

# Preconference Workshops

WSCA Conference  
2020-2021

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**CHANGE**

RENEW | REFRESH | EMBRACE | 2020  
WISCONSIN SCHOOL COUNSELOR ASSOCIATION



**CLICK HERE TO REGISTER ONLINE**

for these sessions and the general conference or  
visit our website for more information at:

<https://www.wscaweb.org/conferences/2020-21-annual-conference/>

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# About Preconference

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Join us for the 2020 WSCA Preconference!

Every year, we hear from our school counselors that they wish they had more time to learn about certain topics they encountered during the WSCA Conference.

Based on the recommendations from YOU, the school counselors of Wisconsin, we have assembled a high quality, diverse set of preconference sessions that cover areas such as Leadership & Advocacy, Academic and Career Planning, and Social-Emotional Learning across all levels of practice.

Mix and match two half-day sessions, or attend a full-day session to focus more in-depth on a single topic. Create a pre-conference day that provides the best learning opportunities for your professional development needs!

With our resources and feedback we are proud to say the preconference team is also able to bring in well-known, national speakers to provide high quality professional development. This year we welcome:



- **Dr. Mandy Savitz-Romer** for an [afternoon session](#)



- **Julia Cook** for both a [morning session](#) and an [afternoon session](#)

# Preconference Workshops at a Glance

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## FULL DAY WORKSHOPS

- Digging Deeper: How Equitable is Your School Counseling Program? (K-PS)
- Addressing Problematic Student Behavior: Using DBT Strategies to Assess and Intervene (6-PS)

## HALF DAY WORKSHOPS - MORNING

- Julia Cook: Got Hope? NOPE!: Understanding the Importance of Hopefulness (K-5)
- Developing Cross Cultural Counseling Skills – Understand Race, Privilege and Bias (K-12)
- ACP Collaboration, Creation and Continuation with Partners Across WI (9-12)
- Escape Room Activities for Kindergarteners through Adults (Including Staff) (K-PS)
- Role of the Counselor....Ever Normal? Quiet? Be Prepared! (K-PS)
- Making MTSS Work: Aligning Initiatives in your Comprehensive School Counseling Program (K-12)

## HALF DAY WORKSHOPS - AFTERNOON

- Mandy Savitz-Romer: Ready, Willing, Able (6-12)
- Julia Cook: Reboundaries and Resilience: Enhancing Skills that Foster Boundary Recognition, Determination and GRIT! (K-5)
- Counselors, Collaboration, and Comprehensive Programs (K-12)
- You're Not in it Alone: How to Make the Right Connections at Your School to Create a Career Readiness Culture (9-12)
- Using Dosing Strategies from the Neurosequential Model to Support a Regulated Classroom (K-12)
- Advocating for our LGBTQ+ Students & Families (K-12)
- Collaborative and Proactive Solutions in a Comprehensive School Counseling Program (K-PS)
- Afternoon on the Hill (K-12 and Post-Secondary)

# Preconference Workshops Themes and Tracks

Social/Emotional	Full Day	
	Addressing Problematic Student Behavior: Using DBT Strategies to Assess and Intervene (6-12)	
	Morning	
	Julia Cook: Got Hope? NOPE!: Understanding the Importance of Hopefulness (K-5)	
	Escape Room Activities for Kindergarteners through Adults (Including Staff) (K-PS)	
	Afternoon	
	Julia Cook: Reboundaries and Resilience: Enhancing Skills that Foster Boundary Recognition, Determination and GRIT! (K-5)	
	Collaborative and Proactive Solutions in a Comprehensive School Counseling Program (K-PS)	
Leadership/Advocacy	Full Day	
	N/A	
	Morning	
	Role of the Counselor....Ever Normal? Quiet? Be Prepared! (K-PS)	
	Making MTSS Work: Aligning Initiatives in your Comprehensive School Counseling Program (K-12)	
	Afternoon	
	Counselors, Collaboration, and Comprehensive Programs (K-12)	
	Afternoon on the Hill (K-12 and Post-Secondary)	
Career/Post-Secondary	Full Day	
	N/A	
	Morning	
	ACP Collaboration, Creation and Continuation with Partners Across WI (9-12)	
	Afternoon	
	Mandy Savitz-Romer: Ready, Willing, Able (6-12)	
	You're Not in it Alone: How to Make the Right Connections at Your School to Create a Career Readiness Culture (9-12)	
	Equity	Full Day
Digging Deeper: How Equitable is Your School Counseling Program? (K-12)		
Morning		
Developing Cross Cultural Counseling Skills – Understand Race, Privilege and Bias (K-12)		
Afternoon		
Advocating for our LGBTQ+ Students & Families (6-12)		

*\*\*some topics may address more than one theme, please read the full description for more information\*\**

Use these tracks to help design the perfect professional development day with a focus on what matters most to YOU!

# FULL DAY WORKSHOPS

NOVEMBER 4, 2020 9:30 AM – 4:30 PM



## Digging Deeper: How Equitable is Your School Counseling Program? (K-Post Secondary)

Stacey Endicott, School Counselor, Baraboo School District

Jori Ruff, ELL Specialist and District Equity Facilitator, Baraboo School District

School counselors promote equity, access, and are advocates for all students. In fact, equity is a core component of the ASCA National Model. However, sometimes the true data may tell another story. This session will guide participants through digging deeper into their demographics, beliefs, privilege, and biases, so that they may reflect upon how these all impact their comprehensive school counseling program and their school in general.

Participants will then examine both their school and district data within WiseDASH. Ideally, participants will have their own WiseDASH account login, but WiseDASH Public may be used if not. We will teach participants how to perform an Equity Audit with a tangible, reproducible document designed to highlight specific data points to determine how equitable your school and program truly are. Before the end of our session, you may decide what courageous conversations to have with your Student Services and Administrative teams, and which data points to pursue in order to disrupt inequities, marginalization, and disproportionality within your building and district. We encourage both counseling and administrative teams to attend as equity work requires everyone to be on board to create collaborative plans in eliminating institutional marginalization.

## CALL FOR SECTIONAL PROPOSALS

*The heart of all WSCA Conferences will always be the sharing of material from practicing school counselors. Do you have a great idea for a session? Do you know a colleague who does great things? You can share your expertise and best practices by submitting a sectional proposal.*

56th Annual WSCA Conference 2020-21  
November 4–6, 2020  
Kalahari, Wisconsin Dells, WI  
Sectional Submission Deadline: Tuesday, June 30, 2020



VISIT LINK BELOW OR SCAN  
QR CODE TO REGISTER!  
<https://www.wscaweb.org/conferences/2020-21-annual-conference/call-for-sectional-presenters-2/>

NOVEMBER 4, 2020 9:30 AM – 4:30 PM

## Addressing Problematic Student Behavior: Using DBT Strategies to Assess and Intervene (6-Post Secondary)

Melissa Nelson, Roger's Memorial Hospital



In a culture of increasing social and emotional needs among students, making sense of behavior has become incredibly complex. This presentation will provide school counselors with the opportunity to engage in hands-on learning of behavioral assessment tools derived from Dialectical Behavior Therapy (DBT). These tools will then be used to identify individualized intervention strategies to include behavioral modification as well as DBT skills coaching to include skills related to mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

56th Annual Conference  
November 4-6, 2020  
Kalahari | Wisconsin Dells

**COME FOR THE CONFERENCE**

Stay for the weekend...

Have you heard the news that WSCA is making some BIG changes to our annual conference?

We are excited to share that our annual conference starting in the 2020-2021 school year will be moving not just location but the time of year (no more snow, ice storms, conflicts with state testing!).

Join us for this BIG change November 4-6, 2020 at the Kalahari Resort.

**CHANGE**  
RENEW | REFRESH | EMBRACE | 2020  
WISCONSIN SCHOOL COUNSELOR ASSOCIATION

# HALF DAY WORKSHOPS MORNING

NOVEMBER 4, 2020 9:30 AM – 12:30 PM



## Got Hope? NOPE!: Understanding the Importance of Hopefulness (K-5)

Julia Cook, National Level Speaker, Award-Winning Author, Educator, and Former School Counselor

The most tragic thing a person can lose is their hope. Without hope, despair takes over. Without hope...a child becomes hopeless. Hopeless children don't try, have poor relationships with others, and feel helpless. In terms of resilience and well being, hope is a critically important predictor of success. Research tells us that by the time children are 10 years old, they have maximized the amount of hope instilled in their minds. This poses two very unique challenges for parents, teachers, and counselors...How do we help children increase their amount of hope prior to the age of 10, and how do we help them maximize their hope potential after the age of 10. In this research-based, humor infused keynote, Julia Cook explores the components of hope, discusses the results of the Hope Scale for Children, defines the differences between hope and optimism, and presents a blueprint for maximizing hope growth and potential in children, teens and adults. "Hope is our children's window for a better tomorrow!" Ready...Get "MIND SET"...GROW!

## Developing Cross Cultural Counseling Skills – Understand Race, Privilege and Bias (K-12)

Derek Francis, Manager of Counseling Services, Minneapolis Public Schools

Chrissy Francis, Career Counselor, University of Minnesota College of Science and Engineering

Schools across the country are rapidly becoming more multiculturally diverse. As schools have become more integrated and with the advancements in technology and social media, there has been an increase in major race, hate and bias incidents. Every day school environments are disrupted due to discriminatory behavior, posts or actions. These cultural breakdowns impact the success of



students and contributes to the achievement gap faced throughout the U.S. Every school proactively conducts drills for fires, tornadoes, weapons and other emergencies but how do you prepare your staff for social emotional emergencies? In this very interactive preconference session, we will provide strategies for counselors to examine how their own race, privilege and bias impacts counseling work. Cultural humility will be explored as a framework for doing effective multicultural counseling. Participants will leave with individual counseling and classroom lessons to engage in hard conversations with students and families around race and bias. Counselors play a crucial role in facilitating conversations around race and bias with students because these topics impact students' social and emotional development. Over the past three years we have done intense research and supported multiple school districts with multicultural skills and preventing bias. We will be sharing examples from our professional and personal lives on navigating race and bias. This session is very interactive and provides time to reflect and practice skills learned throughout the session.



## **ACP Collaboration, Creation and Continuation with Partners Across WI (9-12)**

**Eric Mueller, School Counselor, School Counseling Program Leader, Academic & Career Planning Coordinator, Appleton East High School**



**Lindsey Seipp, Academic and Career Planning Counselor & AP Coordinator/Talented & Gifted Coordinator, School District of Holmen**

A hands-on session to allow ACP Coordinators from across the state to collaborate and partner with each other on ACP topics. Attendants are encouraged to bring their district ACP plans and pieces of their districts ACP initiatives to share with the group. This session will be a facilitated group discussion and working opportunity to collaborate on the Wisconsin Academic and Career Planning initiative. Academic and Career Planning Coordinators along with counselors from across multiple districts sharing ideas and materials to help better the Academic and Career Planning process across the state. Implementation of ACP processes are at different levels across the state in WI. Let's work together and help the implementation of ACP be more fluid across the state and help all students become college, career and community ready.

## Escape Room Activities for Kindergarteners through Adults (Including Staff) (K-Post Secondary)



Tricia Norby, School Counselor & Licensed Professional Counselor, St. James School

Want to add some fun team-building activities to your school counseling curriculum? Escape room activities add to the development of the soft skills that employers are seeking (and find lacking) in their new hires. Research also shows that schools that have a strong SEL program tend to also have higher test scores among their students as compared to other schools who lack such programs. You will learn how to structure classroom activities using digital games, physical games, and hybrids from Breakout EDU. These games can be used for your youngest learners all the way through your most mature audiences (which may or may not include your staff)!

## Role of the Counselor...Ever Normal? Quiet? Be Prepared! (K-Post Secondary)



Linda Mikunda, K-12 School Counselor -Retired High School Counselor, Barron Area School District



Kim Sanborn, High School Counselor, Cameron High School



Jessica Ebner, High School Counselor, Rice Lake High School

No school is exempt...we all are faced with crisis. In this sectional, you will hear about the role of the counselor when there is a death of multiple students in a car crash, scandal involving employees and students, abduction of a student, murder of a former student, media pressure, murder of a student's parents, and working with outside agencies such as the DOJ, FBI and nation advocacy groups. Every counselor in our state experienced COVID-19 and ideas of how to cope and lead during these kind of crisis will be addressed.

Each participant is asked to bring their district's crisis plan so they can detail it for their role. Each participant will review their crisis plan and decide what their role is if and when a crisis will occur. Kristin Devit from the Office of School Safety will share what their office can do to assist counselors in their role when there is a crisis. This state initiative is only two years old but yet has made such a difference for so many schools. They will share how they can help districts.

Participants will also take time to complete a reference worksheet that will be ready to grab when a crisis occurs. This worksheet will not only help be prepared when a crisis occurs but also have cues for self-care so each counselor can be aware of their own personal social/emotional care. The worksheet will be completed during the session and ready to use once participants get back to their district.

You will hear what works and doesn't work, what resources to tap into and most importantly, how to take care of yourself during these long and trying hours "What would you do" scenarios will be shared so we all can learn from this type of crisis. Time will be allowed for discussion. Presenters will summarize resources and be concise with best practices.

In this session participants will share how to build a network of support when a crisis occurs - hear from valuable resources right in our great state and how they can help assist, identify local, state or national resources to help when a crisis occurs and identify the role of a counselor and how to define boundaries to take care of students, staff and self.

## **Making MTSS Work: Aligning Initiatives in your Comprehensive School Counseling Program (K-12)**



**Dr. Jennifer Betters-Bubon, Associate Professor and Program Coordinator, Counselor Education at the University of Wisconsin – Whitewater**

School counselors are leaders in implementing multi-tiered systems of supports (MTSS), such as PBIS and RTI, ensuring these frameworks are aligned with their comprehensive school counseling program, such as the ASCA National Model. Aligned programs meet the needs of all students across three tiers of support, serving all students through Tier 1 universal curriculum and support, some students through Tier 2 academic and behavioral interventions and few students through Tier 3 intensive services. These approaches should infuse culturally responsive practices to combat disproportionality in school discipline and educational access, while also creating effective and equitable learning environments.

This preconference sectional will help school counselors become adept in the implementation and alignment of the ASCA National Model and MTSS. Integrated MTSS/school counseling programs allow school counselors to strengthen systems that organize initiatives, such as trauma informed practices, academic and career planning, mental health, SEL, into organized frameworks. Through this dynamic presentation, participants will examine their school

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counseling program, identifying ways to strengthen data collection, analysis, and interventions with MTSS initiatives. Participants will have opportunities to consider how evidence-based practices, universal mental health screening, and culturally responsive practices fit within aligned programs. Come have your MTSS questions answered and leave with strategies you can use to strengthen your school counseling program.



**WSCA has secured beautiful and convenient hotel rooms at the Kalahari Resort!**

**Discounted room rates and resort fees waived for conference attendees!**

**More details on the WSCA Conference Page.**

# HALF DAY WORKSHOPS AFTERNOON

NOVEMBER 4, 2020 1:30 PM – 4:30 PM

## Ready, Willing, Able (6-12)

Dr. Mandy Savitz-Romer, Senior Lecturer in Human Development and Education Faculty Director, Prevention Science and Practice, Harvard Graduate School of Education



“Redefining College Ready: Integrating Adolescent Development into College Readiness Efforts.” Her work examines how school and non-profit organizations structure postsecondary supports that address developmental skills and readiness. She writes and speaks extensively on college and career readiness and school-based counseling, specifically as it relates to students of color and first-generation college students. The former associate director of the Boston Higher Education Partnership and a former urban school counselor, Dr. Savitz-Romer is the co-author of *Ready, Willing, and Able: A Developmental Approach to College Access and Success* (Harvard Education Press 2012).

Why do students choose not to pursue college, or drop out of college, even when they are provided with significant college counseling, external encouragement, and assistance in accessing financial aid? The answers, said Savitz-Romer, are not necessarily to be found in more of the same—traditional college counseling, college fairs, FAFSA help—all of which are important but not necessarily sufficient to get students, particularly first generation students, to college. “If we can’t do more, we may have to do different,” said Savitz-Romer, who has focused her research on adolescent development to understand the “constellation of obstacles” that keep students from attending or persisting in college, even when they have been offered a host of external supports. Dr. Savitz-Romer will share the essential skills students need to pursue and succeed in college—from developing a growth mindset and self-efficacy, to self-regulation, including planning and delayed gratification—many of which are covered in detail in the book she co-authored, *Ready, Willing and Able: A Developmental Approach to College Access and Success* (Harvard Education Press 2012). “There is a big difference between wanting to go to college, believing you deserve to be there and can succeed, and someone telling you that they want you to go to college,” said Savitz-Romer.



## Reboundaries and Resilience: Enhancing Skills that Foster Boundary Recognition, Determination and GRIT! (K-5)

Julia Cook, National Level Speaker, Award-Winning Author, Educator, and Former School Counselor

How do we accomplish the great task of teaching our kids the BIG LIST of everything they need to know and succeed in life when they believe that all of their needs are being met through screen time? How do we teach our kids online safety? How do we allow technology to add to our children’s life as opposed to taking from it? How do we create an environment where kids genuinely “want it” more than we want it for them? In her research-based keynote, Julia takes a look at how creative world-class parents and educators are answering these questions and helping children thrive with strength and confidence in their ever-changing world!

## Counselors, Collaboration, and Comprehensive Programs (K-12)

Hudson Team (l to r)

Kelly Curtis, E.P. Rock Elementary; Chris Strop, North Hudson Elementary; Sarah Flier, Willow River Elementary; Aria Krieser, Hudson Prairie Elementary



Rice Lake Team (l to r)

Jessica Ebner & Mike Shomoin, Rice Lake High School Counselors; Shari Booth, Tainter Elementary Counselor; Lori Neuman, Hilltop Elementary and Haugen Elementary Counselor; Nicole Weinstock & Mary Krovoza, Rice Lake Middle School



Whether you work in a smaller district where your counseling team is comprised of counselors at various levels or if you are in a larger district where several counselors are at the same level, collaboration is key to establishing a comprehensive program. Hear how Hudson Elementary counselors work together to advocate for their role, improve practices for student growth and coordinate to impact students across their district. A team of school counselors from the Rice Lake Area District will also share how they are working with the ASCA model to organize, advocate, and increase student achievement from a K-12 perspective. They will share how they collaborate as a team to drive their district school counseling program.



## You're Not in it Alone: How to Make the Right Connections at Your School to Create a Career Readiness Culture (9-12)

Karin Smith, Education Consultant – Academic and Career Planning and Dual Enrollment, WI Department of Public Instruction



Gregg Curtis, Education Consultant – School Counseling, WI Department of Public Instruction

2020 has been an exciting year for career readiness in Wisconsin.

However, with so many new initiatives competing for your time and energy, it can be hard to understand how it all fits together. This interactive pre-conference session will help counselors understand how social emotional learning, employability skills, academic and career planning and career pathways are all designed to come together to help your students graduate college and career ready! Most importantly, participants will walk away with new student-centered skills and strategies to build a career readiness team.

## Using Dosing Strategies from the Neurosequential Model to Support a Regulated Classroom (K-12)

Sarah Daniel, Vice President of Educational Services, Saint A



Experience and research have shown us the link is strong between a student's ability to self-regulate and the ability to learn. In a classroom of 25 students, it is likely 5 will meet the criteria for a diagnosable condition that could be better managed within the classroom using strategic and targeted regulation strategies. In this preconference session, we will take a deeper dive into our understanding of the patterns of student dysregulation and learn strategies to support student success. Attendees will learn about how a student's emotional state of being impacts their cognitive capacity which determines their responses to challenges in the classroom. We will share specific dosing strategies that will support student regulation, increase engagement in learning and relationships, and allow students to achieve both academic and social growth. Student-specific strategies that attendees can use in their practice will be shared.



## Advocating for our LGBTQ+ Students & Families (K-12)

Lisa Koenecke, Adjunct Instructor, Lakeland University

Do you want to save lives? Has a student come out to you yet? Join us to discover the changes in the LGBTQ+ community; Especially in the Transgender world! Your Inclusion Ally will provide you with examples, tools and FREE resources essential to saving lives! Embrace this fun & REFRESHING approach to RENEW your Collaborative Leadership Advocating for System Change! This session will be interactive and engage participants in a variety of ways...You're Welcome!

## Collaborative and Proactive Solutions in a Comprehensive School Counseling Program (K-PS)



Rachell Pufall, School Counselor, Washburn Middle and High School

Ivy Meierotto, Instructional Coach, School District of Washburn



This half-day preconference offering will allow participants to dig deeper into the “how” of Collaborative and Proactive Solutions. Using multiple learning modalities (lecture, collaboration, reflection), participants will walk away with tangible plans for next steps on their CPS journey.

Participants will identify a number of implementation strategies they can use to bring or continue CPS work in their school or district, will identify how the CPS model can fit into their existing comprehensive school counseling program, and will create individualized action steps and plans dependent on their current place in the CPS journey.



## Afternoon on the Hill (K-12 and Post-Secondary)

Kelly O'Connell, WSCA Government Relations Director

WSCA's Afternoon on the Hill continues to be a cornerstone of the annual conference. Come learn how to effectively advocate for the profession you love and put it to practice under the dome! The event will begin with a discussion of effective strategies for meeting with our elected representatives in the WI Legislature and propose some key issues and talking points for your meetings. Then we will head to the Capitol for individual or small group meetings with your Senator and Representative!

Be aware that with transportation times we expect participants to be back to the Kalahari by 6pm.



*Thank you Afternoon on the Hill Participants!*

The 2019-2020 Annual Conference Afternoon on the Hill Participants



**Erin Wood**  
PreConference Director



**Andrea Berlin**  
PreConference Director

Send any questions or comments to:  
  
[precon@wscaweb.org](mailto:precon@wscaweb.org)

