

BEX ROWLANDS

SCHOOL COUNSELOR

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PROFESSIONAL SUMMARY

As a professional school counselor, I strive to empower every student to reach their full potential by advocating for equity, access, and student success so that they graduate as college- and career-ready citizens equipped to have a positive impact on the world.

EDUCATION

M.A. in School Counseling & Clinical Mental Health Counseling Roosevelt University, Chicago, IL	May 2023
Master of Divinity Gordon-Conwell Theological Seminary, South Hamilton, MA	May 2016
B.A. in Biblical Exposition & Women's Ministry Moody Bible Institute, Chicago, IL	May 2013

LICENSURES

- Professional Educator License (PEL)**
May 2023
 - School Counselor, Pre K - Age 22
- Pupil Personnel Services Credential (PPS)**
Expected Spring 2024
 - Specialization in School Counseling
- Licensed Professional Counselor (LPC)**
Expected Spring 2024

MEMBERSHIP AFFILIATION

- American Counseling Association (ACA)**
- American School Counselor Association (ASCA)**
- Illinois School Counselor Association (ISCA)**
- Chi Sigma Iota Counseling Academic & Professional Honor Society International**

COUNSELING EXPERIENCE

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| School Counselor
Fairfield Academy, Chicago, IL | August 2023-Present |
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- Provide individual & group counseling for students in grades K-8.
 - Collaborate with counselors, social workers, psychiatrists, & administrators to address the needs of high risk students & implement appropriate interventions.
 - Work with teachers & administration to build & implement preventative, tier 1 interventions.
 - Facilitate the High School testing & admissions process including leading parent workshops, teaching classes on the admissions process, providing individual admissions coaching to each 8th grade student, collaborating with local high schools, & hosting a High School Fair.
 - Lead two after-school mentoring programs, focused on SEL skills, for middle school students.
 - Build relationships & maintain open communication between families & the counseling department.
 - Prepare & deliver the Success Bound curriculum for grades 6-8 on a weekly basis.
 - Co-lead Anger Coping; a school-based group intervention focused on anger management.
 - Trained in Rainbows, Silver Linings, & S.S. Grin SEL group interventions.

Counseling Intern

August 2022–May 2023

Roberto Clemente Community Academy, Chicago, IL

- *Counseled students in grades 9–12 to address topics including, but not limited to, academic performance, post-secondary plans, anxiety, social skills, & attendance.*
 - *Participated in weekly meetings with the Behavioral Health Team to collaborate with counselors, social workers, & psychiatrists about high risk students.*
 - *Assisted students facing crisis situations & connected them with appropriate resources.*
 - *Prepared & delivered classroom lessons on depression & anxiety for all grades. Saw an 18% increase in mental health awareness.*
 - *Co-led Rainbows, a facilitated peer group, for students experiencing grief of various kinds.*
 - *Participated in weekly counseling team meetings, using data to inform decision making & planning.*
 - *Liaised with external clinical resources to start a substance-abuse small group for at-risk students.*
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PROFESSIONAL EXPERIENCE

Employer Engagement Associate

October 2022–May 2023

Roosevelt University, Chicago, IL

- *Cultivated relationships with established employers & expanded the employer pipeline to encourage on-campus presence & engagement.*
- *Conducted outreach & maintained communication amongst current & potential employers interested in hiring students via Handshake, LinkedIn, email, phone, & zoom.*
- *Organized & coordinated on-campus recruitment, employer branding days, & career fairs.*

Graduate Assistant

August 2020–May 2022

Roosevelt University, Chicago, IL

- *Performed research on the development of multicultural competence among pre-service teachers.*
- *Created & compiled a multicultural curriculum to be incorporated into undergraduate courses.*
- *Supported faculty members as a Teaching Assistant for an undergraduate SPED class.*

High School Pastor

August 2016–August 2019

Christ Community Church, St. Charles, IL

- *Provided pastoral care & counseling for over 250 high school students & their families.*
- *Developed & taught a yearly curriculum strategy, including a corresponding small group curriculum.*
- *Trained & managed over 100 volunteers.*
- *Co-led international mission trips of 20+ students & volunteers to Haiti & the Czech Republic.*
- *Planned & executed multiple large group events, including an annual week-long summer camp with 250+ high school students & 50+ volunteers.*
- *Collaborated with local high schools to provide services to students.*

Student Ministries Assistant

August 2014–August 2016

Trinitarian Congregational Church, Wayland, MA

- *Provided pastoral care & counseling for over 40 middle & high school students & their families.*
- *Developed & taught a yearly curriculum strategy.*
- *Co-led 2 international mission trips to Guatemala.*
- *Led small groups of middle & high school students covering a range of current topics.*