# 2016 Conference Workshop/Session Schedule

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| **SESSION I: 8:30 – 9:30 a.m.** | | | |
|  | **Title & Description** | **Target Audience** | |
| 1. | **Evidence-based Interventions for Socio-emotional Competence Groups**  **School counseling groups can be effective and valuable experiences that foster a sense of belonging and universality among students. This presentation will give school counselors an opportunity to learn new and interesting evidence-based interventions (e.g. self-advocacy and resiliency skills, mindfulness) specifically targeting social and emotional competence with at risk student populations.**  ***Presenter(s): Marte Ostvik-de-Wilde, Ph.D., CSCA Counselor Educator VP-Elect, Assistant Professor, University of St. Joseph*** | All | |
| 2. | **The Playful Mind: Incorporating Mindfulness Into Experiential Activities**  **This workshop will focus on activities that focus the mind in a playful way. Through mindfulness play activities students and adults can learn how to reduce their response to stress and increase happiness in a way that is both fun and engaging. These activities may be more accessible for children and adolescents than traditional breathing exercises. Activities can be scaled for all ages of students K-12 and higher education.**  ***Presenter(s): Laurie Pels-Roulier, LPC, LMFT, School Counselor, Manchester High School; JT Lauer, School Counseling Intern, Manchester High School*** | All | |
| 3. | **The Unique Needs of Children Living in Poverty: The I-CARE Model**  **This presentation will provide an overview of the literature on the unique needs of children living in poverty and the impact of poverty on school achievement (Lacour & Tissington, 2011; Wight, Chau, & Aratani, 2011). A model for conceptualizing counseling children living in poverty will be introduced (I-CARE; Foss-Kelly, Generali, & Kress, under review).**  ***Presenter(s): Dr. Margaret Generali, Associate Professor, Department Chair Counseling and School Psychology, Southern Connecticut State University*** | All | |
| 4. | **Building Social and Emotional Competence in Today’s Youth**  **What is SEL (Social-Emotional Learning) and how does it relate to Scientific Research-Based Interventions (SRBI)?  As we as educators strive to build healthy and positive environments for our students, this workshop will look at research, tools and resources for SEL, and focus on how to support your district in building the social and emotional competence of all students.  Connections will be made between SEL and SRBI, identifying school-based counseling initiatives that vary in intensity, based upon the needs your students present with.**  ***Presenter(s): Julie Cipes, CSCA VP - Elementary Level, School Counselor, Southington Public Schools;  Jessica Anthony, CSCA VP-Elect - Elementary Level, School Counselor, Southington Elementary Collaborative*** | Elem | |
| 5. | **Gifted and High-Ability Students: Incongruities, Resulting Problems, and How to Help**  **The characteristics of gifted and talented students make them uniquely vulnerable. Often school is not a "good fit," or the student has discrepant abilities or they do not perform as others expect. This workshop will explore the causes for social/emotional and behavior problems that evolve from these vulnerabilities and identify ways in which counselors can help these students.**  ***Presenter(s): Dr. Larry Rosenberg, CT Association for the Gifted; Katie Augustyn, VP, CT Association for the Gifted, Gifted Education Consultant.*** | Elem, MS | |
| 6. | **School Counseling Services: Response to Collaboration**  **The session will provide a different approach to implementing a school counseling program by connecting the delivery component of a program to the initiative of response to intervention for academic and social emotional skill development. Attendees will learn how school counseling programs, groups, lessons and activities, can be structured through curriculum mapping to support response to intervention levels and student learning objectives.**  ***Presenter(s): Dr. Deborah Hardy, Founder of “School Counselor Central,” Director of School Counseling, Somers Central School District, Lincolndale, NY*** | All | |
| 7. | **Ready to Work**  **Presenters will discuss the process of hosting a Ready to Work Panel. Attendees will learn how to identify and reach out to students who are unclear about their future plans or have stated that they are interested in entering the work directly after school.**  ***Presenter(s): Todd Dyer, CSCA VP-Elect Litchfield Region, School Counselor, Shepaug Valley Public Schools*** | HS | |
| 8. | **Creating a Culture of College & Career Readiness**  **Looking for fresh, co-curricular and extra-curricular ideas for CCR? Learn how the Adult Education Center in Hartford has created a culture of college and career readiness with (mostly) free resources and community partnerships.**  ***Presenter(s): Nancy DeCrescenzo, College and Career Specialist, Hartford Adult Education Center*** | All | |
| 9. | **Freshmen Transition Program**  **School Counselors meet weekly with freshmen in groups to provide lessons in: transition to high school, understanding locus of control, creating their student success plan, character building, goal setting, graduation requirements and transcript introduction, study skills and career clusters. During the freshman seminars, students complete and review two inventories: Learning Style inventory and the Do What You are Inventory.**  ***Presenter(s): Kimberly Ambroise, CSCA Secretary and Secondary Level VP, School Counselor, B.S., M.S., 6th Year Certificate, Farmington High School*** | HS | |
| 10. | **Introduction to the Coalition for Access, Affordability, and Success**  **A coalition of public and private colleges and universities has begun the implementation of an online platform that hopes to recast the nature of applying to college. This presentation will outline progress made during the past year of development, highlight the benefits of the new application, and share future goals.**  ***Presenter(s): Nathan Fuerst, Assistant Vice President for Enrollment and Director of Admissions, University of Connecticut; Debra Johns, Associate Director of Admissions, Yale University.  Moderator: Jayson Hodge, Senior Admissions Officer, University of Connecticut*** | MS, HS | |
| 11. | **Save Time… Book College Rep Visits Online**  **With all of the demands put on a school counseling office, the task of scheduling college rep visits can be challenging. RepVisits provides a more efficient process for scheduling these appointments. Created by a school counselor with the needs of a high school in mind, RepVisits streamlines this process, saving time and increasing access to higher education. As we turn to technology to assist on a day to day basis, this session will provide insight into the online booking process and how [RepVisits.com](http://repvisits.com/" \t "_blank) works from both the high school and college perspective.**  ***Presenter(s): Erica White, Founder of RepVisits, College & Career Counselor*** | HS | |
| 12. | **Updates on the Changes in College Financial Aid**  **The timeline for filing the FAFSA has changed! And the financial information they want has changed as well. During the session these changes will be discussed, as well as formula changes that will have an impact on all of your college bound students.**  ***Presenter(s): John Pearson, CPA, CASL, Barnum Financial Group*** | HS | |
| 13. | **ACT and SAT Prep: Tools for School Counselors to Support Students on College Admissions Tests**  **Drawing on The Princeton Review's 30+ years of research and preparing students, the presenter will lead an interactive discussion of how school counselors can access preparation resources and implement best practices to maximize test-taker performance. Participants will leave this session armed with tools to support students preparing for the ACT, SAT and SAT Subject Tests.**  ***Presenter(s): Akil Belo, Director of Strategic Initiatives, The Princeton Review*** | HS | |
| 14. | **Increasing Parent Involvement**  **There is no Magic in how to engage parents, but if there were it would include food. Building parent involvement is one of the most difficult tasks I have ever been given, and through many attempts I have come up with strategies to increase parent involvement. This presentation will give you concrete ways to engage parents and increase parent involvement.**  ***Presenter(s): Patrick Biggins, School Counselor, Abby Kelley Foster Charter School, Worcester, MA*** | Elem, MS | |
| 15. | **Designing and Leading Comprehensive School Counseling Programs for Every Student Success**  **Come re-energize your creative side, and experience the art and science of delivering evidence based school counseling activities for improving every student’s academic, career, social, and emotional development. This session is designed to help participants develop and lead their own comprehensive school counseling programs consistent with ASCA National Model and Standards. Participants will gain first-hand experience by using creative and innovative techniques to implement the framework of a comprehensive school counseling program consists of four ASCA components: Foundation, Management, Delivery, and Accountability.**  ***Presenter(s): Dr. Olcay Yavuz, Assistant Professor, Educational Leadership and Policy Studies Department, Southern Connecticut State University*** | All Levels | |
| **SESSION II: 2:00 – 3:00 p.m.** | | |
|  | **Title & Description** | **Target Audience** |
| 16. | **Addressing Trauma and Its Impact on Students**  **The New Haven Trauma Coalition (NHTC), led by Clifford Beers Clinic, is currently working in 8 New Haven Public Schools to address the impact of trauma. Trauma can have a direct, negative impact on students’ social emotional development and learning. This presentation will share the work of Clifford Beers and NHTC in addressing trauma’s impact on our students and schools.**  ***Presenter(s): Kim Jewers-Dailley, M.A., RDT, Program Manager, New Haven Trauma Coalition (NHTC) and School Based Services, Clifford Beers Clinic*** | All |
| 17. | **Cognitive-Behavioral Strategies for Treating Stress and Worry in Children and Adolescents**  **We are living stressful times. However, there are ways to help students reduce their anxiety. In this workshop, thinking and doing techniques that reduce stress/worry will be presented and modeled. Participants will learn that they can feel better by changing their thinking. Also, relaxation techniques will be demonstrated. Participants will come away with strategies they can use at their school.**  ***Presenter(s): Dr. Caren Baruch-Feldman, Psychologist*** | All |
| 18. | **Mindfulness: A School Wide Initiative**  **We have all heard the expression "It takes a village to raise a child." Well, at Cheshire High School we couldn't agree more. That's why we have incorporated Mindfulness into our entire school culture. Come find out how we created a specific Mindfulness space, trained various staff members on Mindfulness, and implemented a Mindfulness curriculum into an academically driven school and community.**  ***Presenter(s): Vanessa Montorsi, CSCA Treasurer and Interim Executive Director, School Counselor, Cheshire High School; Jenna Girard, School Counselor, Cheshire High School*** | MS, HS |
| 19. | **Working with Students Through the Grief Process**  **How can a School Counselor best work with students as they deal with grief? In what ways can a Counselor be an integral part of a team when a death has impact upon her/his school? Participants in this workshop will gain a strong awareness of the grief process and how to serve as a valuable resource when students and schools are confronted with death.**  ***Presenter(s): Dr. Robert R. LaRochelle, School Counselor, co-founder and co-facilitator of the Bereavement Team, South Windsor High School, South Windsor, CT*** | MS, HS |
| 20. | **Tuning Up Your PBIS Process with the School Wide PBIS Tiered Fidelity Inventory**  **This session will introduce the SWPBIS Tiered Fidelity Inventory (TFI) tool for schools to assess their implementation of PBIS across all three tiers. Schools completing the TFI see a snapshot of their fidelity through scores that indicate the extent to which core structures of each tier are in place and spend time action planning to address areas for improvement.**  ***Presenter(s): Sarah L. Jones, Project Officer - School Climate Transformation Grant, SERC*** | All |
| 21. | **Supporting Undocumented Students: Best Practices**  **Undocumented students face many challenges that can affect their success in middle, high school, and beyond. It is important for counselors and educators to have the information they need to support students, change policies, and create an environment that allows all undocumented students to thrive. We welcome you to learn and engage with us, an organization led by undocumented youth and fighting to make changes that will positively affect students.**  ***Presenter(s): Stefan Keller, College Access Program Coordinator, Connecticut Students for a Dream*** | MS, HS |
| 22. | **What is Career Readiness?**  **Assuring students are college and career ready has become a major responsibility of the school counselors. College and career readiness are commonly looked at as having one purpose- preparing students for college. Career readiness is more than that. This workshop will differentiate between the two very different sets of skills and provide resources to help counselors address career readiness within their schools.**  ***Presenter(s): Dr. Nicole DeRonck, CSCA Past President, Visiting Professor, Mercy College*** | All |
| 23. | **What Happens AFTER Welcome Week – Transition to Higher Education is More Than Just the First Semester**  **The move to post-secondary education can be a white-knuckle time for students and those who have supported them up to this pivotal point. Many institutions build programmatic bridges into the strange new world of higher education to ensure the transition semester will be a smooth one. Join the conversation about support models built on the premise that the shift takes longer than a few months and a successful student isn’t magically molded in one semester.**  ***Presenter(s): Jennifer Welsh, Assistant Dean and Director of the First Year Experience, Mitchell College; Kevin Kelly, Assistant Dean of Academic Support, Mitchell College*** | HS |
| 24. | **What Comes After the March SAT- College Board Resources for Counselors**  **March SAT testing is over but what comes next? In this workshop, participants will learn about the exciting new College Board resources that are available to counselors so they can get the most out of the SAT experience. We will demo the Khan Academy SAT site, the new online score report system, and other posttest resources that all counselors should be aware of.**  ***Presenter(s): Alan Bernstein, Senior Director in the College Board New England Regional Office*** | HS |
| 25. | **Preparing Students for Careers in Education**  **This presentation will assist school counselors with preparing students to enter into the UConn’s Neag School of Education Integrated Bachelor’s/Master’s (IB/M) Program. Benefits will be shared on pursuing a career in education, and information on how high-school students attain admittance into a teacher preparation program. In addition, it will give an overview of services offered through Neag Academic Advising Office.**  ***Presenter(s): Mia Hines, Academic Advisor, The University of Connecticut; Dominique Battle-Lawson, Academic Advisor, The University of Connecticut*** | HS |
| 26. | **Introduction to Naviance**  **This session will provide a general overview of Naviance for new counselors, graduate students, and even veteran counselors in middle and high school settings who do not have a lot of experience with Naviance. Come discover ways this online tool can enhance your program!**  ***Presenter(s): Kimberly Ambroise, CSCA Secretary and Secondary Level VP, School Counselor, B.S., M.S., 6th Year Certificate, Farmington High School*** | MS, HS |
| 27. | **The Tech-Savvy School Counselor**  **Using technology effectively can enhance the work you are already doing in your school counseling program! This session will focus on tools you can use to improve communication, make lessons engaging, collect data, and even for use with students to support social and emotional needs!**  ***Presenter(s): Michelle Catucci, CSCA Past President, School Counselor Department Chairperson, Mark T. Sheehan High School, Wallingford, CT*** | All |
| 28. | **Advocating for K-12 School Counseling Programs**  **As school counselors, we are particularly adept at advocating for our students. Many school counselors report being less skilled in how to advocate for their program. With school budgets being reduced, we are experiencing greater reduction in student support services and as a result, burgeoning caseloads. It is more important than ever to stand up and be counted… to demonstrate and report how K-12 school counseling programs are making a difference and impacting student achievement. Participants will refresh their program advocacy skills, know how to collect and use data to show effectiveness, and learn new ideas to successfully promote their program’s impact.**  ***Presenter(s): Dr. Jennifer Parzych, CSCA Past President, Assistant Professor, Southern CT State University; Dr. Rachelle Pérusse, CSCA Past President, Associate Professor, University of Connecticut; Kathleen Scully, CSCA Past President and Government Relations Chair, School Counselor, Highland Elementary School, Cheshire, CT*** | All |
| **2-HOUR SESSIONS: 2:00 – 4:00 p.m.** | | |
|  | **Title & Description** | **Target Audience** |
| 29. | **Providing Effective Supervision to Counselors in the School Setting**  **This CACES sponsored workshop is designed specifically for department chairs, site supervisors and anyone who provides supervision to counselors. It will focus on the roles of the supervisor, how to provide feedback effectively and how to evaluate counselor competencies.**  ***Presenter(s): Bob Schmidt, LPC, CACES President, Adjunct Professor, Fairfield University*** | All |
| 30. | **7 Steps for Empowering Youth: “51 to 91” Motivating the Unmotivated**  **Experience proven steps of results-based interventions, learn-by doing, and see how I mastered engaging, equipping and empowering 94% of students to exponentially succeed; Discover Einstein 7 inspired and infused teaching strategies, *“Me and the 9 Self’s,* *and gain social and emotional insight on*what intrinsically motivates elementary to college students to take more initiative in their learning, EVEN those who are underperforming; see how urban and suburban youth are *developing self-efficacy Life Skill Assets™ and* changing attitudes and behaviors; creating their own life action plans for overcoming personal issues, school transitions, custody battles, life challenges of students at-risk of not graduating, preparing for college, and more. Join in this *Realizing Dreams workshop and the collective impact @Mission:USA2020.***  ***Presenter(s): Jim Cantoni, Author, Founder of Realizing Dreams*** | All |
| **SESSION III: 3:10 – 4:10 p.m.** | | |
|  | **Title & Description** | **Target Audience** |
| 31. | **An Introduction to Mindfulness**  **In this workshop, we will provide an overview of what mindfulness is and discuss how a regular mindfulness practice can be used as a tool for ourselves as practitioners as well as for our students to positively influence thoughts and emotions, reduce stress and depression, improve focus and clarity of thought, and even change how our brains function.**  ***Presenter(s): Kathleen Scully, CSCA Past President, School Counselor, Highland Elementary School, Cheshire, CT; Marissa Krebs, CSCA President-Elect, School Counselor, Wright Technical High School, Stamford, CT; Lisa Kapitan, CSCA VP-Fairfield Region, School Counselor, Newtown High School, Newtown, CT*** | All |
| 32. | **The Grade K-3 Social, Emotional and Intellectual Habits Framework (Draft)**  **The Connecticut Office of Early Childhood in collaboration with the Connecticut State Department of Education has developed a K-3 framework outlining the social, emotional, and intellectual habits that complement the academic standards in place for early elementary students.  Participants will learn about and examine the draft framework, and suggest supports and guidance for K-3 teachers and leaders who will utilize the framework.**  ***Presenter(s): Joanne R. White, Consultant, CT State Department of Education; Michelle Levy, Consultant, CT Office of Early Childhood*** | Elem. |
| 33. | **Get Gritty- the Key to Teen Success: A Positive and Proactive Approach to Building Perseverance, Self Control, and a Growth Mindset**  **This workshop will explore what grit is and, more importantly, will provide techniques for developing grit, perseverance, and a growth mindset in teens. Living in a world of constant distractions, high stakes and pressure, and with parents who hover, today’s teens often struggle to set and accomplish long-term goals and overcome obstacles. Thus, teens can uniquely benefit from becoming grittier.**  ***Presenter(s): Dr. Caren Baruch-Feldman, Psychologist*** | MS, HS |
| 34. | **Best Practices and Resources for Working With Transgender Youth**  **This workshop will cover the basics issues surrounding working as a school counselor with transgender youth within a school context. In an interactive format, participants will learn awareness and knowledge of the developmental issues surrounding transgender youth and their families, as well as best practices and resources for working with this population.**  ***Presenter(s): Dr. Misty Ginicola, Associate Professor, Southern Connecticut State University, Counselor & Owner of “Walk in Balance Counseling”, CACES Past-President*** | All |
| 35. | **The ACT what’s new and ways to help for your students prepare**  **This session will be reviewing enhancements to the ACT, discussing how ACT is providing students broader options for college access, ACT tools to help students prepare for test day and what the Princeton Review is doing to help students prepare to take the ACT.**  ***Presenter(s): Sean Corcoran, Account Manager, The ACT;*** ***Akil Belo, Director of Strategic Initiatives, The Princeton Review*** | All |
| 36. | **First Generation Film and Counselor Resources for Graduating Students**  **We will view a small section of the award winning documentary film First Generation, narrated by golden Globe nominee Blair Underwood. The film follows four high school students as they struggle to become the first in their families to go to college. We’ll also discuss free resources available to counselors such as scholarships for all students, planning notebooks and guides. Programs and screenings of the film can be seen by going to www.GoCollegeNow.org**  ***Presenter(s): Jennifer Dudley, Wells Fargo Education*** | HS |
| 37. | **Test Experts Review the New SAT, PSAT, & Enhanced ACT**  **Were your students prepared for College Board's new SAT in March? Kaplan experts will review the first administration of the new SAT, plus the PSAT/enhanced ACT. Topics will include test anatomy, analyzing SAT/PSAT scores, student/counselor feedback, "Coalition for Access, Affordability & Success", and planning for the classes of 2017 & 2018!**  ***Presenter(s): Christine Lilley, Program Manager, Kaplan Test Prep; Margaret Chadwick, Program Manager, Kaplan Test Prep; Cailin Papszycki, Program Director, Kaplan Test Prep.*** | HS |
| 38. | **Elementary Developmental Guidance Curriculum Lessons Grades K-5 using ASCA Mindsets and Behaviors**  **Come and see new Developmental Guidance Curriculum Lessons, Grades K-5, that are implemented using the new ASCA Mindsets and Behaviors. The presentation will include examples of lessons, activities, and the main life skills lesson topics by each grade.**  ***Presenter(s): Jenna Pelosi, CSCA Professional Recognition Awards Chair, School Counselor, Waterbury Public Schools*** | Elem |
| 39. | **Data 101: Creating a Needs Assessment**  **This workshop seeks to make data collection a little less scary! We will discuss how a needs assessments can help you collect the data you need to improve your school counseling program. We will also talk about how the data you collect can help stakeholders understand the importance of having school counselors in their schools. Examples of different types of needs assessments will also be discussed.**  ***Presenter(s): Virginia DeLong, CSCA President Elect-Elect, School Counselor, Lebanon Middle School, Lebanon, CT*** | All |
| 40. | **Flashlight Presentations: Illustrating the Impact of School Counseling Programs**  **Based upon the work of Dr. Trish Hatch, author of *The Use of Data in School Counseling,*** **this workshop intends to illustrate an effective method of documenting data driven school counseling practices through a the creation of Flashlight Presentations. Flashlight Presentations shine a light on specific interventions which are aligned with school and district goals. As school counselors we must demonstrate the impact that we have student achievement measuring it through the use of achievement and achievement-related data. This workshop is appropriate for all levels of school counseling.**  ***Presenter(s): Eileen Melody, CSCA VP-Tolland/Windham Region, School Counselor, Mansfield Middle School, Mansfield, CT; Jessica Slater, CSCA Technology Chair, School Counselor, Newington High School, Newington, CT*** | All |
| 41. | **Marketing Your School Counseling Program**  **Have a great program but don't know how to get the word out? Need support but don't know how to garner it from the community? This workshop will help participants understand the power a good marketing program can have in finding the support you need and will provide tips and tools to take away.**  ***Presenter(s): Dr. Nicole DeRonck, CSCA Past President, Visiting Professor, Mercy College*** | All |
| 42. | **Effective Communication: Having Difficult Conversations and Dealing with Tough Parents**  **This session will focus on strategies to use in difficult conversations and with tough or demanding parents; this can be only of the most challenging parts of the job of a school counselor. Strategies can also be used with students and colleagues, as well as taught to students to improve their communication with others.**  ***Presenter(s): Michelle Catucci, CSCA Past President, School Counselor Department Chairperson, Mark T. Sheehan High School, Wallingford, CT*** | All |
| 43. | **First Year School Counselors – Preparing Your Professional Toolbox**  **An in-depth look into preparation for your first year in the field of School Counseling: Organizational Tips, Helpful Materials, Establishing Yourself in a New School, and other important topics. A comprehensive review of the responsibilities of a first-year School Counselor and how to make your first year count.**  ***Presenter(s): Kaitlyn Wall, LPC, CSCA VP New Haven Region, School Counselor, Waterbury Public Schools*** | Elem, MS |
| 44. | **The Myths Behind School Counseling and the Law**  **A brief discussion addressing some common myths behind school counselor liability, both civil and criminal. Be informed; find out what you need to know and get your questions answered. Topics include mandated reporting, sexual assault, rights to privacy, and more.**  ***Presenter(s): Attorney Martha Rainey, Director of School Counseling, Ellis Technical High School, Danielson, CT; Dr. Jennifer Parzych, Assistant Professor, Southern Connecticut State University.*** | All |