

CONFERENCE SESSIONS

THURSDAY, MARCH 30, SESSION #1

11:00 a.m. – 12:00 p.m.

T101 – Professional Development Assessment for Virginia School

Counselors: Research Results that Express Your Voice **Level: All**

Presenters: Vivian Lee, College Board National Office of School Counselor Advocacy and Nancy Bodenhorn, Va Tech This session will offer the first public unveiling of the Executive Summary and data results from the *Professional Development Assessment for Virginia School Counselors* that one third of all school counselors in Virginia participated in over the summer and fall. Results will reveal the state of school counseling in Virginia K-12

T102 – School Counselors Sell Yourself and Save the Children: Grass

Roots Advocacy Can Make the Difference **Level: All**

Presenter: Dr. Faith Teel, Assistant Professor, Radford University

The Bi-Level Model for Advocacy will be presented. Participants will be given the opportunity to work in small groups to begin to develop a plan for implementing the model at their schools.

T103 – Don't Just Deliver – BE Accountable **Level: All**

Presenter: Kasey Cain, Graduate Student, George Mason University

Think conducting a program and then evaluating it is intimidating or too time consuming? Think again! This program will demonstrate how one graduate student created and evaluated a program to enhance students' study skills and test-taking strategies. Further steps to continue similar work will also be presented.

T104 –Queen Bees, Wanna Be's, and the Boy Who Stole Your Lunch

Money **Level: Elementary/Grad**

Presenters: Bonnie Carter, Kim Ratliff, & Erin Schneider, Elementary School

Counselors, Prince William County Schools

Classroom, home and school-wide implementation ideas for combating cliques and bullying will be presented. Real life and media examples will be used to demonstrate a research-based prevention program for your school. Leave with useful ideas for making your school more inclusive and safe for all students.

T105 –Time Savers for K-6 Career Development **Level: Elem/Middle**

Presenter: Michele G. Seibert, Research & Educational Coordinator, VA Career

VIEW

Discover how to make the most of career development with students using time saving tips to integrate career development into the curriculum through interactive activities from Virginia Career VIEW.

T106 Adventures in Homework Land: Fun and Easy Ways School Counselors Can Support Student Academic Success Level: Elem/Middle

Presenter: Jennifer Barna, Elementary School Counselor, Prince William County

Help! Johnny isn't turning in his homework! Susie can't get organized! Mary lost her motivation for school! How often do we hear these concerns from parents, teachers, and students? This session will focus on easy, fun, and effective ways counselors can make a positive difference in student academic success.

T107 – Youth to Youth: A Substance Abuse and Violence Prevention Program that Makes a Difference Level: All

Presenter: Suzanne A. Whitehead, Director of Guidance and Doctoral Student, George Washington University

Student members and their advisor of the Youth to Youth Club from Walsingham Academy will perform hard-hitting skits about the realities of drug abuse and violence in our schools and communities. The students' heartfelt performance and panel discussion is guaranteed to touch your heart. Learn how to start this amazing, proactive, effective program in your school.

T108 – Creating a Community Bridge Level: All

Presenters: Pam Burkhalter & Kelly Ellis, Middle School Counselors, Manassas Park Schools

LIT (Leadership in Training) is a program that partners a middle school and the Parks & Recreation Department. This 10-week program includes volunteer opportunities, mentorship, and field trips that increase self-esteem and responsibility in at-risk students. Ideas for developing this type of partnership for your community/school will be discussed.

T109 – Cutting: A Mind Body Connection Level: All

Presenters: R.D. "Charlie" Brown, School Counselor, Fairfax County Schools & Theresa Dethlefsen, School Counselor, Montgomery County Schools

This session will provide an overview of self mutilation, define terms and issues, discuss who is at risk, DSM-IV diagnosis, explain the mutilation cycle, and provide information on interventions and treatment. A discussion of several case studies and outcomes plus Q & A will be offered.

T110 – People not Papers: Leadership for Implementing the Role of the Professional School Counselor Level: All

Presenter: Jim Gumaer, Professor, Radford University

This program will assist counselors to compare what they are doing vs. what they want to do. It will provide opportunity to identify change that is necessary to make more counseling/consulting contacts with children, discuss problems and pitfalls to these changes, and develop action plans.

THURSDAY, APRIL 14TH, SESSION #2
1:15 – 2:15 p.m.

T201 – School Counselors: Learning to Lead **Level: All**

Presenters: Joan Cassell & Tangy Jackson, School Counselors, Fairfax County Schools

This presentation reinforces the power of collaboration, use of data, and leadership to improve student success and close achievement gaps. Presenters will share the driven process used by the counseling department that decreased the number of students on the D/F list, increased the number of students applying to colleges, and improved school-wide teacher/counselor collaborative efforts.

T202 – Using a Deliberate Psychological Education (DPE) Model to Increase Multicultural Awareness in School Counselors **Level: Grad/CEs**

Presenter: Dana Griffin, Doctoral Student, College of William & Mary

Using a DPE model, instructional experiences can be tailored to meet the needs of counseling trainees for maximal cognitive and moral development, which has been shown to lead to enhanced decision-making skills in the schools. This presentation will discuss ways of implementing this model into established school counseling curricula.

T203 – Teaching the 3 C’s: Calming, Conflict Resolution, and Coping Skills in the School Setting **Level: All**

Presenter: Scarlett Williams, Elementary School Counselor, Prince William County Public Schools

Using visual posters and a game format, counselors can quickly and effectively introduce the three C’s to their students. Counselors will find this emotional education program to be truly valuable in their practice.

T204 – Don’t Just BE the Difference, Make a HUGE Splash doing it! (Part 1 of 2) **Level: All**

Presenter: Teresa Gibbons, Middle School Counselor, Roanoke City Schools

This is a highly interactive workshop designed to provide activities, resources, and ideas to not only make a difference in your program, but to make a HUGE SPLASH. Come ready to play, laugh, and take home resources ready to use on Monday morning! **(The second half of this session will continue in session #304).**

T205 – Looking in the Mirror: Counseling Program Evaluation **Level: All**

Presenter: Mary Beth McCormac, Elementary School Counselor, Arlington Public Schools

This session is designed to help counselors overcome their fears that evaluations are too complicated and time-consuming, and fears about how the evaluation information will be used. The session will address measures of both process and outcome results and ways to share successes with stakeholders.

T206 – “Racing” to Achievement through Group Work **Level: All**

Presenters: Sam Steen, Erol Hak, Katie Harding, Jeanne Peterson, Catherine Schwarting, Elisabeth Torres, School Counselors, Loudoun County Schools

Elementary school counselors describe their experiences replicating a group counseling intervention attending to both academic and personal/social issues with 5th graders using an original group counseling program incorporating the phases: Review, Acquaintance, Challenge, Empower, and Support (RACES). The curriculum provided includes data collection surveys, pre-screening questions, and group activities.

T207 – What do they think? Findings from a Research Survey about the Beliefs of the Role of a School Counselor **Level: All**

Presenters: Scott Minbiole, Lila Orrock, Daniel Long, Graduate Students, Eastern Mennonite University

How are school counselors really perceived by the other staff at a school? A research survey of staff in three Virginia schools regarding beliefs about the role of a school counselor was distributed and collected. Results will be shared and information will allow counselors to better serve the students and the school as a whole.

T208 - If You Build It, They Will Learn **Level: Elem/Middle**

Presenters: Mary Pat McCartney, ASCA Elementary Vice President & Nicole S. Moore, VSCA Student Vice-President-Elect

Constructing effective guidance lessons requires certain tools. Building lessons in creative, purposeful units eliminates “Random Acts of Guidance.” A blueprint of practical ideas will be presented. Beginning school counselors and those who do not have a teaching background will find this session particularly helpful.

T209 – College/Career Information Specialists **Level: High School**

Presenter: Mary Ann Litton, Director of School Counseling, Chancellor High School
Spotsylvania County staffed college/career centers in each high school by training para-professionals to deliver noncounseling services to students and allowing time for counselors to have more time for direct services. Hear how the program was developed, the benefits for students and counselors, pitfalls to avoid, and how this system may work for your school.

T210 – Conquering Bullying **Level: Elementary**

Presenter: MAR*CO Products Representative

Three approaches to bullying will be shared: (1) A classroom program in which teachers and students work together to eliminate behaviors blocking learning; (2) Dealing with bullying through stories and evaluation; and (3) bully prevention classroom games. These approaches give school counselors intervention options to meet the particular needs of students involved.

THURSDAY, MARCH 30, SESSION #3

2:30 – 3:30 p.m.

T301 – S.M.A.S.H.: Small Group Meetings About Self-Harm Level: Mid
Presenter: Gina Seaberg – Graduate Student, Marymount University

This session will provide an in-depth description of a small group curriculum for middle school girls engaging in self-harm. Detailed lessons as well as pre- and post-test measures will be presented. Come prepared to participate!

**T302 – Perception is 9/10 of Reality: Confronting the Crisis Facing
African-American Males Level: All**

Presenters: Lavell White & Brian Curtis, School Counselors, Chesterfield County Schools

This session will present current educational and societal issues facing African-American males and the impact these issues have on the education of these young men. Poetry, visual aids, and group discussion will be woven into this multi-faceted presentation. The information provided will equip educators with the tools necessary to proactively confront the crisis.

**T303 – Transforming School Counseling Experiences for Special Needs
Students’ Success: All Really Can Mean All! Level: All**

Presenter: Dr. Gabrielle Peltier, Assistant Professor, Norfolk State University

What do you do for children who either have no parents, non-functioning parents, or families so worried about the survival that college is a Zero priority? Learn how to ensure that they develop an awareness of post-secondary options and long-range goals in the face of their quest for immediate food, clothing, and shelter!

**T304 – Don’t Just BE the Difference, Make a HUGE Splash doing it!
(Part 2 of 2) Level: All**

Presenter: Teresa Gibbons, Middle School Counselor, Roanoke City Schools

See description under Session #T204

**T305 – If I Have to Tell One More Person What the School Counselor
Does, I’m Going to Scream! Level: All**

Presenters: Kelynn Bisbee & Mary Beth McCormac, School Counselors, Arlington County Schools

Receive ideas and handouts for clearly defining our roles, creating proactive and preventive programs, educating staff about the ASCA model, advertising our programs, publishing counseling statistics, clarifying our responsibilities in crises, and preparing parents to “emotion coach” their children. By advocating for ourselves, we make a greater difference to students.

T306 – Practical Applications for Data from Virginia’s Career Planning System **Level: Middle/High**

Presenter: Michele G. Seibert, Research & Educational Coordinator, Virginia VIEW

Discover ways to use individual school data from Virginia’s Career Planning system for grants, funding, curriculum planning, meeting SOL requirements, and improving communication between school professionals, students, and parents.

T307 – School Counselor Performance Appraisal (based on ASCA National Model) **Level: All**

Presenter: Sue Sheffield, Coordinator of Guidance, Albermarle County Schools

Learn how to implement a professional growth model that results in goal setting that leads to a model school counselor program. Based on a Teacher Performance Appraisal Model, school counselors in Albermarle County have developed a Counselor Appraisal Model that replaces outdated counselor evaluation systems, based on the four domains of the delivery system of the ASCA National Model. Rubrics will be shared!

T308 - What’s the Issue – A Biblioguidance Program that Works

Level: Elementary

Presenter: DeDe Coffman, School Counselor, Prosper, TX

Find out about a bilingual voluntary Book of the Month club called “What’s the Issue” that helps students personally grow and develop through issues that storybook characters face. Participants will receive ideas on how to get effective biblioguidance started at their school while building character, reinforcing NCLB goals, and leaving an imprint on children’s lives.

T309 – Get Energized and Organized to Survive the First Years as a School Counselor **Level: Grad**

Presenters: Tori Stone & Jennifer Barna, School Counselors, Prince William County Schools

Attention “rookie” school counselors/counselors in training: Feel that there is not enough time in your day? Wish for some real life, ready-to-use strategies to help you become more organized and productive? If you answered yes to any of these questions, this session is a MUST for you!

T310 – The Highly Effective Habits of School Counselors **Level: Elem**

Presenters: Thy Nguyen, Rudy Escobar, & Kathleen Cosco, School Counselors, Norfolk Public Schools

WORK SMARTER NOT HARDER! This presentation will focus on developing and maintaining a highly effective counseling program. From organization to use of data, this presentation will give you solutions that are practical and easily implemented. Using proven strategies and techniques, this workshop will help you work effectively and still enjoy life.

THURSDAY, MARCH 30, SESSION #4
4:00 - 5:00 p.m.

T401 – Bully-Proof Your School in Five Minutes! Level: Elem/Middle

Presenter: Shannon Black, School Counselor, Goochland County Schools

This program presents a positive, fun way to prevent bullying at your school. Through short daily announcements and an easy incentive program, your students will strive to excel in behaviors such as reaching out, helping others, going above and beyond, and making a difference!

T402 – Advocating and Collaborating through Culturally Competent Consultation Level: All

Presenters: Tim Grothaus & Gwen Lee-Thomas, Assistant Professors, Old Dominion University

School counselors wisely choose to make efficient use of their time and expertise through collaborative consultation with teachers, parents/guardians, students, administrators, etc. To maximize effectiveness, it is essential to include salient cultural factors. Join us for an interactive session that explores using culturally competent consultation for advocacy and empowerment.

T403 – Grab Bag Guidance Level: Middle

Presenter: Diane Hinderliter & Anita DeYoung, MAR*CO Products

Small group counseling is the backbone of a counseling program. Participants will be shown how to organize, evaluate, and most important of all, present small group counseling through the use of energizers and activities. Selections from each of the ten topics will be explored and participants will be involved in the energizers.

T404 – Advocacy-Achievement-Access: Maximizing Higher Education Opportunities for Students from Low Socioeconomic Families Level: All

Presenters: Tiffany McQueen, School Counselor & Anita Young, Secondary Guidance Specialist

Students from lower socioeconomic environments often face barriers that impede academic success and limit post-secondary opportunities. Presenters will emphasize advocacy and data tools that empower students to self advocate, improve achievement, and obtain equitable services leading to increased access to postsecondary options.

T405 – Sexual Orientation: Meeting the Challenge to Promote the Health and Well Being of All Students Level: Elem/Middle

Presenter: Amie A. Manis, Doctoral Student, University of Virginia

The presentation will be based on the concept of sexuality as a continuum and will provide a brief overview of gay history and culture, followed by a discussion about sexual identity development and the ways in which cultural attitudes and societal institutions have a negative

impact on the health of GLBTQ students. Handouts will be provided implications for school counselors will be discussed.

T406 – School Counselors Responding to Hurricane Survivors Level: All
Presenters: Beth Graney, Deb Roche, Cathy Ferma, Shannon DiMisa, Shannon Raymond, Kim Ratliff, & Sue Danielson, School Counselors, Prince William County

A team of school counselors reflect on their experiences counseling Hurricane Katrina and Wilma survivors. The counselors will discuss how the lessons learned at Katrina can be applied to other critical incidents in schools. Photographs & a short video will depict the experience.

T407 – Educating and Advocating for AD/HD Teens Level: All
Presenter: Peggy Cantey and Carol Froelich, School Counselors, Fairfax County Schools

This two-part program is designed to provide counselors with an in-service tool for staff of middle and high school students. The video portion of the program gives an overview of teens successfully managing their ADHD. The slide show provides an overview of diagnosis and treatment of ADHD and the packaged program provides a ready-made in-service for counselor use.

T408 – How to Deal with Difficult and Sometimes Ornery Parents
Level: All

Presenter: Damon T. Peterson, Director of Guidance, Henrico County Schools
Teachers, counselors, and administrators are often placed in challenging situations that require leadership skills to turn “Adversaries into Advocates.” Participants will take away leadership skills that will help them resolve conflicts with parents using “C4” (connect, confront, communicate, commit).

T409 – PBL: Proposals to Implement and Evaluate Level: All
Presenter: Kimberly Hall, Assistant Professor, Virginia Commonwealth University

A panel of K-12 professional school counselors and school counseling students will present group counseling proposals for using problem-based learning in a group setting. Each proposal details session descriptions, evaluation instruments, and a description of methods for advertising the results of the group. Proposals will be available as handouts.

T410 – School Counselors & College Admissions Counselors: Co-Dependency CAN be a Good Thing! Level: High School
Presenters: Meredith Ayala, School Counselor, Fairfax County Schools & Mike Canfield, Director of Admissions, Marymount University

Secondary and college admissions counselors depend on each other for the future success of their current and prospective students. But how well do they really work together? Come learn useful activities and practical strategies of how to manage the college planning and admissions process from a school counselor and University Director of Admissions. Sharing will be encouraged and handouts provided.

FRIDAY, MARCH 31, SESSION #1
10:15 – 11:15 a.m.

F101 – School District Meet and Greet 2006

Level: Grad

Presenters: Jennifer Barna, Elementary School Counselor, Prince William County & Nicole S. Moore, VSCA Student Vice-President-Elect

Are you looking for a school counseling position? If so, we have an opportunity you cannot afford to miss! This session provides new/transitioning professional school counselors the opportunity to network with top school division representatives. Leaders in the profession will offer resume tips, interviewing strategies, and provide a better understanding of what to expect during the hiring process. Bring your questions and your resume!

F102 – Administrators and Counselors Collaborating to Make a Difference

Presenter: Jim Fish, Principal Coach, Tucson Arizona School District

Administrators and school counselors are invited to this session to dialogue about the collaborative strategies for helping students achieve to high standards. Success stories will be shared and strategies offered.

F103 – GRIP It! Practical Suggestions for Demonstrating How You Make a Difference

Level: All

Presenter: Pam Brott, Assistant Professor, Virginia Tech – Northern Virginia Center

The GRIP has been embraced by school counselors as a one-page accountability report to demonstrate what they do makes a difference. However, many school counselors struggle with what to include in the GRIP. The presenter will share practical suggestions for determining the Goals, Results, Impact Statements, and Program Implications (GRIP).

F104 – A Routine School Activity Turns Tragic – Crisis Counseling as Leadership

Level: All

Presenters: Pamela McClellan & Mary Beth McCormac, School Counselors, Arlington County Schools

In April 2004, a school bus carrying children to Hoffman-Boston Elementary School in Arlington, VA collided with a truck. Two student fatalities resulted, one on that day and one day later. The school's counselor shares her experience as the leader of the crisis counseling effort and the lessons she learned.

F105 – The Inviting School Survey (ISS-R): An Instrument for Measuring Invitational Qualities of Schools

Level: All

Presenter: Paula Stanley

The ISS-R measures five environmental areas of a school: People, places, processes, policies, and programs. The instrument has been published by Pearson Education and can be purchased for use in schools. The presenter will describe how schools can obtain the ISS-R and have data from their schools analyzed.

F106 – Counselors Make a Difference: Recognizing Schools Counselors as Leaders in Schools **Level: All**

Presenter: Norma W. Brumage, Professor of Education, Norfolk State University

This session will allow participants opportunities to identify and evaluate their counseling skills for leadership development. Participants will examine effective human relations skills that advocate for all students. Similarly, human relations skills will be identified that enhance relationships with school personnel and facilitate the implementation of comprehensive school counseling programs that promote accountability for systemic change and student learning.

F107 – Supporting our Learners for the SOLs **Level: Elem/Middle**

Presenter: Kathleen Nininger, School Counselor, Roanoke County Schools

This is a counselor designed broad-based team approach to identify and plan for students who need additional support to pass their SOLs. It includes pre-test and post-tests, a student test interpretation presentation, student worksheets, an individual student plan, teacher tracking sheets, and sample GRIP. Handouts provided.

F108 – Kids, All That and a Bag of Chips.....Ways to Get to Know Your Students and Change Behavior to Reduce Detention **Level: Elem**

Presenters: Diane Harris & Patricia Downing, School Counselors, King William County Schools

Two programs have been started in the primary and elementary schools of King William County in an effort to know the students better and reduce the number of girls in detention. One is a lunch time program called the “Star Lite Café” and the “Lunch Bunch” includes activities for girls on the primary level enhance self-esteem and address the issue of relational bullying.

F109 – Equation Solved: Character Education = One School United

Level: Elem

Presenters: Jacki Bookbinder, School Counselor & Eric Johnson, Assistant Principal, Fairfax County Schools

This session will provide a perspective of a faculty that used character education to unite, strengthen, and create a caring environment for their increasingly diverse student body. Participants will observe the development of this program over the years and find out how to create a program that works on a daily basis. Handouts will be provided to assist in starting a program that meets each school’s individual needs.

F110 – Freshman Transition: Creating Success **Level: High School**

Presenter: Edwina Daniel, Guidance Director, Pat Broughton, Assistant Principal, & Susan Pleasants, School Counselor, Spotsylvania County Schools

The concept of “Freshman Transition” is continually evolving, but the question remains the same: What can schools do to help ninth graders be more academically and behaviorally successful? This session will provide a framework for schools to implement within their own schools and explain how counselors can do what they want to do: counsel.

F111 – Cyberbully and Internet Safety

Level: All

Presenter: Deborah Finlay, Guidance Director, Western Branch Middle School

Cyberbully and Internet Safety is a timely issue that extends to the students' psychological, social, mental and physical well being. Statistics and personal stories describe what happens to many of our children. This session will include time for hands-on group work. Handouts will be provided.

**FRIDAY, MARCH 31,
DIVISION MEETINGS – Grab n' Go Available
11:30 a.m. – 12:30 p.m.**