Dear FACES members,

I am honored to serve as the 2020-2021 President of the Florida Association for Counselor Education and Supervision. It has been a challenging year however we are working hard to maintain a relative level of normalcy for our organization. Some of our accomplishments so far this year include:

· Monthly FACES Executive Council meetings since July 9, 2020.
· Leadership orientation and overview of FACES bylaws
· Revision and approval of 2020-2021 budget
· Creation of a repository of information from our division in Google Shared Drive
· Establishment of the calendar of activities for the year 2020-2021
· Three Webinars:
  o Online Live Supervision of Telemental Health Counseling on July 30, 2020.
  o Counselor Self-Care and Resilience on December 3, 2020.
· Conformation of the FACES division working committees and identification of leadership and charges for each committee.
· Nomination of the FACES division for the FCA leadership award.
· Updating of the FACES website
· Launching of the social media strategy with a new Instagram account.
· Hosting of one membership meeting at the FCA Convention, and an additional one on 10/12/2020.

Among the most significant charges for this year, we have the five-year revision of our bylaws. The review process has been started by the Executive Council. The first revised version will be sent to our full membership for comments and suggestions. We are also looking forward to our 15th year celebration and we hope we can give our organization a well-deserved “quinceañera” celebration. The following are our current goals:

1. To increase the level of visibility of the Florida Association for Counselor Education and Supervision.
2. To strengthen collaboration with other branches of the Florida Counseling Association.
3. To enhance the inclusion of minority counselor educators and supervisors, particularly those of Latinx, Hispanic, and bilingual communities.
4. To perform the five-year review of the FACES bylaws.
5. To provide professional development for counselor educators and supervisors in Florida with a focus on inclusion, diversity, equality, equity and social justice.
6. To promote the use of technology in counselor education and supervision.

I hope our efforts align with the expectations you may have as a member for our organization. I welcome your questions, comments and suggestions at rmachuca@barry.edu.

Sincerely,

Raul Machuca, Ph.D., LMHC., BC-TMH.

FACES 2020-2021 President
Time Management Skills
By: Lourdes Araujo, Ed.D, LMHC
FACES, President-Elect

5 Stages of Change

Precontemplation
It isn’t that we cannot see the solution.
It’s that we cannot see the problem

Contemplation
I want to stop feeling so suck
You know your destination and even how to get there, but you’re not ready to go

Preparation
You are making the necessary steps for the change

Action
Change is more visible to others
Without a strong commitment to maintenance, there will surely be relapse

Maintenance
Change never ends with action.

SMART GOALS
Specific Measurable Achievable Realistic Time-bound

Let’s try a Long –term goal
I will complete this task/project _____________ by ____________ of the year 2022.

Obstacles
• Obstacles are a natural part of the change process. When you anticipate obstacles, you are able to come up with strategies to overcome them.
• What gives someone the strength to overcome obstacles? (Keep Reading)

Motivators
• Intrinsic Motivators refer to the motivation that comes from inside an individual
• Extrinsic Motivators refer to the motivation that comes from outside an individual
• Your motivators will help you overcome your obstacles

Now that you have SMART goals, how are you going to get there?

1. Do you estimate how many hours you will need to complete the task each week?
2. Do you meet your project deadlines?
3. Do you begin working on your long projects early?
4. Do you write a daily “to do” list?
5. Do you prevent social activities from interfering with task or commitments?
6. Do you set specific goals for each task or project?
7. What time of day are you most productive?
8. Do you begin your project time with your most difficult items first?
9. Do you complete most of your project task lists during your most productive hours of each day?
10. Do you treat the project with respect and a purpose?

How do you manage your time?
Set up your projects with a priority and divide them with the time you will spend on each task for a more realistic and manageable result. There is no sense in making a list that will never come to fruition, or it is passed on to another list and never gets done.

Write it! Decide it! Produce it! (Examples below)

• Personal Care
• Household
• Work and Work-Related Activities
• Driving and Commuting
• Attending class
• Homework/Study
• Civic and Religious Activities
• Leisure
• Socializing
• Electronic Time
• Intimate Time
• Creative Time
• Wasted/Killed/Forgotten Time

Time Management Strategies

• Schedule your activities, work project times, study times, and breaks
• Identify your best time of the day
• Use dedicated study or workspaces
• Conduct weekly progress reviews
• Prioritize your assignments/tasks/projects
• Postpone unnecessary activities until the work is done
• Identify resources to help you
• Create small to-do lists
• Avoid procrastination
• Treat project as a meaningful reflection of yourself and work ethics
• Make your schedule work for you base on your strengths and weakness.
• Evaluate and re-asses your schedule on regular basis
Greetings FACES Board, Committee Leaders, and Members:

I want to take this opportunity to wish everyone a Happy New Year. We have an exciting year ahead of us, and we are pleased to have each of you on our board and our members participating in the growth of the Florida Association of Counseling, Education, and Supervision (FACES) and its goals led by our president Dr. Raul Machuca.

In partnership with our president, our team, outside professional volunteers, FCA, and other branches, we continue to find innovative ideas to increase FACES awareness by many things planned for the new year.

FACES provide many opportunities for our members with our best approach when we network to promote counselor educators and clinical supervisors' opportunities in professional development and leadership roles. Of great importance for FACES is to advance counselor education and clinical supervision, according to the FCA's purpose in developing counseling and student development services in all community settings.

I look forward to our continual joint effort in raising awareness, interests, and engagement with our professional counselors, educators, and supervisors. There is much work ahead of us to accomplish our goals, but I believe that we are already doing many things right, as our past successes attest. Yet, as most of you know, those successes do not all come easily. Many difficulties present themselves to us, which I think we have all witnessed in 2020 with an unprecedented pandemic. It was complicated to deal with, and we continue to endure some challenging times. Yet, through a positive attitude and perseverance, we have managed to overcome each one so far. You make FACES proud!

And now, as we move forward in the New Year, aware that there are always new challenges that lie ahead of us, we remain confident in the knowledge that FACES is willing to meet these challenges head-on. It is encouraging to know that we are all ready to pull together and make the commitments necessary to ensure our continued success.

Again, welcome to a new year! Thank you for your continued enthusiasm and positive efforts as we look forward to another successful year.

Best,

Dr. Lourdes Araujo, LMHC, President-Elect
FACES is accepting webinar proposals related to counselor education and supervision

If interested, please submit a proposal with the following information to Dr. Raul Machuca @ RMachuca@barry.edu

1. Title of webinar
2. Length of webinar
3. Brief description of webinar
4. Webinar Host Biography with credentials/license, experience and expertise in topic
5. Learning Objectives
Congratulations are in order for the Florida Association for Counselor Education and Supervision (FACES) Treasurer and the 2020 Convention Co-Coordinator, Michele Pinellas. Dr. Pinellas recently completed her doctoral degree in Counselor Education and Supervision from National Louis University-Florida. Dr. Pinellas’ dissertation was entitled “Fostering Resilience: A Pilot Study for Mindful Yoga as an Intervention for Adolescents Exposed to Chronic Adversity”. Currently, Dr. Pinellas is a School Counselor with aspirations to become a School Counselor Educator.

Congratulations are in order for the Florida Association for Counselor Education and Supervision (FACES) President-Elect, Lourdes Araujo. Dr. Araujo recently completed her doctoral degree in Counseling Education and Supervision from National Louis University-Florida. Dr. Lourdes’ dissertation was entitled “Cuban Immigrants’ Experience with Acculturation and How They Cope in the United States.” Currently, Dr. Araujo is a Licensed Mental Health Counselor (LMHC) at her own practice. She is also an adjunct professor at a university working with graduate students in the Mental Health Counseling Program and wants to continue her educational path in Higher Education. Her aspirations include continuing her research with the Cuban immigrant population, Latino(a) immigrants, and Trauma related research.
The Florida Association for Counselor Education and Supervision (FACES) is a division of FCA (Florida Counseling Association).

The Florida Association of Counselor Education & Supervision (FACES) is a division of the Florida Counseling Association (FCA) for professional counselors who engage in professional counseling teaching and research (a.k.a. "counselor education") and/or clinical supervision. FACES provides counselor educators and clinical supervisors’ opportunities to network, to participate in professional development activities, to publish, to take leadership roles and to socialize! More specifically, FACES' purpose is; To advance counselor education and clinical supervision, in accordance with the purpose of the FCA, in order to improve counseling and student development services in all settings of society To address and promote in the State of Florida awareness, interests, issues, and concerns of: - professional counselors who serve as counselor educators in institutions of higher learning; - professional counselors who engaged in performing the Clinical Supervision duties of (a clinical supervisor of) professional counselors; - professional counseling graduate students preparing to become counselor educators and/or clinical supervisors.

**Officers:**

**President:** Raul Machuca  
**Past-President:** Caroline Perjessy  
**President Elect:** Lourdes Araujo  
**Secretary:** Nicole Kratimenos  
**Treasurer:** Michele Pinellas  
**Graduate Student Representative:** Jordan Mike  
**Member at Large:** Karla Sapp

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**Are you trying to find a way to get more involved in FACES?** What about mentoring a student by helping them to get published? Think about submitting an article for the FACES newsletter. We would love your involvement!

Here are some simple tips to help you create an article for our newsletter:

1. **It needs to be focused on topics related to counselor education and supervision or an editorial.**
2. **If you are a student, have one of your faculty members review your work prior to submitting.**
3. **Take a look at previous editions of the newsletter located at the FACES website to get a feel for the writing style.**
4. **Keep it between 500 and 800 words.**
5. **Attach a picture of you in .jpg, .tif, or .gif format.**
6. **Email submissions to RMachuca@barry.edu**

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**Please LIKE our Facebook page:** https://www.facebook.com/FACESeducation/  
**Instagram:** facesdivision