

## Show Me the Money! Small Funding Grants Can Provide Big Opportunities for Your Counseling Center

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For many of us working in college and university counseling and psychological services, the thought of searching for grants to support a project at our center can be overwhelming. We might think of the small print, red tape, and time demands of an NIMH or NIH grant -- the types of behemoth grants that faculty colleagues seek, but that would be a burden on everyday caseloads and counseling center workloads to pursue.

In response, the purpose of this article is to remind CCAPS members and colleagues that there are a couple of funding sources out there for small research or research-practice projects that are relatively easy to apply for, provide a few thousand dollars for small project that might have a big "bang" at a counseling center, and don't come with lots of burdensome time demands.

First there are small grants of the ACPA Foundation, which is the fundraising organization for ACPA. Each year the Foundations awards about \$10,000 in response to proposals that enhance student affairs work or add to the knowledge-base. For example, some of last year's winners were projects about Latino male achievers on selective campuses, student persistence efforts with second-year students, and others. The grants usually range from \$1000 - \$2500, which is enough to fund hiring a graduate assistant, travel for data collection, software, supplies, or even a part-time salary. My colleagues and I won a \$2500 grant which we used to hire a graduate student assistant to work with us on college counseling literature review project – a project we probably couldn't have pursued without the help of an assistant! The project resulted in a CCAPS-sponsored ACPA program and even was featured on *Inside Higher Education* at

[https://www.insidehighered.com/news/2011/03/29/acpa\\_convention\\_explores\\_student\\_mental\\_health\\_and\\_counseling\\_behavioral\\_intervention\\_psychology](https://www.insidehighered.com/news/2011/03/29/acpa_convention_explores_student_mental_health_and_counseling_behavioral_intervention_psychology).

Outside ACPA, the American College Counseling Association (ACCA) accepts proposals for two different college counseling research grants. The larger \$5000 Funded Research Award is designed for individuals who have in mind a comprehensive research study about college counseling. Here again, my colleagues and I received an ACCA Funded Research Award – and used the support to hire 2 graduate assistants to collect real-life data from years of counseling center client and health center patient records in order to look at counseling outcomes on academic success. That grant made the project possible! ACCA also offers a \$1000 award for college counselors who have in mind projects to increase understanding of professional counseling with college populations at four-year colleges and universities, as well as community, vocational, and technical institutions.

If you and your colleagues have had a college counseling research idea on the back burner, now might be the time to pursue it with some financial support from one of these sources. You can find out more about the ACPA Foundation grants at

<http://foundation.myacpa.org/whatwedo/research-and-grants/>

and more about the ACCA research grants at <http://www.collegecounseling.org/2014-research-grant-announcement>. Ask them to show you the money!