

DIRECTOR'S REPORT

Post-Secondary Counselling
Chapter Sheldon Hill, President
October 2, 2021

Abstract

The Post-Secondary Counselling Chapter has taken a heavily engaged approach to current research and issues within the field to be able to understand and advocate for our members. We continue to brainstorm new ways to engage with our membership and use membership fees to better the post-secondary counsellor experience with a Research Practitioner Grant.

Connections and Communications

- Since the last report, we have sent:
 - One newsletter to our members in the summer promoting activities created by the executive team and stating the change in executive members at the AGM.
 - One email inviting participation in a survey for the experiences of post-secondary counsellors. This was sent to general institution emails, publicly available counsellor email addresses, and our membership.
 - One email apologizing for a mistranslation in the French version of the survey.
- Since the last report, I have met with two students who are creating a documentary for post-secondary student mental health. During this meeting, nothing was recorded and I stated that if I were to be involved in their project, I would need to speak to CCPA prior to engaging in this. I looped in Monika Green after the meeting.

Contributions and Celebrations

- Our executive team continues to analyze the results of our nationwide survey of post-secondary counsellors. We had a little under 100 respondents and measured many perceptions of counsellors, their level of burnout, and their ability to cope with their role.
 - Some of the research will be presented at a CACUSS webinar in late October. A final report will be completed once the data analysis is complete.
- We established and promoted a Research Practitioner Grant to support research in the post-secondary counselling realm. We didn't have any applications by the end of June, which was the deadline, but we plan to continue to promote and offer the grant.
- Notably, Jen Davies was the first President in a long time (perhaps ever) to stay in her role as President for her entire term.

Concerns and Challenges

- Perhaps similar to other areas, post-secondary counselling was heavily impacted by COVID and the provincial regulations that affect our ability to do our job. This has included difficult in meeting in person, as well as being asked to return to campus without proper protection or policies in place.

- o With campuses returning to in-person, a number of concerns have arisen in student bodies that were less prevalent prior, such as social anxiety, health anxiety, and an increase in interpersonal concerns.
- There continues to be differences in post-secondary policies and expectations that conflict with the standards and practices of counselling work.

Coming Attractions

- We are looking forward to wrapping up our research from the survey and completing a report or paper from our findings. We will also be continuing to develop issues papers that have stemmed from this research.

Truth and Reconciliation

- We don't have any activities planned for truth and reconciliation at this time.

Resources

- We don't have any resources that needed to be pointed out at this time, or resources required to continue engaging with our membership.