

Session I – 8:30 a.m. – 9:30 a.m.

1. Unwrapping a School Counseling Program: Data Tells a Story

Presenter(s): Dr. Deborah Hardy, Founder "School Counselor Central"

Audience: All Levels

Data points give school counselors goals for updating a program. This workshop provides school counselors with a direction on how to collect and review data from their school counseling program. The presenter identifies different methods on sharing the data with staff, administrators and community members.

2. Creative Approaches to School Counseling Internship Supervision

Presenter(s): Peg Donohue, PhD, CSCA Research Committee Chair, Assistant Professor, Counselor Education & Family Therapy, Central CT State University; Bob Schmidt, LPC, CSCA Past President, Adjunct Professor, Fairfield University

Audience: All Levels, Supervisors

Effective supervision of school counseling practicum and internship students is a central part of their preparation to enter the field. This workshop will focus on the use of supervision mapping as a method of assisting school counselors in training to develop a reflective practice. Participants will role play the use of this tool and share their creative approaches to supervision.

3. How School Counselor's Use Technology in a Changing World

Presenter(s): Matthew Coon, School Counselor, CREC Greater Hartford Academy of the Arts Middle School

Audience: All Levels

In this round table format, participants will discuss how school counselors are using technology to make their lives easier. Facilitator will show how to use Google Forms to collect data. Participants who are interested should bring an example of how they use technology to share with the group and a computer.

4. A Model for Developing Effective School Counselors in Working with Immigrants

Presenter(s): Sabri Dogan, PhD, Assistant Professor, Counseling and School Psychology, Southern CT State University

Audience: All Levels

This presentation will provide a recently developed evidence-based comprehensive model that provides explanation and guidance for counselors on becoming effective counselors in working with immigrants. The model consists of four developmental stages: (1) superficial awareness, (2) growing awareness, (3) application, and (4) culturally competent school counselor. The characteristics of the stages, strategies for moving to the next stage, and implications of the model will be presented.

5. College Board and Road Trip Nation: New and exciting tools to help students navigate career options, colleges, and much more.

Presenter(s): Sabrina Lavieri, Director, College Board; Alan Bernstein, Senior Director, College Board

Audience: All Levels

The College Board is excited to announce our partnership with Road Trip Nation, the PBS program that has been helping students explore and navigate careers to "define their own road in life." Through our partnership with RTN, we have created a free program that is highly interactive, and built around the hundreds of student-produced videos and interviews created by Road Trip Nation. You will leave this session with a terrific and engaging career exploration program for your students that is entirely no-cost.

6. FAFSA Changes and How They Change Your Role

Presenter(s): John F. Pearson CPA, Barnum Financial Group

Audience: High School Level

FAFSA filing deadlines have been moved up. During our session we will examine the impact of that change on information programs for parents, and discuss early feedback on the first admissions season after the filing change, both from the parent and the college perspective.

7. Career Development at the Elementary Level: Planting Seeds Early to Help Students Reach Higher

Presenter(s): Kathleen Marie Barrett, Ed.D, Associate Professor, University of Saint Joseph; Pam Anderson, CSCA Past President, Clinical Coordinator Counselor Education, Fairfield University; Rebecca Ziskind-Hickey, Graduate Student, University of Saint Joseph

Audience: Elementary School, All Levels

A focus on career has historically been both central to the role of school counselors, and most visible in our work at the high school level. We offer evidence that important foundational seeds for effective career preparation could and should be planted much earlier. We provide useful interventions and resources to enhance career programming at the elementary level.

8. Getting your C+ Student into an A- School

Presenter(s): Craig Lanzoni Director- Linear Learning Co.

Audience: High School Level

Juan, has a GPA of 2.7 and SAT scores of 1020. He wants to attend Cornell

Alicia is in the 90th percentile. She would like to attend Emerson College, but does not have the money....

Jack has the academic skills and financial strength, but no direction. His parents won't pay \$40K a year for him to "find himself"...

Now what?

9. Promoting the Silent Healthcare Career Options for the Non-Traditional Student in a Changing World

Presenter(s): Rebecca Soto, Ophthalmic Practicum Coordinator, Ophthalmic Science program, Goodwin College, East Hartford, CT

Audience: High School Level

Silent careers are careers that are not at the forefront of our minds; they are the uncommon ones but may be perfect for the student. Silent careers in healthcare might line up for the student who “wants to be a nurse” when the academic path to get there may not be a good match. Come learn how to be a career match-maker.

10. Shifting from Zero Tolerance Policies to Restorative Practices

Presenter(s): Sarah Walton, M. Ed. Student Support Coordinator, School Counselor, Manchester Public Schools; Alicia Wetherbee, Reading Consultant, Manchester Public Schools

Audience: All Levels

The achievement gap and the discipline gap are two sides of the same coin. Students do not have the opportunity to learn, if they are not allowed through the doors due to exclusionary discipline. Shifting from zero tolerance policies to restorative practices allows students and teachers to build competencies and skills. This workshop will help build a foundation for this shift.

11. Return to Learn After a Head Injury

Presenter(s): Dr. Karen Laugel, Board Certified Pediatrician and Assistant Clinical Professor at Quinnipiac School of Medicine, Medical Director of HeadZone Concussion Care and President of ConcussionCORPS, a non-profit community outreach program for concussion education and prevention

Audience: All Levels

Learn best practices for forming your school’s concussion management policy, building your school’s concussion management team, and taking an active role in pacing academic adjustments for the student with a concussion injury. Recognize how changes in the CT Concussion Law and SDE Guidelines on Concussion Education apply to your school and learn how to implement necessary change to ensure compliance.

12. Response to Intervention at the High School Level

Presenter(s): Margo Crowley, CSCA VP-Elect New London/Middlesex Region, School Counselor, Stonington Public Schools

Audience: All Levels

Response to Intervention looks different at all levels--how to adapt best to fit your school. The nuts and bolts of starting a program from the ground up. Includes handouts, referral form ideas and brainstorming time!

13. Engage Your Students with EPICS: Career Finder

Presenter(s): Karen Anderson, ATR, Founder EPICS: Career Finder

Audience: Middle School, High School, College Levels

Engaging your students in career development can be challenging. Keeping them engrossed is another story. Many assessments can lose a student's interest with too many questions. EPICS is a visual assessment with right-brained strategies. EPICS meets and engages the student at their interest level using an innovative and trend setting approach.

14. Chronic Absenteeism

Presenter(s): Kari Sullivan, Education Consultant, CT State Department of Education.

Audience: All Levels, community

Improving and sustaining good attendance requires the active engagement of district and school-based leaders and administrators along with a clear articulation of roles and responsibilities. The presentation will include successful strategies for reducing chronic absenteeism, e.g., forming district and school attendance teams, analyzing data, identifying trends and factors contributing to chronic absence, and implementing a multi-tiered approach to reducing chronic absence.

15. Building a Ramp to RAMP

Presenter(s): Todd Dyer, CSCA VP Litchfield Region, Coordinator of School Counseling Services, Shepaug Valley School, Region 12, CT; Samantha Steinis, High School Counselor, Shepaug Valley School, Region 12, CT.

Audience: High School Level

Participants will learn more about the RAMP process through one school's three year journey to prepare for the RAMP application.

16. University of New Haven: Overview and Walking Tour

**NOTE: This workshop will be offered in Session I and Session II.*

Audience: All Levels

Admissions staff will provide an overview of the university academic programs, campus life, academic support, career development, varsity athletics and student recreation, as well as an opportunity for a walking tour of campus. UNH has been recognized as a top-tier, comprehensive university in the North region by U.S. News & World Report. The undergraduate engineering programs in the Tagliatela College of Engineering were also singled out as top-tier nationally by U.S. News & World Report. Among its many other awards, UNH has been named a "Best in the Northeast" university by The Princeton Review, a "College of Distinction," and four different organizations have recognized the University as being nationally-rated for service to military veteran students.

2-Hour Afternoon Session – 1:40 p.m. – 3:40 p.m.

17. Evidenced-Based Strategies for School Counselors working with Undocumented Students and Families.

Presenter(s): Dr. Stephaney S. Morrison, Assistant Professor, Counselor Education, Fairfield University; Samantha Middlemass, Graduate Student, Fairfield University

Audience: All Levels

Undocumented students and their families constitute a large segment of the U.S., population. Research show these students face many educational challenges that impact college access and career advancement (e.g. learning styles, testing styles). The presenters will discuss challenges faced by undocumented students. Additionally, through the use of case studies, participants will learn evidenced-based strategies for K-12 school counselors working with undocumented students.

18. Think Community College First Everything you need to know about Connecticut's Community Colleges

Presenter(s): Gregg Gorneault, Director of Admissions, Capital Community College; Directors of Admission from all 12 CT Community Colleges

Audience: High School Level

The CT Community Colleges will provide information on the value of the colleges while presenting on the following areas: Affordability; Programs & Majors; Quality of Education; Transferability; Accessibility; Early College Programs; Student Life; and Diversity. Topics will be discussed from the system level as well as highlighting unique programs at each individual community college. Representatives from all CT community colleges will be presenting.

Session II – 1:40 p.m. – 2:40 p.m.

19. Counseling Transgender Middle and High School Students and their Parents

Presenter(s): Irwin Krieger, LCSW, author of Helping Your Transgender Teen: A Guide for Parents

Audience: All Levels

When teens come out as transgender, many parents are disbelieving, confused or afraid. Young people who are unhappy with their parents' response may avoid further discussion. Families often end up having little productive communication, with all parties feeling misunderstood, unappreciated and unsupported. In this workshop, CSCA conference keynote speaker Irwin Krieger will offer strategies you can use to help these teens and their parents reconnect.

20. Integrating Technology into a School Counseling Program

Presenter(s): Dr. Deborah Hardy, Founder "School Counselor Central"

Audience: All Levels

With technology taking a lead in curriculum, learn how a school counseling program can incorporate different websites and applications to lessons and activities. Different tools will be presented supporting the academic, social/emotional and college/career domains.

21. School Counselors within High Poverty Schools: Utilizing Social Justice to Impact Student College and Career Pathways

Presenter(s): Margaret Generali, PhD, CSCA VP-Elect Counselor Education and Government Relations Committee, Associate Professor, Counseling and School Psychology, Southern CT State University; Sabri Dogan, PhD, Assistant Professor, Counseling and School Psychology, Southern CT State University

Audience: All Levels

School counselors are charged with the task of preparing K-12 students for college and career. School counselors within high poverty schools may find themselves utilizing advocacy skills and social justice methodologies to support student career development and to impact broader social change. An overview of the minority educator initiative will be provided and a call for help presented.

22. Clinical Supervision for School Counselors: A Solution-Focused Model

Presenter(s): Nicole DeRonck, PhD, EdD, CSCA Past President, Assistant Professor, Counseling, Western CT State University

Audience: All Levels, Counselor Supervisors

If you supervise school counselors, interns or practicum students, providing clinical supervision is a critical part of your supervisee's professional growth and development. This workshop will introduce a model of supervision that is brief, easy to use, focuses on mutual respect, and is supervisee driven. Based on Solution-Focused Brief Therapy, Solution-Focused Supervision can provide you with some tools to help your supervisees enhance their understanding of their own practice and professional issues, and improve the quality of student care.

23. Game Time- Presenting the College Process using Classic Games Shows

Presenter(s): Chris Loomis, School Counselor, Farmington Public Schools; Jeff Bonneau, School Counselor, Farmington Public Schools

Audience: High School Level

Do you like Family Feud? Do you like Jeopardy? At Farmington High School we are embracing the world of technology and have put a twist on both classic game shows to help make presenting the college process to juniors and seniors more fun. We will discuss how we have integrated both games into our curriculum and you will get your shot to be the next Family Feud-FHS College Edition Champion!

24. Using Google Forms to Collect Data

Presenter(s): Shelley Visinski, School Counselor, Henry Abbott Technical High School; Marisa Shanley, SCSU School Counseling Intern, Henry Abbott Technical High School

Audience: All Levels

This presentation will allow participants to learn how to create forms and post them for students to access. Users will be able to easily collect and manipulate meaningful data through Google Forms. Participants will also create their own Google Form which they can use with their current students.

25. The View from the Other Side of the Bridge: Top Ten Transitions

Presenter(s): Celia R. Lofink, PhD, Faculty and Director of Undergraduate Services, University of Hartford; Courtney Culler, Manager, Undergraduate Program Services, University of Hartford

Audience: High School Level

Welcoming new students as Freshman – “fresh” from high school we have found that there are skills and experiences that are lacking upon arrival and make the transition to college more difficult. In this presentation we will share from our perspective the top ten challenges and suggestions for partnered mitigation to increase the acceleration and overall success of crossing the bridge.

26. Transitioning Students with Psychiatric Needs to College

Presenter(s): Elisabeth Morel, Director of AccessAbility Services, Western CT State University; Dr. Ree LeBlanc Gunter, Director Counseling Center, Western CT State University

Audience: High School Level

Students with disabilities are often underprepared for and/or unaware of the vast array of new academic, social and emotional demands required of them in college. This presentation will explore the difference in support between high school and college for students with disabilities, common psychiatric conditions, counseling center supports, and how to best assist students (as well as families) with the transition to college. Presenters will also review strategies that can promote preparation for college for all students.

27. Counseling the Culturally Diverse

Presenter(s): Kimberly Traverso, LPC, CSCA Past President, SEA Education Consultant, CT Department of Education

Audience: All Levels

Examines the influence of cultural differences on the delivery of counseling services and the impact of globalization. School Counselors will explore a variety of topics including culture, ethnicity, race, nationality, age, gender, sexual orientation, mental health, values, and socioeconomic status. The focus is to provide school counselors with heightened awareness and appreciation of differences. School counselors will discuss how differences may impact the counseling relationship. School counselors will examine their own attitudes, behaviors, perceptions, and biases in order to develop cultural awareness in counseling approaches. Topics include theories, strategies for effective culturally responsive counseling and assessments and ethical delivery of services. This session is designed to develop appropriate skills, competencies, and knowledge of counselors working with diverse populations.

28. Tier 2 Anxiety Kit for Middle School Students

Presenter(s): Peg Donohue, PhD, CSCA Research Committee Chair, Assistant Professor, Counselor Education & Family Therapy, Central CT State University; Alexa Blanchard, Graduate Student, Central CT State University; Lindsay DeAngelo, Graduate Student, Central CT State University

Audience: Middle School Level

Anxiety is, increasingly, one of the most pervasive obstacles to learning for students in the US. Research shows that anxiety disorders affect one in eight children. However, most children go undiagnosed and untreated. Children with anxiety disorders are at high risk of performing poorly in school, missing out on important social experiences, and engaging in substance abuse. Many school counselors are looking at systematically screening students for signs of anxiety and depression and offering evidenced based interventions to teach them essential strategies while monitoring their progress. School counseling students at CCSU are designing Tier 2 intervention kits to address psychosocial issues such as anxiety. The kit we will present consists of six lessons that teach students various skills such as mindfulness and deep breathing. Students will also be encouraged to recognize other appropriate strategies that they can utilize when feeling anxious. Activities include making stress balls, sensory bottles, participating in mindfulness Jenga, several handouts, and a "cool down" ice cube game. A case study of implementing universal screening in a Connecticut school district, progress monitoring and evaluation sheets, anxiety research handouts, and descriptions of the Tier 2 kit will be shared.

29. "Choosing Love" Social Emotional Learning Curriculum

Presenter(s): Scarlett Lewis, Founder, Jesse Lewis Choose Love Movement

Audience: Elementary and Middle School Level

The Choose Love Enrichment Program is aligned with the American School Counselor Association Mindsets and Behaviors for Student Success, the Collaborative for Academic & Student Success' 5 core components of social and emotional learning and common core. It teaches students to choose love for themselves and others through SEL, character values, Positive Psychology, Emotional Intelligence, Mindfulness and Neuroscience. This free program was developed by a group of leading educators following the tragedy at Sandy Hook Elementary and addresses the universal want and need of every human which is to love and be loved. Based on a powerful formula for choosing love that can be used in every situation, the program's foundation is based on the power of choice, and decades of research showing the benefits of choosing love physically, mentally and emotionally. The goal of the program is to provide tools and a skill set that students can use to generate a happy life lived wholeheartedly.

30. Four Year Academic Planning for Freshman

Presenter(s): Erin Chamberlain, School Counselor, Luralton Hall High School, Milford, CT

Audience: High School Level

The Four Year Academic Planning freshman seminar addresses the need for students to engage in the college process in a developmentally appropriate manner beginning in 9th grade. It will show that using tools such as games and role-play help students make important connections between their academics and course selections, and their future college career goals. Five 75-minute lesson plans will be reviewed.

31. Improve Your Effectiveness as a School Counselor Through Strengthening Connections

Presenter(s): Gina Vanak, CSCA VP-Elect Litchfield Region, School Counselor, Brookfield Public Schools

Audience: All Levels

Expand your counseling toolkit in this workshop learning strategies to better connect with students, gain skills in connecting parents with their child as well as skills to help teachers build connections with their students. Participants will learn the foundations of Positive Discipline and practice some of the Positive Discipline tools through experiential exercises that can be immediately and directly applied to your approach to working with and providing resources to students and families. (see <http://www.positivedisciplinect.org> for more information)

32. University of New Haven: Overview and Walking Tour

**NOTE: This workshop will be offered in Session I and Session II.*

Audience: All Levels

Admissions staff will provide an overview of the university academic programs, campus life, academic support, career development, varsity athletics and student recreation, as well as an opportunity for a walking tour of campus. UNH has been recognized as a top-tier, comprehensive university in the North region by U.S. News & World Report. The undergraduate engineering programs in the Tagliatela College of Engineering were also singled out as top-tier nationally by U.S. News & World Report. Among its many other awards, UNH has been named a "Best in the Northeast" university by The Princeton Review, a "College of Distinction," and four different organizations have recognized the University as being nationally-rated for service to military veteran students.

Session III – 2:50 p.m. – 3:50 p.m.

33. Incorporating a Multicultural Perspective in School Counseling

Presenter(s): Nicole DeRonck, PhD, EdD, CSCA Past President, Assistant Professor, Counseling, Western CT State University

Audience: All Levels

As our world becomes more diverse, so do our public schools. In this interactive workshop, school counselors will learn about how cultural competence can impact student opportunity and achievement. Resources to help counselors become more culturally aware and tips for inclusivity in will be shared.

34. WATCH D.O.G.S. (Dads of Great Students) Building family engagement through fathers and father-figures of your students volunteering a full school day.

Presenter(s): Keith Schumacher, National Coordinator, WATCH D.O.G.S.

Audience: All Levels

WATCH D.O.G.S. ® is a family engagement educational initiative that utilizes the influence of fathers and father-figures to provide active, positive, adult male role-models for the students. Fathers, stepfathers, grandfathers and uncles of the students are asked to volunteer at least one full day during the school year. In this session, participants will learn how to build a small but mighty group of stakeholders consisting of parents and educators, and how to effectively utilize the training, materials, and prescribed team building strategies to significantly increase Family Engagement. It's increasingly tougher for schools to enjoy a high level of Family Engagement, but last school year the average WD school had 90 fathers and father-figures volunteer at least one full school day through this program, totaling almost 500,000 men in more than 5,500 WD schools across 47 states. Family Engagement is critical to academic success and WATCH D.O.G.S. is a "plug and play" program guaranteed to engage a record number of parent volunteers in the educational process of your school.

35. Advocating for Elementary School Counselors in Your District

Presenter(s) Jennifer Lord, Elementary School Teacher, Suffield Public Schools & School Counseling Graduate Student - CCSU; Kathy Scully, CSCA Past President, School Counselor, Highland Elementary School, Cheshire; Eileen Melody, CSCA VP Windham/Tolland Region and Government Relations Committee, School Counselor, Mansfield Middle School

Audience: All Levels, Administrators/Coordinators

Come learn how to effectively advocate for elementary school counselors! School counselors who have initiated comprehensive K-12 programs will share their experiences. We know that expanding school counseling services to elementary schools is one of the single most effective way we can do the essential prevention and intervention work necessary to improve students' social, emotional, and educational outcomes in Connecticut.

36. A Game Plan for Successfully Integrating Online Learning into your Curriculum

Presenter(s): Martha Kagan, Virtual High School Regional Manager; Students and staff from a VHS member school in Connecticut

Audience: Middle School, High School Levels

Integrating an online learning initiative into your students' high school experience helps to build college and career readiness, helps to expand a school's course catalog and increases the school's competitive edge. A well-planned initiative provides teachers with tools and resources that they can use to enhance student learning in the face-to-face classrooms. This session will provide school leaders with high level guidance for implementing a virtual course program that will help students and schools to achieve their learning and teaching objectives. The Virtual High School, a non-profit, has been partnering with schools for twenty years. For this session VHS will moderate a panel discussion. The panel will consist of students, teachers, and administrators from a Connecticut school currently using VHS courses. Hearing the perspectives of students and educators about their online learning experience, and how they developed their online program will help your school to develop a successful program implementation. Time will be built into the session to allow for questions from the attendees.

37. What Every Counselor Needs to Know About College Board Online Score Reports

Presenter(s): Sabrina Lavieri, Director, College Board; Alan Bernstein, Senior Director, College Board

Audience: Middle School, High School Levels

College Board has moved into the 21st century with our new online score reporting system. PSAT and SAT test results are now available online for both students and educators. Come to this presentation to learn about the many new dynamic score reporting features available, and most importantly, how to help your students understand their own online scores and results.

38. Eating Disorders 101: The Role of Schools in Prevention, Treatment and Recovery

Presenter(s): Rebekah Bardwell Doweiko, LPC, CEDS, Director Walden Behavioral Care, Guilford, CT

Audience: All Levels

81% of ten year olds are afraid of becoming fat (NEDA, 2016). With alarming facts like this one and eating disorders beginning earlier and earlier in life, education is vital in promoting prevention and recovery. Learn about eating disorder diagnoses, the medical risks, treatment methods, and how you can help prevent and treat eating disorders in schools.

39. Talk Saves Lives

Presenter(s): Sharon Pelkey, Director Southern CT Chapter, American Foundation for Suicide Prevention

Audience: All Levels

An introduction to Suicide Prevention. Learn the warning signs & risk factors for suicide, and how we can help prevent it together.

40. Financial Aid for Low Income, First Generation Students

Presenter(s): Holly Franquet, Director, The College Place

Audience: High School

If you work with low income, first generation, and/or immigrant college-bound students, you have financial aid questions...and answers. Let's talk! Tell us what works at your school, learn from your colleagues, and get answers and resources from a financial aid expert. Come prepared to participate!

41. First Year Seminar: A Middletown High School Pilot Program

Presenter(s): Kaitlin Levesque, School Counselor, Middletown High School; Kelly Feodorov, School Counseling Intern; Betsy Franco, CSCA Graduate Student Liaison, School Counseling Intern; Sarah Sweetman, School Counseling Intern

Audience: High School Level

First Year Seminar is a way to provide a group of identified 9th grade students, with a team approach in their core, academic classes. Students have found success academically and behaviorally, as a result of participating in skill building and developmental guidance lessons, regular communication regarding FYS students, and opportunities to identify and process areas in which students are struggling.

42. Promoting Social Justice in Educational Systems

Presenter(s): Olcay Yavuz, PhD, Assistant Professor, Educational leadership and Policy Studies, Southern CT State University

Audience: All Levels

This workshop will focus on promoting social justice in the classroom, community, and beyond through implementing an innovative school counseling framework. This session is designed to help participants understand and apply creative tools and strategies for improving every student's academic, career, social, and emotional development. Particularly, this session will engage participants in discussions and experiential learning activities to design and lead comprehensive school counseling services through effective principal and counselor collaboration.

43. The Importance of Networking in School Counseling

Presenter(s): Samantha Eisenberg, CSCA Public Relations Chair and Government Relations Committee, College & Career Counselor, Trumbull High School; Kaitlin Gillard, CSCA Membership Chair and Government Relations Committee, School Counselor, The Gilbert School

Audience: All Levels

Networking is a necessity. Looking to provide additional opportunities/experiences for your students? New to the field of school counseling? Looking for a school counseling job? Networking is the key to all of this! Join us for an hour of tips and best practices.

44. Issues Affecting the Counseling Profession

Presenter(s): Jennifer Parzych, PhD, CSCA Treasurer and Government Relations Committee, Assistant Professor, Counseling and School Psychology, Southern CT State University; Margaret Generali, PhD, CSCA VP-Elect Counselor Education and Government Relations Committee, Associate Professor, Counseling and School Psychology, Southern CT State University

Audience: All Levels

In this roundtable discussion, participants will learn about current proposed bills that are of interest to school counselors in our state. Facilitators are representatives of the CSCA, CCA, and CACES leadership teams, and are looking to engage in group discussion for feedback to be shared with groups proposing regulation and legislative changes. Current issues include school counselor preparation, LPC licensure, conversion therapy with children, and lobbying efforts for K-12 school counseling.