

Phylcia R. Fontenot, M.Ed.

Instructor
Regent University

EDUCATION

Doctor of Philosophy in Counselor Education and Supervision 2026
(CACREP- Accredited)
Regent University, Virginia Beach, Virginia

Master of Education in Counseling; Concentration: School Counseling 2012
The College of William & Mary, Williamsburg, Virginia

Bachelor of Science in Psychology 2009
Virginia Commonwealth University, Richmond, Virginia
Minor: African American Studies

PROFESSIONAL LICENSURE/CERTIFICATION

Licensed School Counselor Pre-K - 12 - Virginia (PPS-0605066) July 2012-Present

Nationally Certified Counselor NCC# 302153 May 2012-Present

PROFESSIONAL EXPERIENCE

TEACHING

Instructor July 2026-Present
Regent University, Virginia Beach, VA

- Maintain full-time teaching load in the Masters in Counseling Program
- Supervise practicum and internship students
- Advise and mentor students
- Teach online and on campus courses

Adjunct Professor August 2025- July 2026
Regent University, Virginia Beach, VA

Courses included:

- COUN 536 Career & Lifestyle Development, Fall 2025, Spring 2026
- COUN 520 School Counseling Leadership, Fall 2025
- COUN 540 Human Growth & Development, Summer 2026

Teaching Research Assistant July 2023- July 2025
Regent University, Virginia Beach, VA

Courses included:

- CES 617 Quantitative Research Methodology, Fall 2023 and 2024
- CES 760 Program Evaluation, Fall 2023
- COUN 517 Research & Statistics, Spring 2024

- COUN 594 Internship in Schools, Spring 2024, Fall 2024, and Spring 2025
- COUN 516 Principles of School Counseling, Summer 2024 and Summer 2025
- CES 740 Identity in Counselor Education, Summer 2024 and Summer 2025
- COUN 561 Ethics of Counseling, Spring 2025
- COUN 518 Career & College Planning, Spring 2025

SCHOOL COUNSELING

School Counseling & Career Consultant
Pearson Virtual Schools

August 2020- July 2026

- Supported programming which ensures that school counselors in Connections Academy schools have the skills needed to implement a comprehensive counseling program.
- Assisted with training and professional learning for Connections Academy partner schools.
- Collaborated with the Director of Counseling to monitor the data input and outcomes for college and career initiatives and identified best practices in virtual school counseling as it aligns with the American School Counselor Association National Model.

Middle School Counseling Director
Hampton City Schools

August 2012- August 2020

- Developed, implemented, and evaluated a comprehensive school counseling program that supports academic, career, and social/emotional growth
- Ensured programs are developmentally appropriate and aligned with ASCA Mindsets and Behaviors for Student Success
- Used data analysis to create, implement, and improve counseling programs

RESEARCH INTERESTS

School Counseling Leadership Identity, Supervision in School Counseling, Virtual School Counseling, Multicultural & Social Justice Counseling Competencies in Supervision, School Counseling and Special Populations

JOURNAL PUBLICATIONS/BOOK CHAPTERS

Knight, J., & Littleton, P. (2025, February) Technology Integration in School Counseling. In: Hannor-Walker, T.; Bohecker, L.; Wiggins, E.; Fellows, M & Holstun, V. (Eds.) *Christian Integration in School Counseling*. Kendall-Hunt Publishing.

NATIONAL/ REGIONAL PRESENTATIONS

Rigg, L., Cook, D., Olson, R., Glover, C., & Fontenot, P. (2025, October). Exploring Supervisor Development of MSJCC: Initial Finding from a Grounded Theory Study. Presented at the Association for Counselor Education and Supervision, Philadelphia, PA.

Runyan, H., Knight, J., **Fontenot, P.**, & Mandia, L. (2025, October). Shaping the Future of Counseling Research: Enhancing Doctoral Training Through Faculty Mentorship. Presented at the Association for Counselor Education and Supervision National Conference, Philadelphia, PA.

Littleton, P. & Davis, A. (2025, March). “Hey, Black Child”: Developing Black Female Leaders. Presented at the Virginia Association for Counselor Education and Supervision 2025 Graduate Student Conference, Williamsburg, VA.

Muston, K., & **Littleton, P.** (2023, July). Student Self-Leadership. Presented at American School Counseling Association Annual Conference, Atlanta, GA.

Littleton, P., Aina, J., & Briscoe, J. (2023, March). Beyond the Surface: Perceptions of Cultural Humility for Supervisors of Color. Presented at the Virginia Association for Counselor Education and Supervision 2023 Graduate Student Conference, Williamsburg, VA.

Rigg, L., **Littleton, P.**, Briscoe, J., Aina, J., Cook, D., & Holley, J. (2023, March). Multicultural & Social Justice Counseling Competencies. Evaluating Conceptualization and Intervention Strategies Across Supervision Models. Presented at the Virginia Association for Counselor Education and Supervision 2023 Graduate Student Conference, Williamsburg, VA.

INVITED PRESENTATIONS

Knight, J., Mandia, L., Vaughn, H.J., Aina, J., & **Littleton, P.** (2024, August). Effective School Counselor Supervision. HEART Grant Training at Mercy University, Dobbs Ferry, NY.

Coirolo, C., **Littleton, P.** (2021, July). Recalibrating the Principal and School Counselor Relationship to Yield Student Success. Presented at the Connections Academy Virtual Summer Leadership Conference.

MEDIA

Articles

Baird, L.L., (October 31, 2023). How to get into college from a nontraditional high school. *U.S. News & World Report*. <https://www.usnews.com/education/k12/articles/how-to-get-into-college-from-a-nontraditional-high-school>

Podcasts

HONORS AND AWARDS

- 2026-2028 Professional School Counseling Journal Emerging Scholar
- 2024 Pete Warren Fellow- Virginia Counselors Association
- 2023 Michele Dowdy Emerging Leader- Virginia Counselors Association
- 2021 Greek of the Year, Alpha Kappa Alpha Incorporated- Gamma Upsilon Omega Chapter
- Littleton, P., (November 2019). 2019 Innovative Grant. Hampton Education Foundation. \$855.
- Littleton, P., (November 2018). 2018 Innovative Grant. Hampton Education Foundation. \$855.
- 2012 Exemplary Professional School Counseling Student of Hampton Roads Award

PROFESSIONAL AFFILIATIONS

American Counseling Association

American School Counselor Association

Association for Counselor Education and Supervision

Chi Sigma Iota, International Honor Society of Professional Counseling

Hampton Roads Counselors Association

Virginia Counseling Association

Virginia School Counselor Association