



Candidate Bio and Vision Statement

Name: Nyla Mowery

ISCA Office Sought: Vice President - Elementary

Short bio of your education and background, not to exceed 175 words (will be shared on the ISCA website with election materials)

I graduated from the University of Iowa in 2005 with a Bachelor's Degree in Elementary Education and a specialty of Early Childhood Education. I taught Pre-School for two years in Cedar Rapids and three years in Des Moines before transitioning to upper elementary for three years. I completed my Masters Degree at Drake University in 2013 and became an Elementary School Counselor in Des Moines Public Schools the same year. I was the counselor at King Elementary for five years before transferring to Studebaker Elementary in 2018. I am currently the 3rd-5th grade School Counselor at Studebaker Elementary in Des Moines.

I love reading, especially Harry Potter, and photography. I also like going for walks with my dog, Bandit and snuggling with my cats. I have a daughter, Angel, who is currently a junior in high school.

Candidate's statement of vision of school counseling in Iowa and how you would like to contribute to ISCA through the position for which you are seeking election, not to exceed 300 words (will be shared on the ISCA website with election materials)

As an Elementary School Counselor, I have come to believe that the role of a School Counselor is to help all student feel happy, safe and successful at school and in all areas of life. At the Elementary level, a comprehensive School Counseling program includes whole group Core Counseling lessons, data-driven small group interventions and individual supports as needed. A comprehensive School Counseling program can not be achieved if student to counselor ratios are too high or if School Counselors are being asked to do non-counseling related duties.

In Iowa, School Counseling is becoming more and more welcome at the Elementary level. Unfortunately, there are still many rural districts that are without Elementary School Counselors. On the other hand, there are larger districts that have School Counselors with extremely high caseloads at the Elementary level. We also face the struggle of having School Counselors teaching during "Specials" rotations. Having School Counselors in the "Specials" rotation typically ties the School Counselor to covering planning periods for teachers. This not only limits the Counselor's ability to respond to crisis, but also limits the classroom teacher's understanding and participation in the Counseling lesson.

One of my visions for Elementary School Counseling includes working with the ISCA board to help advocate for every district to consider the possibility of increasing School Counseling presence at the Elementary level. Regrettably, Elementary School Counselors often become the "catch all" for many other duties in the building that do not align to the American School Counseling Association Model. One of my goals, if elected as Vice President - Elementary, would be to help Iowa Elementary School Counselors advocate for appropriate duties and roles in their building.

