

## **Dawnette Leigh Cigrand**

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### **PROFESSIONAL OVERVIEW**

Department Chair, Counselor Education Department, Winona State University, 2017 to present  
Professor, 2020 – present; Associate Professor (2015-2020), Assistant Professor (2010-2015)  
CACREP Liaison, Winona State University, 2014-present  
School Counselor, Monticello Community Schools, Monticello, IA, 1998-2008  
English Teacher, Olin ISD, Olin, IA, 1996-1998; Seymour ISD, Seymour, IA, 1994-1996

### **HIGHLIGHTED QUALIFICATIONS**

- Experienced educator in development and delivery of PK-12, undergraduate, and graduate curricula and instruction
- Published researcher and writer in peer-reviewed journals and educational books
- Successful accreditation self-study team leader
- School counselor educator connected to state, regional, and national associations
- Experienced in engaging with legislative bodies
- Solution-focused department chair, who recruited and retained a well-functioning, healthy team of faculty and staff
- Effective grant writer, manager, and reviewer
- Invited peer reviewer for counselor education programs in Minnesota and Wisconsin
- Recognized and renowned engaged service work collaborator

### **DEGREES**

- Ph.D.**                    **Counselor Education**, December 2011  
Minor: Special Education  
The University of Iowa, Iowa City, Iowa (CACREP Accredited)  
Dissertation Co-chairs: Dr. Nicholas Colangelo, Dr. Tarrell Awe Agahe Portman  
Minor Advisor: Dr. Gary Sasso
- Dissertation Topic: School Counselors' Use of the Combination Social Stories and Video Modeling Interventions for Social Development of Students Diagnosed with Autism Spectrum Disorders: A Qualitative Criticism
- M.E. Thesis: A Survey of School Counselors in Iowa:  
Current Roles with Students with Autism Spectrum Disorders  
(Successfully defended, December 2008)
- M.A.**                    **School Counseling**, May 2000  
The University of Iowa, Iowa City, Iowa (CACREP Accredited)
- B.A.**                    **English and Education**, June 1992  
Cornell College, Mt. Vernon, Iowa

## PROFESSIONAL LEADERSHIP EXPERIENCE

*Department Chair, Winona State University, Counselor Education, Fall 2017 – present*

- Led transition of school counseling program from 49 to 60 semester hours to meet CACREP accreditation standards
- Added play therapy certificate courses and training opportunities for faculty
- Initiated development of Counselor Education online application process with Paul Omdal and Sharon Robinson (WSU Digital Transformation & User Experience)
- Transitioned to Tevera system for CED site placement and document submission
  - Completed training on Tevera system
  - Coordinated integration of WSU CED processes to Tevera system
  - Worked with administrative assistant to create student and faculty instruction manuals
- Modified site supervisor training module
- Coordinated department operations through modification of the CED policy and procedure manual, revisions to CED Student Handbook, and development of CED annual calendar
- Recruited prospective faculty through ACA Career Connections and cold calls to graduating doctoral students
- Worked with WSU University Marketing and Communications to facilitate development and implementation of CED recruiting materials and strategies to connect to prospective students
- Graduate assistantship coordination
  - Secured funding for CACREP and research assistantships
  - Co-created graduate assistantship department onboarding manual
  - Supervised GA's in creating undergraduate presentations regarding our programs
  - Advanced GA's research and scholarship through collaborative research and writing projects
- Developed surveys for Counselor Education program improvement
  - Prospective student decline survey
  - Human Services Professional Program improvement survey
  - Assessment Day survey updates

*CACREP Accreditation Liaison, Fall 2015 – present*

- Winona State Counselor Education CACREP Annual Assessment Reports (2015-2020)
- Winona State Counselor Education CACREP Self-Study (2016)
- Winona State Counselor Education CACREP Interim Report (2017)
- Winona State Counselor Education CACREP Mid-cycle Report (2020)
- Winona State Counselor Education Digital Delivery Program Conversion (in progress)
- Attended national trainings and webinars on accreditation expectations
- Initiated development of syllabi templates with objectives and standards for CED courses
- Aligned CED Student Handbook to CACREP standards
- Winona State Counselor Education CACREP Self-Study (2024)

## PROFESSIONAL LEADERSHIP EXPERIENCE (continued)

*Director, WSU College of Education, Center for Collaboration, Partnership, & Professional Development (C2P2), Fall 2016-2018*

*Developed and/or co-facilitated the following professional development programs to K-12 educators:*

- Cognitive Coaching Workshop – Fall 2016 – Summer 2017
- Developing Numbers Sense – Fall 2018
- Substitute Teacher Training – Summer 2018
- Professional Learning Communities Summit – Fall 2018

Professional Learning Communities Regional Collaboration\* was a joint endeavor between Winona State University and Winona Area Public School to provide high quality professional development to B-12 educators, and WSU teaching and school counseling students, and CoE faculty.

*\*WSU Special Projects Grant was submitted and awarded for this project.*

*Facilitated, co-facilitated, and/or consulted to deliver the following B-12 educational programs:*

- College of Education Open House – April 2024
- WSU College For Kids – Summers 2017, 2018
- Pioneer School – Summers 2017, 2018
- Personal Finance Quiz Bowl – Spring 2017, 2018
- Young Writers Conference – Summers 2017, 2018

*Collaboration and Consultation*

- Institute of Higher Education (IHE) Collaborative – Hiawatha Valley Education District - worked with regional universities on the Special Education teacher shortages and supporting teachers on variances.
- College Access Summits – Collaborated with the MN Office of Higher Education, Minneapolis and St. Paul public schools to discuss ways to streamline access to post-secondary options through reducing barriers and enhancing connections between College Access Partners, school counselors, and Institutes of Higher Education in MN.
- Prepared written and oral reports for the WSU Bush Grant
- Engaged in WSU Center Directors' meetings and CoE Leadership Council meetings

*Consultant, Minnesota Department of Education, 2016 – present*

- Minnesota Department of Education College and Career Readiness Resource Guide (2018). Work Group Member. See *CCR Resource Guide*: <https://education.mn.gov/MDE/dse/ccs>
- Cigrand, D., Bierma, J., & Braun, B. (2016). Minnesota School Counselor Evaluation Tool. Minnesota Department of Education. <https://www.mnschoolcounselors.org/wp-content/uploads/2017/03/MinnesotaSchoolCounselorEvaluationTool-sm1.pdf>
- Minnesota Student Discipline Task Force (2016-2017). *Appointed by Governor Dayton*.

*School Counseling Program Chair, Fall 2010 - Fall 2018*

- Led transition to CACREP 2016 standards
- Developed website content about program
- Consulted with PELSB on creation of Tiered licensure language

## **TEACHING EXPERIENCE**

*Winona State University, Winona, Minnesota*

Professor, Fall 2020 to present  
Associate Professor, Fall 2015 – Fall 2020  
Assistant Professor, Fall 2010 - Fall 2015

•Designed and delivered syllabi, schedules, and curricula for the following courses:

CE 601 Foundations of Counseling  
CE 615 Group Counseling  
CE 620 Tests and Measurement  
CE 621 Research Design  
CE 633 Ethics and Social Change  
CE 635 Orientation to School Counseling  
CE 645 School Counseling Practice  
CE 680 Practicum  
CE 690 Internship  
CE 695 Capstone  
CE 699 Thesis  
EL 700 Effective Administration of Student Support Services Teams  
EL 201 Career Explorations

•Student Capstone, Thesis and Dissertation Advisors

CE 695 Capstone Projects (2010-present) – supervised more than 75 Capstone projects  
CE 699 Thesis Projects (2015-present) – supervised 6 Thesis projects  
EDUO 899 Dissertation Research  
•Dissertation Chair, Winona State University (2021-2022; 2024-present)  
•Content Expert, Grand Canyon University College of Doctoral Studies (2020-present)  
•Dissertation Committee member, Viterbo University (2024-present)

*University of Iowa, Counseling, Rehabilitation and Student Development, Iowa City, Iowa*

Designed and delivered syllabi, schedules, and curricula for the following courses as Instructor:

7C:119 Family Issues in Giftedness; Summer 2010  
7C:125 Counseling/Psychological Needs of the Gifted, Spring 2014  
7C:222 Counseling Children and Adolescents; Spring 2009  
7C:221 Theories of Counseling and Development Across the Lifespan; Fall 2008  
7C:270 Issues and Ethics in Counseling; Fall 2008

*Kirkwood Community College, Department of Social Sciences, JREC Campus, Monticello, Iowa*

*Instructor SDV:160 Career Decision Making; Spring 2010*  
*Instructor PSY:111 Introduction to Psychology; Fall 2008, Fall 2009, Spring 2010*

## RESEARCH AGENDA

To illuminate the role of the school counselor in school systems in regard to leadership, collaboration, advocacy, policy, and procedure.

To better understand the experience of immigrants so that counselors can respond to their mental health needs in meaningful ways.

To identify ways authentic learning experiences impact the development of counselors-in-training.

## MAJOR PUBLICATIONS

Arredondo, P., Fawcett, M., **Cigrand, D.**, Bertram Grant, S., Miyakuni, R. & Adams, D. (2024). *Counseling with Immigrants, Refugees, and their Families from Social Justice Perspectives*, Alexandria, VA: American Counseling Association.

**Cigrand, D.**, Fawcett, M., Miyakuni, R., Arredondo, P. & Onderak, G. (2022). A phenomenological study of perseverance and resilience through the migration journey. *Journal of Counseling and Development*, 99(4), <https://doi.org/10.1002/jcad.12413>

**Cigrand, D.**, Binkley, E. & Henderson, D. (2022). School Counseling. In R.R. Cottone, V.M. Tarvydas, & M.T. Hartley (Eds.), *Ethics and Decision Making in Counseling and Psychotherapy*, 5<sup>th</sup> edition (pp.161-194). Springer Publishing.

**Cigrand, D.**, Beck, M., & Lane, E., (2022). Professional Settings. In S.K.Butler, A. Locke, & J.M. Filmore, (Eds.), *An Introduction to 21st Century Counseling: A Multicultural & Social Justice Approach*. San Diego, CA: Cognella Publishing.

Wachter, S. & **Cigrand, D.** (2019). Professional perspectives on mindfulness in mental health practice. *Wisconsin Counseling Journal*.

**Cigrand, D.** (2019). How can we work across the road if we aren't included? In T.A.A. Portman, C. Wood, and H. Fye, (Eds.), *Critical Incidents in School Counseling 3<sup>rd</sup> edition*, (pp. 265-271). Alexandria, VA: American Counseling Association.

**Cigrand, D.**, Havlik, S. G. Malott, K. M., & Jones, S. G. (2015). School counselors united in professional advocacy: A systems model. *Journal of School Counseling*, 13(8). Retrieved from <http://www.jsc.montana.edu/articles/v13n8.pdf>

Eaton, C., Osgood, A., **Cigrand, D.**, and Dunbar, A. (2015). Faculty perceptions of support to do their job well. *Insight: A Journal of Scholarly Teaching*, 10.

**Cigrand, D.**, Wood, S.M., & Duys, D. (2014). School counseling site supervisors' use of solution-focused supervision tenets and techniques. *Journal of School Counseling*, 12(15), retrieved from <http://jsc.montana.edu/articles/v12n15.pdf>.

**Cigrand, D.** and Wood, S. (2011). School counseling and solution-focused site supervision: A theoretical application and case example. *The Journal of School Counseling*, 9(6), retrieved from <http://www.jsc.montana.edu/articles/v9n6.pdf>

Wood, S.W., Portman, T., **Cigrand, D.**, and Colangelo, N. (2010). School counselors' perceptions and practices with gifted students and acceleration. *Gifted Child Quarterly*, 54(3), 168-178.

## OTHER PUBLICATIONS AND PROFESSIONAL REPORTS

American School Counselor Association (ASCA) Position Statements (created on behalf of ASCA by a committee of no more than 12 members):

Lead Author:

2020-2021 - The School Counselor and School Counseling Supervision

2020-2021 - The School Counselor and Peer Helping  
2018-2019 - The School Counselor and Corporal Punishment  
2018-2019 - The School Counselor and Discipline  
2017-2018 - Test Preparation Programs  
2017-2018 - Prevention of Sexually Transmitted Infections  
2016-2017 - High Stakes Testing  
2015-2016 - Students with Disabilities

**Contributing Member:**

2020-2021 - The School Counselor and Annual Performance Appraisal  
2020-2021 - The School Counseling and Child Abuse  
2020-2021 - The School Counselor and Credentialing  
2020-2021 - The School Counseling and Cultural Diversity  
2020-2021 - The School Counselor and Multi-tiered Systems of Support  
2020-2021 - The School Counselor and Student Recruitment  
2020-2021 - The School Counselor and Anti-Racist Practices  
2018-2019 - Gifted and Talented Student Programs  
2018-2019 - Use of Support Staff in School Counseling Programs  
2018-2019 - Working with Students Experiencing Issues Surrounding Undocumented Status  
2018-2019 - Safe Schools and Crisis Response  
2017-2018 - Children Experiencing Homelessness  
2017-2018 - Use of Non-School Counseling Credentialed Personnel in Implementing Comprehensive School Counseling Programs  
2015-2016 - Prevention of School-Related Gun Violence  
2015-2016 - School Family Community Partnerships  
2015-2016 - Retention, Social Promotion, and Age-Appropriate Placement  
2015-2016 - Academic Development

**Cigrand, D. (2012, June 20).** School counselors are on the front lines of suicide prevention. Rochester Post Bulletin, retrieved from <http://postbulletin.com/news/stories/display.php?id=1500215a>

**Cigrand, D. (2009).** Through time and interdependence: The development of a social justice advocate. Association for Counselor Education and Supervision (ACES) Social Justice Storytelling Project. ACES website.

**Cigrand, D. (2009).** Legal issues in career counseling. In The American Counseling Association Encyclopedia of Counseling. Alexandria, VA: American Counseling Association.

## **ADDITIONAL RESEARCH ACTIVITY**

*Studies recently completed or currently being conducted:*

- Being Heard Now: Recollections of Middle School Students of Color (Calhoun, Cigrand, Locust & Richards; data collected, manuscript in progress)

## **ADDITIONAL RESEARCH ACTIVITY (continued)**

- Growing School Counselor Group Competencies: Through Cultural Conversations and Collaborative Curriculum Development (Cigrand, Calhoun, Adams & Goodrum; study in progress)
- A Qualitative Study: How does talking with and listening to migration experiences of immigrants impact white counselors' perception of multicultural counseling competence and self-efficacy? (Fawcett & Cigrand; study completed, manuscript in progress).

- Essential Components of School-Based Mental Health Services: School Counselor Perceptions & Experiences (pilot study completed, full study in progress)

**Belin-Blank Honors Center, The University of Iowa, Iowa City, IA  
Fall 2008-Summer 2010**

*Advanced Research Assistant*– (worked under the direction of Dr. Nicholas Colangelo)

Dr. Colangelo (Professor Emeritus) was founder and endowed director of the Belin-Blank Center for Gifted Talent Development (BBC). This position was one of the most competitive and prestigious in the College of Education and affords the opportunity to work alongside this prominent faculty member on a major national study of acceleration and various BBC programs.

- Collaborated with professors on studies on Acceleration and the Davidson Institute to create research questions and surveys, and investigate current related literature
- Utilized SPSS to create data sets and Websurveyor to create survey instruments
- Scored assessments for statistical analysis
- Document success of Honors students and their current success in the program
- Assisted administrator of the Belin Fellowship program for teachers to develop literature base
- Coordinated and supervised a VIP program with gifted high school students and Masters'-level school counseling students to provide career assessments and career guidance
- Organized practicum student placements with gifted programs
- Created and maintained pages on Iowa Courses Online (ICON) web course management system for several online courses
- Gathered research literature for several projects and courses
- Facilitated seminar sessions and activities for first year International students (China Scholars program) and minority students (Iowa Talent Project) attending The University of Iowa

**Cornell College, Mt. Vernon, Iowa  
Fall 1991**

*Undergraduate Research Assistant* - Physical Education Department

- Independently researched the History of Cornell Women's Athletics, which led to the induction of the first female Sports Hall of Fame member at Cornell College.

## PRESENTATIONS

- Arredondo, P., Fawcett, M., **Cigrand, D.**, & Bertram, S. (2024). Counseling with Immigrants, Refugees and Their Families from Social Justice Perspectives. American Counseling Association (ACA) Invited Presentation. New Orleans, LA.
- Calhoun, A. & **Cigrand, D.** (2023). Making Middle School Meaningful by Giving Voice to Students of Color as They Reflect on Middle School Challenges. Association for Counselor Education and Supervision (ACES). Denver, CO.
- Calhoun, A., & **Cigrand, D.** (2022). Growing School Counselor Group Competencies: Through Cultural Conversations and Collaborative Curriculum Development. North Central Association for Counselor Education and Supervision (NCACES), Omaha, NE.
- Fawcett, M., & **Cigrand, D.** (2021). White counselors' multicultural self-efficacy in working with immigrants and refugees in the United States. Association for Counselor Education and Supervision (ACES), Atlanta, GA.
- Cigrand, D.**, & Fawcett, M. (2019). From Problem to Pride: Embracing the Role of Department Chair. Association for Counselor Education and Supervision (ACES), Seattle, Washington.
- Cigrand, D.**, Berger, C., & Ohrtman, M. (2019). *Collaborating with School-Based Mental Health Services*. Minnesota School Counselor Association (MSCA), St. Paul, Minnesota.
- Cigrand, D.** (2018). Video Modeling Strategies: Reach More Students, Save Time. American School Counselor Association (ASCA), Los Angeles, CA.
- Cigrand, D.** & Langworthy, A. (2018). A Homegrown Workforce: Expanding Awareness of Rural Career Pathways. Minnesota School Counselor Association (MSCA), Brainerd, Minnesota.
- Cigrand, D.** & Langworthy, A. (2017). A Homegrown Workforce: Expanding Awareness of Rural Career Pathways. Minnesota Rural Educators Association (MREA), Brainerd, Minnesota.
- Cigrand, D.**, Fye, H., Saner, R. & Baltrinic, B. (2016). Using Cooperative and Team-Based Instructional Strategies in the Counselor Education Classroom. North Central Association for Counselor Education and Supervision (NCACES), Minneapolis, MN.
- Cigrand, D.** (2015). *Impactful School Counseling: After Ferguson and Baltimore*. Minnesota School Counselor Association (MSCA) Spring Conference. Presidential Address. Brainerd, Minnesota.
- Cigrand, D.** (2015). *Accountability: Professionalism with Data*. Southwest Minnesota School Counselor Association (SWMSCA) Spring Conference. Invited keynote presenter. New Ulm, Minnesota.
- Havlik, S., Jones, S.G. and **Cigrand, D.** (2014). *Standing Strong When Times are Hard: School Counselor Advocacy and Leadership in an Age of Budget Cuts*. American School Counselor Association (ASCA), Orlando, Florida.
- Cigrand, D.** (2013). *Training Students in Research, Theory, and Practice: An Integrated Model for Student Learning and Faculty Achievement*. Association for Counselor Education and Supervision (ACES), Denver, Colorado.

## PRESENTATIONS (continued)



- Cigrand, D.** (2013). *Collaborating to Learn: Preparing School Counseling Students for Multidisciplinary Teams through Cross-curricular Activities with Pre-Service Special Education Teachers*. Association for Counselor Education and Supervision (ACES), Denver, Colorado.
- Cigrand, D.** (2013). *The Way Winona Works Project: A Companion Smithsonian Institution Exhibit*. Winona Historical Society, Winona, MN.
- Johnson, V. Bjornestad, A., **Cigrand, D.**, Fawcett, M., and Hittner, J. (2013). *Innovative Counselor Education Screening Techniques*. Association for Counselor Education and Supervision (ACES), Denver, Colorado.
- Cigrand, D.** and Finch-Mitchell, J. (2013). *Implementing the ASCA National Model: Ideas and Innovations*. Minnesota School Counselor Association (MSCA), Brainerd, Minnesota.
- Cigrand, D.** (2012). *Meeting Professional Standards for Program Development through Curriculum Mapping*. North Central Association for Counselor Education and Supervision (NCACES), Kansas City, Missouri.
- Johnson, V., Bjornestad, A., **Cigrand, D.**, Hittner, J., and Fawcett, M. (2012). *Innovative Screening Techniques*. North Central Association for Counselor Education and Supervision (NCACES), Kansas City, Missouri, Association for Counselor Education and Supervision (ACES), Nashville, Tennessee.
- Cigrand, D.** (2011). *Evidenced-based practices for School Counselors' Work with Students with Autism Spectrum Disorders*. Southeast Minnesota School Counselor Association Conference (SEMSEA), Winona, Minnesota.
- Cigrand, D.** (2010). *Transformational Research: A Social Justice Imperative*. North Central Association for Counselor Education and Supervision (NCACES), Itasca, Illinois.
- Cigrand, D.** (2010). *Evidenced-based practices for School Counselors' Work with Students with Autism Spectrum Disorders*. Iowa School Counselor Association (ISCA) Conference, Des Moines, Iowa.
- Cigrand, D.** and Greenleaf, A. (2009). *Recognizing Ego Depletion in Ourselves and Its Relational Effects*. Association for Counselor Education and Supervision (ACES), San Diego, California.
- Cigrand, D.** and Goldsmith, S. (2009). *Meaningful Mentoring: Rejuvenating Relationships and Career Aspirations*. Association for Counselor Education and Supervision (ACES), San Diego, California.
- Cigrand, D.**, and Wood, S. (2009). *School Counselors' Perceptions of Acceleration: An Exploratory Study*. National Association for Gifted Children (NAGC). St. Louis, Missouri.
- Cigrand, D.** (2008). *Supporting the Spectrum: Preparing Counselors to Work with Individuals with Autism*. North Central Association for Counselor Education and Supervision (NCACES), Indianapolis, Indiana.

## PRESENTATIONS (continued)

- Wood, S.W. and **Cigrand, D.** (2008). *Embracing Site Supervision: Enhancing School Counselors' Supervision Skills through a Solution-focused Paradigm*. North Central Association for

Counselor Education and Supervision (NCACES), Indianapolis, Indiana.

**Cigrand, D.** (2008). *Strong Objectivity and the School Counselor: Creating Advocacy for Students with Disabilities*. North Central Association for Counselor Education and Supervision (NCACES), Indianapolis, Indiana.

Colangelo, C., Portman, T., and **Cigrand, D.** (2008). *The School Counselor and Acceleration of Gifted Students*. Iowa Talented and Gifted (ITAG) Conference, Iowa City, Iowa.

**Cigrand, D.** and Wood, S.W. (2007). *Strengthening our bases: Applying solution-focused principles to the supervision of school counseling interns*. Presented at the Area Education Agency 10 Counselors' Conference, March 2007. Also accepted for presentation at the Iowa School Counselor's Association Annual Conference in Des Moines, Iowa, November 2007.

## INVITED TRAINING FACILITATION

*Counselors as Leaders: Creating Systemic Change in K-12 School*. Wisconsin Well Be's Consortium. Cambria, WI, October 2024.

*Meeting Students' Needs: 504 Plan Facilitation*. Freshwater Education District, Wadena, MN, May 2024.

*Trauma-Informed Schools Training*, Bluffview Montessori School, Winona, MN, October, 2021.

- *What is Trauma-Informed Practice? An Overview for School Settings*. With Dr. Rieko Miyakuni and Jen Rynes, graduate assistant.
- *System-wide responses to behavior: Trauma-sensitive approaches*.

*Challenges to Change: How You Can Impact School-Based Mental Health*. (2020) Region 10 Institutes of Higher Education Collaborative\* Let's Rally Virtual Conference Keynote Speaker.

*\*a partnership between colleges, universities, Region 10 Low Incidence Projects, and Southeast Minnesota Special Education Directors; Christian Wernau, conference organizer*

*Ethics in the Workplace*, Austin Public Schools Student Services, Austin, MN, April 2019.

*Responding to Student Anxiety in the Classroom: A Positivist Approach*, Stewartville School District In-Service, Stewartville, MN, January 2019.

*Mission and Vision Development*, Educational Studies Department, Winona State University, Winona, MN, November 2018.

*Meeting the Needs of Students with Disabilities: Facilitating 504 Plans*, Waterville-Elysian-Morristown All District In-Service, Waterville, MN, August 2018.

## INVITED TRAINING FACILITATION (continued)

*Ethical Practice in the Mental Health Workplace, Advanced*, Hiawatha Valley Mental Health Center, March 2017, Winona, MN.

*Ethical Practice in the Mental Health Workplace*, Hiawatha Valley Mental Health Center, March

2016, Winona, MN.

*Holmen School Counseling Program Audit, in collaboration with the Wisconsin Department of Public Instruction (DPI), Holmen, WI, October – December, 2015.*

*Ethics in the Workplace*, Workforce Development, Inc., Rochester, MN, August 2015.

## INVITED GUEST LECTURES

PSY: 468 Seminar in Psychology: The Neurobiology of Autism Spectrum Disorders, Winona State University, April 2015. *Topic: Supporting the Spectrum: Working with Students with Autism Spectrum Disorders in Schools*

EL: 654 Context of School Leadership, Winona State University, March 2013  
*Topic: Maximizing School Counselor Support in K-12 Schools*

Focus Group Session, Educational Leadership, Winona State University, April 2013  
*Topic: Researching in Schools*

EDU: 483 – Senior Seminar, Education Department, Cornell College, May 2009  
*Topic: Social-emotional Issues in Elementary and Secondary Schools*

EDU: 230 – The Exceptional Learner, Education Department, Cornell College, April 2009  
*Topic: Autism Spectrum Disorders: What Teachers Need to Know*

7C: 200 The Professional School Counselor, and 7C: 230 Program Leadership and Management, Counseling, Rehabilitation and Student Development, University of Iowa College of Education, Fall 2007 *Topic: Ethical Dilemmas in the School Counseling Profession*

7C: 199 Counseling for Related Professions, University of Iowa College of Education, Fall 2007  
*Topic: Counseling Children and Adolescents*

7C: 300 – Practicum in School Counseling, University of Iowa College of Education, Summer 2007 *Topic: Instructional Decision-Making Model for Special Education Identification in Iowa*

## GRANTS

Calhoun, A.V., **Cigrand, D.**, and Richards, C. (2021). *Winona State University Special Projects Grant (\$7590)*. Growing school counselor group competencies: Through cultural conversations and collaborative curriculum development. Winona State University, Winona, MN.

## GRANTS (continued)

**Cigrand, D.** (2017). *Winona State University Special Projects Grant (\$6147)*. Professional Learning Communities Regional Collaboration. Winona State University, Winona, MN.

Schmidt, C., **Cigrand, D.**, and Ramsdell, B. (2015). *Winona State University Special Projects Grant (\$4000)*. Cognitive Coaching Workshops. Winona State University, Winona, MN.

**Cigrand, D.**, and Bjornestad, A. (2013). Bush Innovation in Education grant. *Institute for Educational Innovation funding proposal. (\$16,000)*. Winona State University Department of Education and the Bush Foundation.

**Cigrand, D.**, Alsaker, E., Dunbar, A. M., Johnson, V., Lindaman, K., & Wood, A. (2012). Interfaculty Organization Feminist Issues Committee Grant. *Written for the WSU Feminist Issues Committee (\$3000)*. Interfaculty Organization, St. Paul, MN.

**Cigrand, D.** (2012). American Democracy Project Curriculum Grant. *The Way Winona Works Course Research Study (\$1500)*. Winona, MN.

**Cigrand, D.** (2012). Center for Engaged Teaching and Scholarship Curriculum Grant. *The Way Winona Works Course Research Study (\$1500)*. Winona State University.

**Cigrand, D.** (2008). Disney Minnie Grant for the Global Youth Service Project. *Written for the Monticello Youth Asset Project (\$500)*. Youth Service America, Washington, DC.

**Cigrand, D.** & Stamm, S. (1998). Iowa's Technology Grant, Olin Consolidated Independent School, Olin, Iowa (\$10,000). Iowa Department of Education, Des Moines, IA.

## **COUNSELING AND SUPERVISION EXPERIENCE**

*University Supervisor*, Counselor Education, Winona State University, Winona, MN

- Conducted university supervision for several sections of CE: 680: Practicum and CE: 690 Internship from 2010 to present.
- Utilized Interpersonal Process Recall (IPR) and Reflective Teaming supervision approaches.
- Consulted with site supervisors in school and clinical mental health settings to enhance on-site supervision practices through sharing of evidenced-based strategies.

*Doctoral Counseling Intern*, Counselor Education, The University of Iowa, Iowa City, Iowa

*Internship Placement: Cornell College Counseling Center, Mt. Vernon, Iowa Spring 2009*  
*\*\*Special Project, Cornell College Disability Advocacy Project*

- Led individual counseling sessions with college students on a variety of academic and personal/social issues
- Created and documented treatment plans and notes for counseling sessions
- Participated in college screenings for substance use, eating disorders and stress

## **COUNSELING AND SUPERVISION EXPERIENCE (continued)**

- Presented information on Holistic Wellness to students in residence halls
- Collaborated with Dean of Students, Dean of Faculty, Registrar, Director of Counseling and Institutional Research to complete a disabilities advocacy project
- Conducted interviews with faculty, staff and students regarding disability services
- Worked with Institutional Research Department to create a survey instrument to assess the needs of Cornell students regarding disability services

- Entered survey results into the SNAP survey tool and cleaned data to create a data set for analysis in SPSS; then analyzed data using SPSS.
- Developed and presented recommendations to Cornell College's committee on Disability Issues

*Practicum Supervisor, 7C: 300 Practicum in School Counseling; Counseling, Rehabilitation and Student Development Department, University of Iowa, College of Education, Summer 2007, 2008*

- Modeled individual and group counseling skills in gifted and talented student groups
- Led supervision sessions with Masters' students on individual counselor development using reflective teaming supervision methods
- Collaborated with University professors to evaluate Masters' students and a new counselor training program

*Site Supervisor, University of Iowa, 2004 – 2007*

- Supervised practicum and internship experiences of Master-level counselors-in-training as a school counselor in Monticello Community Schools
- Attended workshop for site supervisors
- Collaborated with University faculty on the development of counselors-in-training
- Evaluated internship supervisees using University evaluation tool

*School Counselor, Monticello Community Schools, Monticello, Iowa, August 1998 – 2008*

- Led individual, group and crisis counseling sessions for students with a variety of academic, behavior and personal/social concerns
- Facilitated Multidisciplinary Team meetings, IEP and 504 meetings
- Developed and delivered guidance curriculum in classrooms aligned with the American School Counselor Association (ASCA) standards on topics such as drug prevention, harassment, social skills, coping skills and study skills to elementary students

## **COUNSELING AND SUPERVISION EXPERIENCE (continued)**

- Coordinated testing services for building-wide assessments and English Language Learners
- Established and maintained community partnerships such as the Mentor program and the Jones County Family Resource Association
- Directed curriculum mapping process to improve district curricular alignment

*Treatment Counselor, Tanager Place, Cedar Rapids, Iowa, February 1991 – 1993*

- Designed and implemented treatment plans for high school youth with behavior

disorders and/or juvenile court system history

- Directed family and individual goal-setting sessions
- Co-facilitated group counseling sessions covering issues such as self-esteem, problem solving, alcohol/drug use, and sexual, mental and physical abuse

*Recreational Therapy Assistant, Wyalusing Academy, Prairie Du Chien, WI, Summers, 1989, 1990*

## **PROFESSIONAL SERVICE AND LEADERSHIP**

### **National**

Association for Counselor Education and Supervision (ACES)

- *Ethics Interest Network Chair, May 2014 - July 2019*
- *ACES Supervision Ethics Task Force member, August 2018 to 2021*

American School Counselor Association (ASCA)

- *Positions Statement Committee Chair, 2019 - 2021*
- *Positions Statements Committee Assistant Chair, 2017-2019*
- *Committee member, 2015-present*

### **State/Region**

Minnesota Department of Education

- *College and Career Readiness Advisory Group, January 2018 - 2020*
- *Student Discipline Work group (Governor appointed) – 2016-2017*

Minnesota School Counselor Association, 2012-2017

- *Past-President, July 2016-July 2017*
- *President, July 2015-July 2016*
- *President-Elect, July 2014-July 2015*
- *Board member, June 2012-2014*

Southeast Minnesota School Counselor's Association, 2011- present

- *President-Elect, 2011-2012*
- *President, 2012-2014*
- *Post-Secondary Chair, 2012-2018*
- *Ethics Chair, 2018 – present*

## **PROFESSIONAL SERVICE AND LEADERSHIP**

Public Education Licensure State Board (PELSB)

- Site Reviewer, Fall 2018, Spring 2020
- School Counselor License Consultant, February 2017 - present

*Advocate, Autism Society of America Chapters in Iowa, to share support services school counselors can provide. Fall 2010-2015.*

*Selection Committee, R.E.A.C.H. program, University of Iowa, Fall 2008 – Fall 2010*

*Outreach worker, Federal Emergency Management Agency, providing counseling and information to families affected by flooding and natural disasters in Iowa, Summer 2008 – Summer 2009*

*Team Member, Grant Wood Area Education Agency Crisis Intervention Stress Management*

(CISM) team, January 2007 – Fall 2011

*Monticello Elementary School Representative*, Monticello Asset Project for community-based support of youth development, Fall 2005 – May 2008

*Monticello Elementary School Representative*, Monticello Mobilizing for Change on Alcohol (MMCA), a subsidiary of the Jones County Youth Alcohol Reduction Grant Project, August 2004 – May 2008

*Member*, National T.T.T. Society, a philanthropic women's organization that mentors girls in poverty and supports camperships and scholarships for these girls, Fall 2000 – 2009

*Monticello Schools' District Representative*, Jones County Family Resource Association Advisory Council, April 2003 – 2005

*Grant Reviewer*, Community Review Panel, Iowa Woman's Foundation, Iowa City, Iowa, 1997

## **University**

Facilities and Finance Committee, *Member*, Winona State University, 2023-present

Improvement, Accreditation, and Assessment Committee, *Member*, Winona State University, 2023-present

Long-Range Planning Committee, *Member*, Winona State University, 2016-2022

Director, Center for Collaboration, Partnership and Professional Development. Winona State University College of Education. Fall 2015-Summer 2018.

- Directed WSU College for Kids
- Facilitated Professional Learning Communities Collaboration with Winona Area Public School and other professional development programming to B-12 schools
- Region 10 IHE Collaborative member

Feminist Issues Committee, Winona State University, Fall 2010 – August 2014

- *Chair*, April 2012-August 2014
- *Committee Member*, Fall 2010-2014

Learning and Community Engagement Committee, *Member*, Winona State University, 2010-2015

*Curriculum Mapping Project Facilitator*. Winona State University, Counselor Education program.

*Search Committee Work*, Winona State University, College of Education

- *Search Committee Member*, IFO, Spring 2022
- *Chair for 2 IFO searches*, Spring 2019
- *Search Committee member*, OAS, Spring 2019
- *Co-Chair for IFO search*, Spring 2012.

## **EXPERIENCE TEACHING AND COACHING IN K-12 SCHOOLS**

Minnesota School Counselor license (2024-present)

Wisconsin School Counseling license (2020-2024)

Iowa Teaching Licenses: K-12 Counselor, 7-12 English, K-12 Athletic Coach (1992-2020)

*English Teacher*, Olin High School, Olin, Iowa, August 1996-1998

*English Teacher*, Seymour High School, Seymour, Iowa, August 1994-1996

*Head Varsity Volleyball Coach*, Seymour, Olin and Monticello Schools, August 1994 – 2003

- Overall Varsity Volleyball Coaching record 110-117-30; in 2003 - 27-8
- Conference Champions 2003, 1995
- District Champions and Regional Semi-Finalists, 1995, 2003

## **ADDITIONAL TRAINING AND SKILLS**

Race Matters Employee Discussion Series. Winona State University, 2021 – 2022.

Introduction to Play Therapy (Summer 2021). Winona State University, Winona, MN.

Humanizing Your Online Course (Fall 2020). Minnesota State College and Universities, Online Short Course

CACREP Self-Study Training (February 2015). Council for Accreditation of Counseling and Related Educational Programs, Alexandria, VA

Twice Exceptionality: Examined and Explained, Belin Blank Center Advanced Leadership Institute, Iowa City, Iowa, June 2009

Social Stories™ Training, Carol Gray, trainer; Illinois Department of Human Services Bureau of Early Intervention, Decatur, Illinois, June 2009

Mentor Academy (*Trained as a Mentor*), Grant Wood AEA, Cedar Rapids, Iowa, Fall 2006 - Winter 2008

Critical Incident Stress Management Training, Individual Crisis Intervention, Kirkwood Community College, Cedar Rapids, Iowa, September 2007

## **ADDITIONAL TRAINING AND SKILLS (continued)**

Critical Incident Stress Management Training, Group Crisis Intervention, Grant Wood AEA, Cedar Rapids, Iowa, November 2006

Crisis Prevention Intervention (CPI) Training, Grant Wood AEA CPI trainers, Anamosa Community Schools, Anamosa, Iowa, Spring 2003

## **HONORS AND AWARDS**

President's Civic Engagement Awards, Winona State University, Winona, MN, April 2022

*Joan Francioni Steward Award - Given to engaged faculty, staff or administrators who have significantly advanced the distinctive civic mission by forming strong partnerships, supporting others' civic engagement, and working to institutionalize a culture and practice of engagement.*

MSCA President's Award, Minnesota School Counselor Association, May 2016

Post-Secondary School Counselor of the Year, Minnesota School Counselor Association, May 2015



Post-Secondary School Counselor of the Year, Southeast Minnesota School Counselor Association, April 2015

Outstanding Leadership Award, Minnesota School Counselors Association, May 2013

*For contributions to the school counseling profession and to the success of students at the highest levels.*

Leadership Award, Southeast Minnesota School Counselor Association, Spring 2012

Albert Hood Promising Scholar Award, University of Iowa, Spring 2010

*For academic performance, quality of dissertation proposal, and the likely impact of its' research on the field, as well as the student's service to the program and the University.*

Outstanding Graduate Student, College of Education, The University of Iowa, Spring 2007, 2009

Emerging Leaders Fellow, Association for Counselor Education and Supervision (ACES) Conference in San Diego, California, October 2009

Chi Sigma Iota member, Rho Upsilon chapter of the international honor society for students, professional counselors and counselor educators, May 2009 - 2012

Iowa Governor's Meritorious Service Award, July 2002, Granted by Gov. Tom Vilsack for saving an individual's life in a swimming pool accident.

Beth Ellsworth Scholar, Cornell College, Mt. Vernon, Iowa, Spring 1991

*From English faculty for demonstrating outstanding promise in the English teaching field*

## **HONORS AND AWARDS (continued)**

Volleyball Honors, Cornell College, Mt. Vernon, Iowa. Fall 1988-1991

- All-Conference 1990, 1991
- Most Valuable Player, 1991
- Team Co-Captain, 1991
- Record holder - career blocks attempted, career blocks completed
- Academic All-Conference, 1988, 1989, 1990, 1991

## **PROFESSIONAL MEMBERSHIPS**

American School Counselor Association, March 2004-present

American Counseling Association (ACA), Fall 2007 - present

Minnesota Rural Education Association (MREA), 2016-2018

Association for Counselor Education and Supervision (ACES), Fall 2007- present

Minnesota School Counselor's Association (MSCA), 2011-present

Wisconsin School Counselor Association (WSCA), 2019 - 2021

Southeast Minnesota School Counselor Association (SEMSEA), 2011-2024

Iowa School Counselor Association (ISCA), 2004 - 2012

National Education Association (NEA), 1998 - 2008

Iowa State Education Association (ISEA), 1998 - 2008

Monticello Education Association (MEA), 1998 - 2008

MEA Instructional and Professional Development Co-Chair, 2004-2008