

## Beth Gilfillan, M.Ed.

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312-450-4532

### Education

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Ph.D. The Pennsylvania State University, University Park, PA  
Counselor Education and Supervision  
Expected Graduation: May, 2019

M.Ed. DePaul University, Chicago, IL  
Human Services and Counseling  
June, 2007

B.S. Northwestern University, Evanston, IL  
Human Development and Psychological Services  
August, 2004

### Professional Licensures

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License: Illinois Professional Educator License #1793526  
Endorsements: School Counselor (PreK-Age 21), General Administrative (K-12)  
Expires: 6/30/19

### Counseling Experience

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#### Woodlands Academy of the Sacred Heart

Lake Forest, IL

#### College Counselor

2014-2016

- Managed a caseload of 180 students (entire school)
- Provided individual counseling to students and families regularly throughout the year
- Taught semester-long courses in College Skills for Juniors and College Skills for Seniors walking students through the entire college search and application process
- Acted as site supervisor for all standardized tests (PSAT, mock ACT/SAT, AP exams)
- Coordinated all extended time and special testing students for standardized tests
- Developed new process streamlining all teacher and staff recommendations for students
- Ran evening programs throughout the year regarding college search and selection, application process, and financial aid/scholarships
- Sponsored National Honor Society

#### Deerfield High School

Deerfield, IL

#### College Counselor

2010-2014

- Developed and implemented a comprehensive college counseling program supporting 1600 students, stressing the importance of college fit and student self-assessment; Met with approximately 350 individual junior and senior families throughout the year

- Provided evening programs throughout the year regarding college search and selection, application process, and financial aid/scholarships
- Offered workshops to students on topics such as Common Application, FAFSA completion, and Naviance
- Facilitated weekly small groups for juniors regarding the college search, selection, and application process; Facilitated weekly small groups for seniors regarding the transition to college
- Managed 25 local scholarships, including their accounting and applications, and led the scholarship committee in selecting winners
- Updated school profile annually, analyzed admission trends and statistics
- Traveled nationally to visit colleges and bring information back to faculty and families; Established relationships with college representatives in order to advocate for students as well as learn about different colleges
- Assisted department with RAMP development and application process
- Implemented monthly junior and senior parent/guardian large group meetings to alleviate stress and answer questions
- Supervised 2-3 employees each year
- Sponsored REACH club (anti-alcohol and drugs) and led Snowball groups

**Proviso Math & Science Academy**  
**School Counselor**

Forest Park, IL  
2008-2010

- Created and implemented a college counseling curriculum for 9th-12th grade students for the school's first two graduating classes
- Managed a caseload of 280 students
- Developed and presented College Nights for students and parents/guardians
- Organized and facilitated Financial Aid Nights and FAFSA workshops
- Implemented a peer counseling program involving 100 students
- Established a College & Career Center for the school
- Coordinated PSAT, PSAT, and AP exams
- Acted as site supervisor for ACT and SAT for all test dates
- Sponsored Scholastic Bowl team and Peer Mediation
- Selected by students as faculty graduation speaker for Class of 2010

**Mt. Carmel High School**  
**School Counselor**

Chicago, IL  
2007-2008

- Managed a caseload of 270 students
- Implemented Spectrum Program (grief/loss), involving 4 staff members and 70 students
- Established a peer counseling program involving 60 students
- Initiated and facilitated a Spanish tutoring program
- Facilitated study skills and anger management groups
- Conducted classroom presentations once per month
- Coached Junior Varsity Volleyball team and sponsored Scholastic Bowl team

**American Red Cross**  
**Family Services Caseworker**

San Francisco, CA  
2004

- Interned for the Disaster Services branch of the American Red Cross – Bay Area office
- Worked with victims of disasters, providing mental health assistance and other services

- Visited disaster sites to comfort victims and provide relief, including food, clothing, and shelter

**Teaching Experience**

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| Fall 2017   | The Pennsylvania State University, University Park, PA<br>Co-Instructor<br>RHS 403 Medical Aspects of Disability – Online (undergraduate course)         |
|             | Co-Instructor<br>CNEC 555 Career Counseling (doctoral course)  |
| Summer 2017 | The Pennsylvania State University, University Park, PA<br>Co-Instructor<br>CNEC 508 Organization & Administration of Guidance Programs (master’s course) |
|             | Co-Instructor<br>CNEC 424 Facilitating Career Development – Online (master’s course)   |
| Spring 2017 | The Pennsylvania State University, University Park, PA<br>Instructor<br>RHS 303 Group Work in Rehabilitation and Human Services (undergraduate course)   |
| 2010-2012   | DePaul University, Chicago, IL<br>Adjunct Faculty<br>School Counseling Practicum & Internship (master’s courses)   |
| 2007        | DePaul University, Chicago, IL<br>Teaching Assistant for Fr. Patrick McDevitt<br>Technology in Counseling (master’s course)                              |

**Research Experience**

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| <b>The Pennsylvania State University</b>   | University Park, PA |
| <b>Graduate Assistant</b>  | August 2016-Present |
| <ul style="list-style-type: none"> <li>• Part of Dr. Julia Bryan’s research team that is conducting and publishing research on the role, characteristics, and effects of various types of school counseling programs in and on students’ college readiness and access</li> <li>• Currently analyzing a nationally representative dataset (High School Longitudinal Study of 2009)</li> </ul>               |                     |
| <b>Northwestern University</b>   | Evanston, IL        |
| <b>Research Analyst</b>  | 2004-2007           |
| <ul style="list-style-type: none"> <li>• Ran a study under Dr. Daniel Edelson on motivation in high school environmental science classrooms using Investigations curriculum</li> <li>• Participated in all aspects of research process – professional development, classroom observations, interviews, and testing</li> <li>• Analyzed data and provided recommendations for curriculum changes</li> </ul> |                     |

- Worked with teachers in Chicago Public Schools and suburban Chicagoland schools to provide assistance in the classroom

### Other Relevant Experience

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#### Deerfield High School

Deerfield, IL

#### Administration Intern

2013

- Assisted Summer School Principal with daily principal tasks such as attendance, discipline, payroll, teacher training and evaluations
- Updated school's crisis guidelines and manual following ISBE standards
- Co-led an RTI workshop for district teachers with school's Principal and district's Director of Special Education
- Organized articulation program for the coming school year for high school and middle school principals

### Educational Travel

- Toured and attended information sessions at over 150 colleges in the United States (2007-Present)
- Participated in "Education in Ireland" counselor tour of all 7 public universities in Ireland (2014)
- Studied Spanish through a three-week immersion program in Spain (2007)

### Presentations

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**Gilfillan, B.**, Kim, S.R. (November, 2017). *ICO: A Model for Continuing Professional Development for School Counselors*. To be presented at the annual conference of the Pennsylvania Counseling Association (PCA), King of Prussia, PA.

**Gilfillan, B.** (2017, October). *First Generation College Support*. Webinar to be presented for CollegeWeekLive.

**Gilfillan, B.** (2017, October). *Forging a Path to College Access*. To be presented at the annual conference of the Association for Counselor Education and Supervision (ACES), Chicago, IL.

Rohling, M., & **Gilfillan, B.** (2017, September). *Supporting First Generation College Students*. To be presented at Penn State University's Annual Professional Development Conference on Academic Advising, University Park, PA.

**Gilfillan, B.**, & Rohling, M. (2017, July). *Supporting First Generation College Students*. Presentation at the annual Guiding the Way to Inclusion conference of the National Association for College Admission Counseling (NACAC), Las Vegas, NV.

**Gilfillan, B.** (2017, April). *School Counselors Go to College: Forging a Path to College Access and Success*. Presentation at the annual Chi Sigma Iota Pennsylvania Statewide Conference, Scranton, PA.

**Gilfillan, B.**, & Daniels, A. (2017, April). *Support for First Generation Students on College Campuses*. Presentation at the annual Chi Sigma Iota Pennsylvania Statewide Conference, Scranton, PA.

Bigelow, T., **Gilfillan, B.**, Ulupinar, D., & Nadermann, K. (2017, April). *The long and short of it: The road to "Dr."* Panel discussion at the annual Chi Sigma Iota Pennsylvania Statewide Conference, Scranton, PA.

- Gilfillan, B.** (2017, February). *Cultural/Linguistic/Ethnic Diversity*. Presentation at Penn State University's Diversity in Education Conference & Workshop, University Park, PA.
- Addington, L.M., Sinclair, C., & **Gilfillan, B.** (2016, September). *Advising US Students on Pursuing University Options Abroad*. Presentation at the annual conference of the National Association for College Admission Counseling (NACAC), Columbus, OH.
- Addington, L.M., **Gilfillan, B.**, & Thomas, T. (2016, May). *Advising US Students on Pursuing University Options Abroad*. Presentation at the Critical Components conference of the National Association for College Admission Counseling (NACAC), Pittsburgh, PA.
- Gilfillan, B.**, Bihn, N., & Belawich, C. (2016, May). *Professional Pathways – Year 1*. Presentation at the annual conference of the Illinois Association for College Admission Counseling (IACAC), Itasca, IL.
- Lentine, N., **Gilfillan, B.**, Soboski, D., & Clarke, E. (2015, November). *The Business of College Admission*. Webinar for Higher Ed Live.
- Stromberg, K., Edgar, R., & **Gilfillan, B.** (2015, June). *I Want to Study at an American University Abroad*. Webinar presentation for the National Association for College Admission Counseling (NACAC).
- Gilfillan, B.** (2015, February). *Maximizing Your High School Summers*. Webinar presentation for College Greenlight.
- Gilfillan, B.**, & Hinden, K. (2013, April). *Clarifying the Confusion of College: A Small Group Approach*. Presentation at the annual conference of the Illinois School Counselor Association, Skokie, IL.
- Gilfillan, B.**, Morris, N., & Lubiniecki, C. (2012, May). *Learn 2 “Like” Me: Using Social Media to Effectively Deliver Your College Program*. Presentation at the annual conference of the Illinois Association for College Admission Counseling (IACAC), Itasca, IL.
- Miller, V., **Gilfillan, B.**, & Kawakita, C. (2011, May). *Face Your Facebook Fears*. Presentation at the annual conference of the Illinois Association for College Admission Counseling (IACAC), Itasca, IL.
- Gilfillan, B.**, & Palaniswamy, V. (2005, November). *The Issue of Self-Esteem Among Multicultural Adolescent Females*. Presentation at the annual conference of the Illinois Counseling Association (ICA), Itasca, IL.

## **Publications**

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- Gilfillan, B.** (Under Review). School Counselors and College Access: From Knowledge and Skills to Training and Practice.
- Gilfillan, B.**, & Schultz, K. (In Press). Counseling the Transnational Applicant. In J. Mathis, R. M. Rall, & T. M. Laudino (Eds.), *Fundamentals of college admission counseling: A textbook for graduate students and practicing counselors*. Alexandria, VA: NACAC.

- Gilfillan, B.** (2016). Foreword. In National Association for College Admission Counseling, *Guide to international university admission*. Arlington, VA: National Association for College Admission Counseling.
- Gilfillan, B.** (2016). Support for first generation college students at Penn State. *The Ram Report*, Fall 2016, 9-10.
- Gilfillan, B.** (2016). I cringe when I hear ‘Because of the college rankings.’ *The New York Times*. September 28, 2012.
- Gilfillan, B.** (2016). Professional Pathways: A successful new IACAC venture. *The Admission Essay*. January 14, 2016.

### **Media Recognition**

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- Marklein, M. B. (2016). Should you go to college in England? *Money Magazine Online*. <http://time.com/money/4474201/should-you-go-to-college-england-uk/>
- Dietrich, M. (2016). Confusion for students, counselors as MAP grants in limbo for second straight year. *Reboot Illinois*. [http://rebootillinois.com/2016/04/14/confusion-for-students-counselors-as-map-grants-in-limbo-for-second-straight-year/?post\\_id=/](http://rebootillinois.com/2016/04/14/confusion-for-students-counselors-as-map-grants-in-limbo-for-second-straight-year/?post_id=/)
- Barrick, C. (2016). Supporting counselors to support students: Professional Pathways in IL. *College Board All Access*. <https://www.collegeboard.org/membership/all-access/counseling/supporting-counselors-support-students-professional-pathways-il>

### **Honors & Grants**

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- Recipient of Penn State’s Dean’s Graduate Assistantship for Engaged Scholarship and Research in Education, August 2016-Present.
- Imagine Grant, National Association for College Admission Counseling. *Personal travel grant to attend NACAC’s annual Guiding the Way to Inclusion conference, \$575, July 2017, Grant Writer.*
- Transfer Grant, National Association for College Admission Counseling. *Illinois Association for College Admission Counseling’s Transfer Summit, \$2,500, February 2016, Grant Writer.*
- Public High School Counselors Grant, National Association for College Admission Counseling. *Illinois Association for College Admission Counseling – Funding for public high school counselors to attend NACAC annual conference, \$2,500, October 2015, Grant Writer.*
- Imagine Grant, National Association for College Admission Counseling. *Illinois Association for College Admission Counseling’s Summer Institute for High School Counselors, \$1,500, June 2015, Program Chair/Grant Writer.*

## **Trainings & Certifications**

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Certifications: Disaster Mental Health training (2017)  
American Red Cross

Graduate Online Teaching Certificate (2016)  
The Pennsylvania State University

Schreyer Institute for Teaching Excellence – Instructional Foundations Series (2016)  
The Pennsylvania State University

## **Professional Counseling Organization Service**

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- Illinois Association for College Admission Counseling (IACAC)
  - President (2015-2016); Led organization of 1,600 high school counselors and college admission representatives; Led Executive Board of 21 members and 50 committee chairs; Ran Executive Board meetings, Acted as primary voice for the state-wide professional organization
  - President-Elect (2014-2015); Chair of Annual Conference (2.5 days, 850 attendees, \$180,000 budget, managing 34 committee chairs)
  - High School Counselor Professional Development committee (2014-2016) – Created and chaired this committee, which established annual Summer Institute for High School Counselors (July 2015) and Professional Pathways (year-long “adopt a school district” program for an entire district’s counselors, including an overnight data retreat)
- National Association for College Admission Counseling (NACAC)
  - Annual Conference session proposal reviewer (2017)
  - Affiliate President’s Council (2014-2016)
  - Assembly Delegate (2014-2016)
  - Chicago National College Fair Co-Chair (2011-2014)
  - Participant in annual Advocacy Meeting in Washington, DC (2014-2017)
- Journal of College Access
  - Editorial Board member (2017-Present)
- Chi Sigma Iota
  - The Pennsylvania State University chapter Doctoral Student Liaison (2016-Present)
    - Presented workshop on writing conference proposals (1/17)
  - DePaul University chapter founding member and Treasurer (2005-2007)
- Council for Accreditation of Counseling and Related Educational Programs (CACREP)
  - Self-Study Initial Reader/Consultant (2017-Present)
- Association for Counselor Education and Supervision
  - Annual Conference session proposal reviewer (2017)
- American Red Cross – Mid-Central PA Chapter
  - Disaster Mental Health Services volunteer (2017-Present)
- Pennsylvania Mental Health Counselors Association
  - Public Policy, Legislation, and Bylaws Committee Chair (2017-Present)
- North Atlantic Region Association for Counselor Education and Supervision (NARACES)
  - Graduate Student Committee (GSC) – Organizing a mentorship program (2017-Present)

## **Other Professional Service**

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- The Pennsylvania State University's Commission on Racial/Ethnic Diversity (2016-Present)
- International College Options Director of Operations (2017-Present) & Founding Committee Member (2013-Present)
- The Pennsylvania State University's Center for Online Innovation in Learning – Research Initiation Grant reviewer (2016-Present)
- DePaul University Alumni Sharing Knowledge mentor, panelist, and presenter (2007-Present)
- Michigan State University Counselor Advisory Board (2012-2016)
- Lake Forest College Counselor Advisory Board (2014-2016)
- DePaul University Alumni Board Member (2012-2015)
- District 113 Professional Advancement Review Committee (2012-2014)
- College Counseling Academy – completed 101-401 summer courses (2010-2014)
- Buddy's Place adolescent grief counselor (2006-2012)

## **Professional Memberships**

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American College Counseling Association  
American Counseling Association  
American Educational Research Association  
American School Counselor Association  
Association for Counselor Education and Supervision  
National Association for College Admission Counseling  
National Career Development Association  
North Atlantic Region Association for Counselor Education and Supervision  
Pennsylvania Association for College Admission Counseling  
Pennsylvania Association of Counselor Education and Supervision  
Pennsylvania Counseling Association  
Pennsylvania Mental Health Counselors Association  
Pennsylvania School Counselors Association