

2015 & 2014 NYSSCA Annual Conference Workshop Summaries Attended by JLACD Members

2015 NYSSCA Annual Conference Workshop Summaries:

JLACD Member Attendees (14): Jake Carbone (WCSD), Heidi Edgar (SJCS), Shaun Gagan (BHCS), Brigitte Gillette (CopenhagenCSD), Bridget Grimm (GBCSD), Sara Henry (LafargevilleCSD), Jessica Hastwell (CarthageCSD), Mary Ellen Hynes (IRCSD), Christina Petersen (CopenhagenCSD), Alanna Piroli (LymeCSD), Kathy Ples (CarthageCSD), Steve Robinson (SJCS), Nikki Scott (CarthageCSD), Matt Lambert (JCC)

I First Session 2015 NYSSCA Workshops Attended by JLACD Members:

Internet safety, Cyberbullying and Social Networking: An Update for Counselors

Presenter: *Melissa Straub, Director of Educational Services, High Impact Youth Training Solutions, LLC*

Summary: “Word of Mouth has been replaced with World of Mouth” was an opening quote from Ms. Straub. She gave us a brief road map to protecting children. Ms. Straub covered the following danger areas: Online Sexual Predators , Access to Pornography – Intentional and Unintentional, Online Aggression (Cyber Bullying), Dangers of Posting Personal Data and Online Stalking, Online Addictions, Sexting (Self-Produced Promiscuous Photos) - Response Plan presented, Irresponsible Technology Usage, Psychological Fallout From Inappropriate Usage and Exposure and its Effect on Student Behavior After being made aware of the dangers, faculty will learn the tools to fight back. Among the tools presented are the following: Dealing with Psychological Repercussions of Exposure and Constant Connectedness, Techniques for Communicating with Children about Technology Dangers and What To Do If You Have an Incident.

Counselor Comments: *Melissa Straub spoke about the program that she has developed about technology safety- how to protect our children. Great updates on current & up-&-coming social media apps. Tips on how to protect children & what to look for on your children's social media.*

Helping Meet School Counseling Standards through Career & Technical Education

Presenter: *Rosemarie (Rie) Posillico, (Retired), K-12 Director of Career & Technical Education (CTE) and Health Education, and Coordinator of the Career Exploration Internship Program (CEIP)*

Summary: Already stressed with the demands placed on you this year? Discover how CTE can help you meet some of the challenges facing school counselors today. Use the often-untapped resource of CTE to help you help your students acquire the knowledge and skills to be college and career ready. Participants will identify the links between the CTE Standards and the School Counseling Standards. Useful practices of collaborating with CTE teachers in your school(s) will also be shared.

Counselor Comments: *The presenter was a retired Family and Consumer Science educator. She emphasized the importance of using the teachers of tech. ed. courses as allies in bringing in guest speakers to talk to all students and setting up career fairs. She also advocated that we should seek to encourage all students to sample courses in the career and tech. ed. areas.*

Onwards and Upwards Group Counseling Program (Christina Petersen)

Targeted toward the “overscheduled” student. High achievers who may be stressed and struggle with time management. BAM: Body & Mind Stressometer a great interactive tool for kids to measure their stress levels <http://>

II Second Session Workshops Attended by JLACD Members:

Improving Every Student's Academic, Personal, Social and Career Development through Effective

Presenter: Dr. Olcay Yavuz, Southern Connecticut State University

Research indicates that when school principals and professional counselors work effectively together, their efforts stand a far better chance of making a This session will engage participants in discussions and experiential activities to design and lead comprehensive school counseling difference and helping all students achieve. This session will engage participants in discussions and experiential activities to design and lead comprehensive school counseling services through principal and counselor collaboration. Participants will gain practical knowledge and skills in improving every student's academic, personal, social and career Development through research supported partnership strategies.

Counselor Comments: This presenter from the counseling education program at Southern Conn. State shared his experience in working with administrators, counselors and staff in a socio-economically deprived school to turn the school around to where all students were doing well in school, taking ACTs and SATs and applying and being accepted to colleges and tech schools. To be honest, I saw in the workshop description where it mentioned "experiential activities" and assumed it would discuss the type of activities that I use in our adventure program. I was not seated close enough to the door to discretely leave to find an alternate workshop.

Developing a School Counseling Success Plan

Presenter: Dr. Deborah Hardy, Director of Guidance Somers Central School District

Summary: Dr. Hardy discussed the process of developing a comprehensive and successful School Counseling program. Her overall theme was to look at where your program is now, the current state and where you would like your program to be in the future, the desired state. She discussed setting priorities and putting down on paper concrete, doable steps to accomplish those priorities. Some of her learning objectives for the students are: What should each student know and be able to do? How will we know if they have learned it? What will we do if they haven't? What will we do if they already know it? Dr. Hardy stated that a plan for success should include-Vision, Mission, Values and SMART Goals.

Adversaries to Allies: Working with Challenging Parents

Most parents care for and want the best for their children. *How to Listen so Parents will Talk and Talk so Parents Will Listen* by Sommers Flanagan. Remember that parents may put up walls of defense because they feel overwhelmed and vulnerable. *The Gift of Failure* by Lahey is another good resource.

III Third Session Workshops Attended by JLACD Members:

The Developing Adolescent Brain: Implications for School Counselors

Presenter: Terence Houlihan; School Counselor/Adjunct Faculty/Educational Consultant, Iona Preparatory School In this breakout session, we will discover why tweens and teens do the things they do, say the things they say and think the way they think. With cutting edge research into the developing adolescent brain, school counselors will learn more effective ways of engaging and connecting with their students, handling behavioral issues, and developing sound academic interventions. Participants will also gain strategies for collaborating more effectively with administrators, parents, and teachers.

Counselor Comments: I could have listened to this gentleman all day long! I learned more about the adolescent (and my) brain (maybe one in the same????) He compared the adolescent and adult brains. He used the metaphor of the US highway system where the adolescent brain will take detours down side streets and back roads while the adult brain (because it has supposedly been conditioned over the years to work efficiently) will stick to the interstate highways. He added that because of this he no longer can enjoy Pink Floyd's "Dark Side of the Moon" the way that he did when he was a teenager! Wow, what sense that makes.

He discussed how the adolescent brain interprets facial expressions, body language, sarcasm and vocal tone and volume. Usually it is interpreted much differently than how it is being delivered by the adult who is addressing him/her. I could've used a whole course with this man early in my career and parenthood!

Finding Your Way: Implementing the ASC/NYSSCA Model Step by Step

Presenter: Dr. Carol Dahir, School Counseling Department, Department Chair at NYIT.

Summary: Dr. Dahir discussed the new regulations that are coming out soon. The last changes to regulations for School Counselors was in 1978. She reviewed the four lenses to view the changes for School Counselors-1. Standards & Accountability, 2. Curriculum & Instructional Resources, 3. Administrative & Community Support, 4. Professional Development & Recommendations.

Dr. Dahir cited NJ, Connecticut, and West Virginia as good models for APPR for School Counselors. She stressed the importance of regularly asking your self-Who Am I? Where am I going? How do I get there? As well as asking and documenting "How are the students different because of my School Counseling program?" Accountability demonstrates a commitment to overall improvement of the school. (Accountability=Evidence).

School Counseling Advisory Council- How to Implement it Successfully

Presenter: Dr. Donnellan & Dr. Rodriguez;

Summary: The proposed NYSED changes include the need for a school counseling advisory council. Discussed how they have developed and implemented the council in their respective districts.

IV Fourth Session Workshops Attended by JLACD Members:

The Career and College Readiness Toolkit

Presenter: Dr. Megyn Shea, Assistant Professor, School Counseling, NYIT

Summary: A free resource NYSSCA developed for elementary, middle, and high school counselors. The toolkit is designed to enhance your understanding of the career developmental needs at each level. The toolkit contains information, example activities, and resources that you can put into practice immediately. There were some technical difficulties with the equipment which unfortunately made this presentation difficult to follow. Summary: Reviewed this NYSSCA-developed resource developed for Elementary, Middle, and High School counselors. The toolkit is designed to enhance your understanding of appropriate career development activities based on the developmental stage of the child.

Counselor Comments: While I was at first skeptical at the thought of pushing career development on elementary school children, this workshop explained that there are activities and concepts that kids can be exposed to that allow them to get experiential learning that helps with finding their passions.

EquityBased College and Career Readiness

Many free resources for college/career preparation. Discussion about how to break down data to look at equity issues in your own school. Importance of taking predata measurements before implementing any strategy. Presenter's dropbox was shared with the presentation and many other resources <http://tinyurl.com/nfu5hr3>

V Fifth Session Workshops Attended by JLACD Members:

BUILD Social & Relational Skills Using Play Intervention Strategies for Children on the Autism Spectrum

Presenter: Tami Sullivan, Assistant Professor, SUNY Oswego

Summary: This was a structured and concrete activity using LEGOS as a medium for building relational and social skills. Using building activities such as LEGO® bricks and K'Nex® Ms. Sullivan demonstrated how to deliver school counseling interventions that focus on friendship skills like having conversations; entering and exiting conversations; handling arguments and disagreements with friends and how to be good sport. This was a hands on, interactive workshop where we played and were shown how to write ecologically valid social skill goals, facilitate role plays, monitor for progress and generalize relational skills to the classroom. This strategy can also be used with students who have ADHD. You could also incorporate older ASD students working with younger peers and/or Neuro Typical students working as ambassadors.

Post HS Planning for Non-College Bound Students

This presentation outlined a proposed process & timeline for working with this population & their families. Discussion revolved around different workshops that high schools can host & different activities that high schools can have for this population

BUILD Social & Relational Skills Using Play

A group curriculum using LEGOs to teach social skills with neuro-atypical children (ADHD, ASD). Play based and ecologically valid social and relationship skills (generalizes to various settings) reciprocal conversation skills, appropriate humor, conflict resolution, how to handle rejection and teasing. Other resources: *The PEERS®*

Graduate Coursework that Prepares School Counselors to Construct & Implement Comprehensive School Counseling Programs

Summary: Discussed topics related to developing a Comprehensive School Counseling Program that adheres to the ASCA model program standards

VI Keynote Speakers Attended by JLACD Members:

Patricia Peek, Director of Admissions for Fordham

Parent/child conversations about college increase student attendance use the term “when you go to college.” Increase familiarity of the term and idea at all levels. College visits are critical to help applicants determine how they “fit” on campus. Always speak possibility and opportunity.

Keynote Speaker: Regent Beverly Ouderkirk, NYS Board of Regents

Summary: Beverly shared her interesting but modest path to becoming a member of NYS’s highest education organization.

2014 NYSSCA Annual Conference Workshop Summaries:

Hilton Hotel, Albany, NY (10/31-11/1/14)

JLACD Member Attendees (5): Jake Carbone (WCSD), Sara Henry (CCSD), Mary Ellen Hynes & David Young (IRCSD), Matt Lambert (JCC)

I **First Session Workshops**

FRESHMEN ORIENTATION: Comprehensive Multimodal Process (JC)

Director of Counseling from K-12 building presented a 5 phase process of transition from intermediate school to high school. Program runs from December through August. Programs include two parent presentations covering graduation requirements and academic/social/emotional support. High school counselor meets with 8th graders for course selection. This is a great model, especially for smaller school districts.

Breaking down Barriers to Implementing Play Therapy Presenter; Dr. Kasie Lee (DY)

Play therapy is a developmentally appropriate way to deal with elementary children. Young children are often willing to act out scenarios that they would not be able to communicate without the use of play. Presenters offered ideas and insights into how play therapy can be brought into the counseling sessions. This also allows children to act out feelings and to laugh.

Cultivating Administration Support for Programs (ML)

Take-away: In most districts, good administrators don't know what we do, and bad administrators don't care. Therefore it is critical that school board members and the public be educated on how schools and students benefit from our practice.

II **Second Session Workshops**

Redesigned SAT (JC)

In addition to presenting the changes to the new SAT for March 2016, presenter discussed the need to increase access for all students. Push AP Potential. College Board, through Khan Academy, will offer free test prep materials. Also promote instructional resources for grades 6-12, to assist students who are behind. See College Board website to review changes for SAT.

Using Digital Curriculum to Decrease Dropout Rates & Improve Student Outcomes (ML)

Because online learning can be asynchronous, students who fall behind due to medical or behavioral reasons, can independently catch-up/keep-up, without pulling the teacher away from the students on pace. Similarly if a teacher misses time, their students can continue to progress with minimal intervention.

Using Activities to Enhance Groups in Schools; Dr. Janice DeLucia-Waack (DY)

This was an actual group therapy session by actors who wanted to show how to actually run a groups session from beginning to end. This session was a live counseling session with the presenter Janice DeLucia-Waack. Dr. DeLucia-Waack used two of her graduate students along with a colleague to present a live presentation of a counseling session. She used the four stages of group counseling: Orientation, transition, working and termination. It was informative to watch a practicing clinician run a group.

III **Third Session Workshops**

How to Increase Motivation in your Students

Counseling approach introduced to assist students who are ambivalent to changing their behaviors. Includes having students review the discrepancies of behavior; evaluate what changes would mean for them; assist in developing solutions. Avoid telling students what and how they need to change.

Creating Suicide Safety in Schools; Beth Westerheide

Discussed how suicide issues were discussed in her district. She works in a school district that has a large Native American population and the district has several suicides in their student body. The presenter discussed how their district responded to the suicides in the community.

Reaching Students through Music

It is essential that we find more effective strategies to engage unmotivated students. Incorporating music into learning can captivate many students that would otherwise be apathetic.

IV Fourth Session Workshops

Adolescent Development: Implications for School Counselors

This was the most interested session that I attended. The speaker was outstanding and he presented a lot of research based facts about adolescent development. One of the interesting themes is that adolescents are different than adults in many way and we should remember that when we are dealing with them. They age of electronics has really brought a way that the generation gap is being played out.

Measure What Matters

All too often we measure students based solely on test scores. How does a test score define college/career readiness? As school counselors, we believe in the education of the “whole student”. Need to quantify soft skills; measures that demonstrate growth; show what students know, what they can do and who they are via portfolios, special certifications, employability profiles, college credits, percentage of leadership roles in club activities, number of students earning Career Technical Endorsement, etc....

Using Labor Market Information to Inform College & Career Counseling

Take-away: With the exorbitant cost of higher education, counselors and students need to integrate job market data and employment statistics into the career planning mix. There is a cost vs. income dynamic that must be monitored as students explore options that will accrue large educational debt.

V Fifth Session Workshops

School Counselors Thriving in a Data Based World

Due to budgetary considerations, organizations are increasing their focus on benchmark statistics that reflect the effectiveness of student services. Rather than resist the “quantification” of serving students, join in the process of providing feedback for evaluating effective outcomes. If we counselors don’t, someone with less of an understanding of our contributions will! Presenter shared a list of links to assist counselors with organization and presentations. Useful tools from Google, Facebook and Tweeting.

The Tech Savvy Counselor

This session was presented by the New York State School Counselor of the year. She has a Facebook site that allows middle school counselors to share ideas, questions and insight on how to work with student more effectively.

VI Sixth Session Workshops

Session 6 NYSSCA Leadership Workshop

This workshop was designed to discuss possible leadership positions in NYSSCA. For example we have a regional governor that works with us under the umbrella of NYSSCA. The Governor works out of the Town of Webb school district.

VII Conference Speakers (Attended by all JLACD conference participants)

Keynote Speaker: Stanley Hansen, Executive Director, NYSED Initiatives & Access Programs

The NYSED is aware of the need for School Counselors, and the NYSED Initiatives & Access Office actively promotes that need through many of its programs. NYSED will be better positioned to advocate for counseling personnel and resources if they are made aware of needs and successes.

Speaker: Gloria Jean, NYSSCA President

Gloria presented awards to two deserving individuals who made a difference. One award was for a Guidance Counselor who helped her 45 years ago. It's always important to reward and recognize dedicated professionals, and it's never too late!

Speaker: Kathleen Cashin, NYSED Regent

In Maslow's Hierarchy of Needs, Children need healthy emotional development before they can succeed with rigorous academic demands. Therefore it is critical that schools have professional Counselors who can develop programs and services to meet those needs.

Speaker: Catalina Fortino, NYSUT V.P.

Despite the increased need for professional Counselors to support the emotional development of our school children, positions have been cut by 5% state-wide. Therefore we need to become more active and organized in our efforts to advocate for counseling.

Speaker: Dr. Richard Jones, Senior Consultant, CTE Technical Assistance Center

There are an unlimited number of creative ways to promote and expand counseling services. Our professional associations and NYSED resources are underutilized. Take advantage!