly lived up to its title. Set against the backdrop of the magical city of San Francisco, the content sessions and keynote speakers were engaging and informative enough to make you forget that the weather was sunny and 68 degrees outside. Every imaginable setting and clientele of career counseling was covered including sessions to address career counselors own goals and work life balance.

The keynote speakers carried the theme of inspiring careers by delivering outstanding presentations. Dr. Beverly Kaye, the author of numerous career enrichment books, reminded us about the importance of job enrichment and the "Power of Purpose". Equally exciting, was shaking hands with the charis-

matic Jason Dorsey who entertained and informed us about Gen Y. Just being in the presence of thousands of career professionals from around the world was empowering.

The NCDA conference continued to live up to its title by serving as a networking bridge. Sharon Walker organized a breakfast for all Louisiana attendees and as a result, we formed some new relationships with career professionals in our hometown. As career counselors, we all emphasize the power of networking to our clients ...yet how many of us take the time to practice what we preach?

The 2010 NCDA conference certainly lived up to its title and the image of the bridge in the background of the title was quite appropriate. Our work as career counselors is often like that of a bridge...spanning the distance with clients who are transitioning from one place to another. The bridge must have a strong foundation

and the NCDA conference certainly provided us with opportunities to strengthen our friendships with colleagues as well as our professional development.

The 2011 NCDA conference will be held in San Antonio, Texas on June 30 – July 2. The theme will be "Celebrating our Past: Achieving our Dreams." Don't miss out on this opportunity to celebrate and connect with other career professionals.

**Gwanette Johnson, LPC**, is a career counselor at LSU Career Services.  
**Michelle Waguespack, M. Ed, NCC**, is a career counselor and job search coordinator at LSU Career Services and Career Planning Services, LLC.

**We encourage you to submit articles highlighting your work in career development. Please submit to Gwanette Johnson at [gjohnso3@lsu.edu](mailto:gjohnso3@lsu.edu) to be featured in the spring 2011 newsletter.**

### 2010-11 LCDA EXECUTIVE OFFICERS

President  
Joan Gallagher

Past President  
Sharon Walker

President Elect and 2011 Spring  
Conference Chair  
Angela Murray

Secretary  
Ashley Allen

Treasurer  
Michelle Waguespack

Members-at-Large  
Ellen Bush  
Karen Goodridge

Newsletter Co-chairs  
Gwanette Johnson  
Michelle Waguespack



# LCDA

The Louisiana Career Development Association (LCDA) is the state division of the National Career Development Association. LCDA strives to support and enhance the practice of career counseling, to promote ethical and responsible professional practice, to promote communication in exchange among K-12, college and private settings, to encourage cooperation with other organizations related to career development, and to provide leadership and advocacy for the profession of career counseling.

[www.lacareerdevelopment.org](http://www.lacareerdevelopment.org)

*Save the Date...*

## LCDA 2011 SPRING CONFERENCE

*Career Development Today: The Future is Here!*

**Friday, April 1, 2011**

**LOCATION: Baton Rouge, LA  
EARN 6.0 CEU's!**

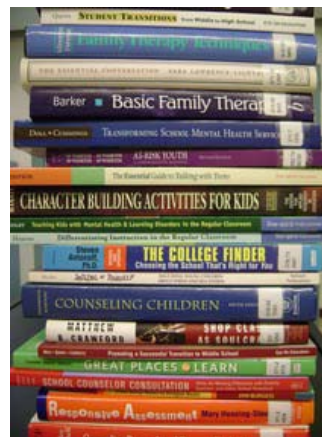


## Tools of the Trade

Joan Gallagher recommends:

***More Than Listening, A Casebook for Using Counseling skills in Student Affairs Work*** by Ruth Harper, Nona L. Wilson, and Associates, 2010, published by the National Association of Student Personnel Administrators. Available at <http://bookstore.naspa.org>

This book includes a chapter on theories of higher education administration for counselors practicing in colleges and universities and also includes a chapter for those who are trained in higher education administration but lack counseling skills. One chapter is devoted to a case study of a career counseling client.



**CDDQ** – <http://kivunim.huji.ac.il/cddq/>  
The Career Decision-Making Difficulties Questionnaire, a free resource developed by Itamar Gati, is designed to help clients clarify their career decision-making difficulty and pro-

vides a 3 step process for systematic career decision-making.

Sharon Walker recommends:

***Love It Don't Leave It-26 Ways to Get What You Want at Work*** by Beverly Kaye and Sharon Jordan, published by Berrett-Koehler Publishers, Inc., San Francisco. Beverly Kaye presented a keynote address at the recent NCDA conference in San Francisco and used this book as her reference. It is a great book for helping you get job satisfaction where you are instead of leaving your current job. One notable quote: "Most people we know are not unhappy because of the skills they are using—but because of the skills they are not using."

Please share your favorite "Tools of the Trade". Submit to Gwanette Johnson, [gjohnso3@su.edu](mailto:gjohnso3@su.edu)