

SCHEDULE OF SECTIONAL MEETINGS

Thursday, November 3rd, 2022

SECTIONAL 1 – 7:15 – 8:15 a.m.

1. Speak Up Speak Out Wisconsin School Safety Resource Center
(Elementary|Middle|High; Basic; Social/Emotional)

Africa 10

How is the Speak Up Speak Out Wisconsin School Safety Resource Center beneficial to you, your school, and your students?

On September 1, 2020, the Office of School Safety launched our final component of threat reporting to the SPEAK UP, SPEAK OUT (SUSO) Resource Center. SUSO is a comprehensive, one-stop place to turn with important concerns, offering a Threat Reporting System, Threat Assessment Consultation, Critical Incident Response, and General School Safety Guidance. Our Resource Center is life-changing, lifesaving, and confidential for all of the concerns reported. In this session, you will learn about this free, comprehensive safety resource, and how to access it to support your school, community, and students.

Presenter(s): Sue Williams, MSED, Threat Assessment Coordinator, Wisconsin Department of Justice Office of School Safety, Madison; Erin Armbrust, Threat Assessment Coordinator

2. Got Your Back – A Modern Approach to Universal Mental Health Support
(Middle|High; Basic; Social/Emotional)

Africa 20

Jacob's SWAG is a foundation that strives to support the emotional needs of children by providing support to schools and community youth programs. The foundation has a primary focus on suicide prevention/awareness, bullying, mental health and helping students make good life choices. After investing tens of thousands of dollars in mental health presentations for schools, the foundation has taken a more modern approach and developed a comprehensive smartphone app called "Got Your Back." This app offers a variety of options to a person in crisis, including immediate emergency contact options, mental health locator, positive affirmations, calming/mindfulness activities, and a crisis planning tool. This presentation will discuss the story of a family and community that were impacted by suicide, and how they came together to create a universal approach to mental health support. This presentation will share information regarding the functionality and ideas for potential use of this FREE app that will be available to youth in Wisconsin and beyond.

Presenter(s): Teri Ellefson, Director of Jacob's SWAG Foundation, Jacob's SWAG Foundation Inc.

3. Student Success Skills That Teach Social Emotional Learning & Academic Skills
(Elementary|Middle|High; Intermediate; Social/Emotional)

Africa 30

Student Success Skills (SSS) is a school counselor-led program based on the principle that students can improve academically when surrounded by a supportive environment that involves skill-building activities in self-management, prosocial behaviors, and cognition. It is a humanistic approach to school counseling that focuses on the following areas: (1) cognitive factors, including memory and learning processes, (2) attitudinal skills, (3) self-regulation and metacognitive abilities, (4) behavioral strategies and goals, and (5) social skills training. SSS is one of only six programs to be listed in the Collaborative

for Academic, Social and Emotional Learning's (CASEL) SElect programs guide. Further, the SSS curriculum is supported by over 36 publications to date, 23 of which have been published in highly regarded counseling-specific journals. In this presentation, attendees will be provided with an overview of the SSS Classroom Program for grades 4-12 and research supporting its effectiveness. Demonstration and practice in several of the foundational SSS skills and strategies will also be included.

Presenter(s): Dr. Melissa Mariani, Ph.D., Atlantic Education Consultants

4. Skilled Trades Apprenticeships as a Career Development Alternative
(High|Post Secondary; Basic; Academic/Career/Postsecondary)

Africa 40

Registered joint labor-management apprenticeship programs offer a career path and economic outcomes for the apprentice that rival a bachelors' degree. Apprentices "earn-as-they-learn." They earn family supporting wages and benefits, which increase as they progress through the four- or five-year training program that consists of classroom work and on-the-job training. Apprentices attend classes while working and acquiring skills in their chosen trade, earning wages and benefits on their way to becoming a journey person. Union apprenticeships typically offer a debt-free education.

Presenter(s): Emily Pritzkow, Executive Director, Wisconsin Building Trades Council, Milwaukee, Emily will be joined by apprentices, training coordinators, and other representatives from across Wisconsin's unionized building trades.

5. Grit in Education - Failure IS An Option!
(Middle|High|Post Secondary; Basic; Social/Emotional)

Africa 50

Have you ever wondered how we can teach students to stick to long-term goals? How do we explain to young minds what it means to persevere, set shorter term goals to achieve the long-term ones and help them understand that life is a "marathon and not a sprint"? How do we teach students that having talent does not indicate someone's "grittiness"? Did you know that people who have more of a growth mindset tend to be grittier? Whew! These are big questions that we will tackle and discuss why grit is perhaps the most important indicator of success in both academics and life!

Presenter(s): Kate Willems, MS Educational Psychology - School Counseling & MS Educational Leadership - Principal, School Counselor, CESA 2 - JEDI Virtual School, Franklin

6. WSCA Board Listening Session - All Members Are Welcome!
(Elementary|Middle|High|Post Secondary; Basic ; Leadership/Advocacy)

Africa 60

We want to hear from you! Help us continue to learn about the issues that school counselors are experiencing across the entire state. Join the conversation with the WSCA Board to share your day-to-day experiences as a school counselor. The Board wants to make sure that ALL counselors are represented – so let your voice be heard!

Presenter(s): WSCA

7. New Conference Attendee Meet-Up
(Elementary|Middle|High|Post Secondary; Basic; Leadership/Advocacy)

Africa 70

Newbee WSCA conference attendees, grab a coffee and join WSCA leaders in the beehive to learn all the ins and outs of having an amazing conference experience! Meet other newbee conference

attendees while we give you inside tips.

Presenter(s): WSCA

Opening Session 8:30 a.m.
Keynote Speaker – Molly Hudgens
Africa East

SECTIONAL 2 - 10:30 - 11:30 a.m.
SECTIONAL 2 INTENSIVE - 10:30 a.m. - 12:00 p.m.

8. Counselors Supporting Academics

(Elementary|Middle|High; Basic; Academic/Career/Postsecondary)

Africa 10

Counselors are most often asked to deliver some intervention that will build academic success for those students who are struggling. However, lack of academic success can be linked to a multitude of reasons making the choice of intervention particularly challenging. Discover a few ways to discern the possible reasons for academic struggles. Clarify when and how counselors can effectively intervene.

Presenter(s): Dr. Karen Griffith, ASCA-Certified Trainer, Assistant Professor, University of Georgia

9. Proactive Strategies To Combat Hate And Bias In Schools (Intensive)

(Elementary|Middle|High|Post Secondary; Basic; Equity)

Africa 20

Knowing how to support students after major racial incidents can be challenging. Most school counselors graduate with only one three-credit course focusing on multicultural/cross-cultural counseling and never had the conversation or training to support students in these types of events. Some of us worry we'll say the wrong thing or worry that it's not our place to take the lead. We have to set those fears aside, and trust that our compassion and our desire to listen and learn will pave the way for fruitful discussions and healing. In this session, counselors will learn proactive strategies for responding to hate and bias incidents in their schools.

Presenter(s): James Bierma, Ph. D, Executive Director of College and Career Readiness, Minneapolis Public Schools, Fridley; Derek Francis, Manager of Counseling Services, Minneapolis Public Schools

10. Creating a Culture of Career Readiness (Intensive)

(Elementary|Middle|High; Intermediate; Academic/Career/Postsecondary)

Africa 30

You have created a great scope and sequence of Academic and Career Planning (ACP) activities. But, you are still struggling to fully integrate ACP into your school district. How can you get buy-in from your teachers and administrators? How can you get your district to embrace a culture of career readiness? And, when are you going to find the time to do it? Find the answers you are looking for at this session!

Presenter(s): Karin Smith, MS, Education Consultant, Wisconsin Department of Public Instruction, Madison; Beth Kaminski, State Director, Regional Career Pathways, Pathways Wisconsin

11. Trauma, and Resilience: What Pitfalls and Secrets Does our Brain Hold? (Intensive)
(Elementary|Middle|High|Post Secondary; Basic; Social/Emotional)

Africa 40

Have an interest in the human brain, or what causes one person to spiral down a trajectory of negativity and despair while another person seems to always end up in a positive place despite experiencing similar traumatic events? Understanding potential outcomes can help you provide interventions to people who have experienced trauma. Structurally excluded folks often fare worse in these situations. BIPOC youth who experience adversity often end up in the school-to-prison pipeline. The presenter will use a variety of strategies to impart attendees a deeper understanding of the human brain, how it attaches to other human beings, and how to ameliorate the effects of adversity.

Presenter(s): Sharon Hansen, PhD, LPC, Assistant Professor/Program Director of School Counseling, University of Wisconsin Stout, Menomonie

12. Supporting Deaf and Hard of Hearing Students in the School Setting (Intensive)
(Elementary|Middle|High|Post Secondary; Intermediate; Equity)

Africa 50

This presentation shares information about the Deaf community and addresses various misconceptions about the community. We will also address the challenges that D/HH individuals face in a school setting and receiving mental health services in Wisconsin. Information about students' legal rights to equal access and various ways to provide accommodations/accessibility to their environment will be discussed as well as how school counselors can advocate for D/HH students in their school.

Presenter(s): Amy Dignan, Licensed D/HH teacher (805), will graduate this summer with MS with an emphasis in School Counseling, School Counselor, WSD (DPI), Delavan; Ronda Last, Senior School Psychologist at WSD (DPI); Lance Weldgen, Jr., School Social Worker

13. Beyond Study Skills: Real Strategies to Help Students Improve Weak Executive Functioning Skills (Intensive)
(Middle|High; Intermediate; Academic/Career/Postsecondary)

Africa 60

Have you ever wondered why some students in your study skills group still experience significant academic challenges? This session will take a high-level look at executive functioning and the science of how we learn. You will walk away with specific teaching, coaching, and counseling methods to intervene.

Presenter(s): Karolyn Taylor, MS, and LPC, Scholarship Coordinator, Milwaukee Public Schools, Milwaukee

14. Providers and Teens Communicating for Health (Intensive)
(High; Basic; Leadership/Advocacy)

Africa 70

Health care professionals (including counselors, social workers, nurses, and many more) can play a key role in the health and development of youth. However, there are unique challenges that young people face in accessing and receiving high-quality, youth-friendly health services. During this teen-led workshop, trained PATCH Teen Educators will talk about their experiences with health care providers and will share advice for ways to better connect with teens and support them as they access care.

Presenter(s): Erica Koepsel, MA, PATCH Director of Youth Engagement, Wisconsin Alliance for Women's Health - PATCH Program, Madison; James Wood, PATCH, Madison Site Coordinator

15. Novice Professional School Counselor Development: Supports and Resources
(Elementary|Middle|High; Basic; Leadership/Advocacy)

Africa 80

The first years in the profession of school counseling can be challenging, especially when novice school counselors may feel a lack of support and are unaware of resources to bolster their professional development and identity. Results from a study which highlight reported supports and resources that assist novice school counselors will be shared. These supports and resources can be helpful for higher education professionals, internship field supervisors, as well as early career school counselors. Discussion will include how to better prepare and support novice school counselors and to validate the developmental process they experience during their first years in the profession.

Presenter(s): Lynn O'Brien, Ed.D, NCC, LPC, Professional School Counselor License, RPT, Core Faculty, Capella University

16. Executive Function Skills for Social Emotional Learning and Academics
(Elementary|Middle|High; Intermediate; Academic/Career/Postsecondary)

Guava

Dr. Bozeday will present an overview of current research from neuroscience describing the impact of the 21st Century influences on students today. She will focus on recent findings related to media use related to academic learning and social-emotional development. Additionally, this presentation will provide educators with practical strategies from the field of Executive Functions to help them guide students in the classroom.

Presenter(s): Dr. Georgia Bozeday, Ph.D., Rush University Medical Center

17. Positive Choices, Middle School Group
(Middle; Basic; Social/Emotional)

Tamarind

The Choices Group is an 8-week, psycho-educational group for middle school students who possess great potential. This activity-based group teaches students about adolescent brain development in an effort to guide students in making better choices. This former, AODA grant funded program, has been modified to work with all students in either a small group or classroom setting. Lesson plans will be provided.

Presenter(s): Tricia Norby, MA, MS, LPC, School Counselor & Therapist, St. James School & Authenticity Counseling, Verona

18. Affirming LGBTQ+ Individuals at the Elementary Level
(Elementary; Intermediate; Equity)

Portia

Elementary students are often the first to "come out" - as LGBTQ+ and/or as children of LGBTQ+ parents. Given the current political and cultural context, how can school counselors work to ensure that our youngest students are not only safe but included and affirmed? How do you talk about this topic in age appropriate ways and what resources are available to help? How do you make the case for LGBTQ+ inclusion to colleagues, school leaders, and families?

Presenter(s): Brian Juchems, BA, Co-Executive Director, Gay Straight Alliance for Safe Schools, Inc. (GSAFE), Madison

19. Four Things Schools Can Do To Improve Students' Mental Health (Intensive)
(Elementary|Middle|High; Basic; Social/Emotional)

With each new generation comes new challenges. As school counselors, we may feel unsure of how to equip ourselves with the knowledge and skills needed to infuse evidence based social emotional learning lessons into our curriculum. Using dice, toothpicks, yarn and a plethora of other modalities, participants will walk away with energizing, cutting-edge, skill-based and high energy activities that align with CASEL Standards focused on enhancing the mental health of our youth.

Presenter(s): Courtney Donati, M. Ed. and Licensed Pupil Services in the State of Wisconsin, Director, Dignity Revolution, Appleton

LUNCH & LEARN - 11:40 a.m. – 12:50 p.m.
Lengths & Start Times Vary, See Descriptions for Details

20. ASCA Model 101

(Elementary|Middle|High|Post Secondary; Basic; Leadership/Advocacy; 11:40 am - 12:00 pm)

Africa 80

Everyone has an opinion on what a school counselor should do, join WSCA staff for an overview of what a comprehensive school counseling program should look like as well as updates on school counselor professional standards, ethics, and student standards. Learn how to bring this information to your administration to collaborate on implementing a strong counseling program that supports equitable student success.

Presenter(s): Stacy Eslick, MSSW, MSE, Executive Director, Wisconsin School Counselor Association, Waunakee

21. Lunch & Learn Book Study

(Elementary|Middle|High|Post Secondary; Basic; Equity; 11:40 am - 12:45 pm)

Africa 10

Grab your lunch and join Dr. Carolyn Strong in a conversation about our book club book, *Collective Equity: A Movement for Creating Communities Where We All Can Breathe!*

Presenter(s): Dr. Carolyn Strong, , Dean of Students, Thornton Township High School

22. Microaggression: Nothing Micro About It. 3 R's to Healing

(Elementary|Middle|High|Post Secondary; Basic; Equity; 11:40 am - 12:00 pm)

Tamarind

School counselors must know and understand the detrimental impact that microaggressions have on students, families, and even staff of color as they are demeaning, invalidating, and harmful. Many are subjected to these harmful messages daily, be it intentional or unintentional, they must be interrupted. Learn how to navigate the harm of microaggressions and advocate for those in your school community by using the 3 R's; Recognize, Respond, and Repair. This session will provide strategies to empower all to recognize, respond and repair the harm when microaggressions occur. This session has been presented at the ASCA 2022 National Conference in Austin, Texas as a 20 minute sectional!

Presenter(s): Mia Tatum-Crider, MS, School Counselor, School Counselor/Mental Health Specialist, Wauwatosa School District

23. Engagement Strategies for Elementary Classroom Counseling Lessons

(Elementary; Intermediate; Academic/Career/Postsecondary; 11:40 am - 12:00 pm)

Portia

Easy, engaging, and effective activities that you can use with nearly any classroom counseling lessons to increase student involvement and engagement. You will leave this sectional with a list of engaging activities to incorporate into your classroom lessons.

Presenter(s): Erica Harbath, MS, Elementary School Counselor, School district of North Fond du Lac, North Fond du Lac

24. Reduce Stigma and Build Empathy through a Book Group

(Middle|High; Basic; Social/Emotional; 12:30 - 12:50 pm)

Africa 20

Many students are affected by a mental health challenge of their own or of someone they know, but are reluctant to seek help. Reach them through a book group! Seeing a fictional character in a similar situation can normalize feelings and help students talk about a variety of mental health topics, within the context of YA fiction. In this sectional, learn how to organize and facilitate your own book group to advance conversations about mental health with your students.

Presenter(s): Kim DeZeeuw, MS, NCC, School Counselor, Horicon Middle/High School, Horicon; Tera Braun, 7-12 School Counselor, New Lisbon School District

25. Sharing Your Program Story

(Elementary|Middle|High; Basic; Leadership/Advocacy; 12:30 - 12:50 pm)

Africa 30

Want to promote your program, advocate for students and share the incredible work you are doing behind the scenes? Join us as we share how EVERY counselor can create their very own Wisconsin School Counseling Program Accountability Report (WSCPAP) or Recognized ASCA Model Program (RAMP) to show your administrators, parents, and colleagues how students benefit from a comprehensive school counseling program in their school. These documents also help other counseling professionals grow their programs and improve practices for their students! Whether you are in graduate school and want to understand how counselors use data in their programs or you've been in the field for 20+ years and want a way to organize and show your data - this sectional is for you! (K-12, Basic, Leadership/Advocacy)

Presenter(s): Sarah Flier, MS, Elementary School Counselor, Hudson School District - Willow River Elementary, Hudson

26. Explorer's (Interdisciplinary Social Skills Program)

(Elementary; Basic; Social/Emotional; 12:30 - 12:50 pm)

Africa 40

Explorer's: An Interdisciplinary Social Skills Program

Check out our approach to teaching social emotional skills at the elementary level! We are a group of professionals with various areas of expertise who work together toward the goals of our students. Our model includes team planning and shared responsibility. Growing skills and demonstrating them in the natural environment...both at school and in the community. We are excited to share this approach.

Presenter(s): Lisa Groh, MS, School Counselor, Ellsworth Community School District (Ellsworth Elementary School), Ellsworth; Haley Schmidt, Speech and Language Pathologist

27. Mental Health Literacy Units of Instruction from DPI and Office of Children's Mental Health

(Elementary|Middle|High; Basic; Social/Emotional; 12:30 - 12:50 pm)

Africa 70

The Office of Children's Mental Health and the Department of Public Instruction developed Mental Health Literacy Instructional Units for elementary, middle, and high school classrooms focused on coping skills and how to talk about mental health. An accompanying Caregiver Guide available in English, Spanish, and Hmong connects the concepts of mental health and well-being at home. The Mental Health Literacy Units were co-created by parents and youth with lived experience, mental health experts, and educators and school staff. In this session, hear an overview of the Mental Health Literacy Units of Instruction from DPI and OCMH staff.

Presenter(s): Andrea Turtenwald, M.A., Family Relations Coordinator, Wisconsin Office of Children's Mental Health, Madison; Liz Krubsack, School Mental Health Consultant

SECTIONAL 3 - 1:00 - 2:00 p.m.
SECTIONAL 3 INTENSIVE - 12:50 - 2:20 p.m.

28. 2022 Revisions & Updates to the ASCA Ethical Standards for School Counselors
(Elementary|Middle|High|Post Secondary; Basic; Leadership/Advocacy)

Africa 10

The ASCA Ethical Standards for School Counselors, updated in 2022, were developed in consultation with state school counseling associations, school counselor educators, school counseling state and district leaders, and school counselors across the nation to clarify the norms, values, and beliefs of the profession. Learn about the updates to this document and how these updates affect your school counseling program.

Presenter(s): Stacy Eslick, MSSW, MSE, Executive Director, Wisconsin School Counselor Association

29. How to Deal with Negative People and Keep From Becoming Yourself and Controlling Your Own Stress (Intensive)
(Elementary|Middle|High|Post Secondary; Advanced; Social/Emotional)

Africa 20

The Bully. The Victim. The Gossip. The Know-It-All. We all have people who push our buttons. They drain our energy, take us off track, and infect other areas of our life. They can tear an organization and family apart unless we learn to deal with them effectively. This presentation will teach you specific strategies and effective communication skills for dealing with all kinds of people and reducing your stress. Please join us for this fast paced, upbeat presentation building on audience participation.

Presenter(s): Dr. Michael Weber, Ph.D., President/Owner, Human Relations Training Serv, Grafton

30. Let's Root for Each Other
(Elementary|Middle|High|Post Secondary; Advanced; Social/Emotional)

Africa 30

What keeps us grounded? We are trained to support and foster resilience in our students, but how do we support those same skills among each other? School counselors are the frontline in responding to school and community trauma. How can we continue to strengthen, sustain, and unify ourselves professionally during this stormy season? In this session, participants will collaborate with other professionals, create a plan to set up formal and informal conversations that support best practice and support for adults, and will reconnect with the values that brought us to this work in the first place.

Presenter(s): Kari Erickson, MA, LPC, LSC, School Counselor, Adjunct Instructor/Counselor Educator, Hartford Union High School/ Mount Mary University, Brookfield; Holly Oleshko, School Counselor, Hartford Union High School

31. Empowering Kindhearted Kids (Intensive)
(Elementary; Basic; Social/Emotional)

Africa 40

Social Emotional Learning is more important than ever in our schools today, as children struggle to develop healthy identities and to become emotionally stable. Please join Two by Two Character Development to explore the latest research regarding Social Emotional Learning and the importance of explicitly teaching core values. Plan on loading up your "toolbelt" with lots of fun and engaging ideas to immediately use with your children and walk away feeling empowered and rejuvenated for the important work you do.

Presenter(s): Kristin Vaassen, Masters of Education, Administration and Supervision, Director of Business and Curriculum Development, Two by Two Character Development, Dubuque

32. Up To Me - Supporting Young People and Families Share Their Story (Intensive)
(Middle|High; Basic; Social/Emotional)

Africa 50

At the core of stigma reduction is the ability to share your lived experience with mental health. Beyond that, to speak for your needs and ask for support is a skill that comes with practice. The Up To Me curriculum allows participants to explore and practice sharing their story using different types of disclosure to suit the situational needs, practice asking for support, and own the story they are telling themselves. This curriculum can be run as a group based discussion, an individual workbook, and has a version to support family's sharing. By completing this session, providers will get an overview of the curriculum and learn ways that it can support their current work.

Presenter(s): Hanna Maechtle, InHealth Training Specialist, Rogers Behavioral Health and WISE Coalition, Sheboygan

33. Compassion Resilience for Educators (Intensive)
(Elementary|Middle|High|Post Secondary; Basic; Social/Emotional)

Africa 60

Compassion Resilience for Educators is a program developed in partnership with Rogers Behavioral Health. It is a 12 week small group curriculum intended for anyone who works in education. At our school we have seen a powerful impact in running these groups. We're excited to give you a brief overview of the curriculum, share our implementation process, some efficacy data, and testimony from our participants. We hope you will take away the motivation to consider a group like this at your school, and also some tips for battling compassion fatigue in your own practice.

Presenter(s): Abbie Hannam, MA Counselor and Student Personnel Psychology, MS K-12 Leadership (in process), School Counselor, Kromrey Middle School, Middleton; Nichole Carlisle, School Social Worker

34. Am I on the right track? Assessing career readiness in your district.
(Elementary|Middle|High; Intermediate; Academic/Career/Postsecondary)

Africa 70

How do you know if your ACP implementation is on track? Many districts use DPI's "ACP Implementation: District Self Assessment Tool" to help gauge their progress and now you can, too!

Learn more so you can figure out if your district is on the right track for career readiness.

Presenter(s): Karin Smith, MS, Education Consultant, Wisconsin Department of Public Instruction, Madison

35. Catapulting Career Exploration in Elementary School
(Elementary; Intermediate; Academic/Career/Postsecondary)

Africa 80

Career Readiness is more than choosing a career and applying for college. The possibilities are endless for post-secondary options and opportunities. The skills, training, and experience required can't be accomplished senior year, let alone in the mere four years of high school. Learn strategies and ideas, and leave with resources and activities for early career exploration and development. Starting early provides students with opportunities to gain important skills necessary for career success and for navigating their current school experience and future education/training. Exposing students to a variety of career possibilities through age appropriate activities links their school learning to their dream jobs, which increases engagement, excitement, and relevance to the school experience.

Presenter(s): Andrea Donegan, MS, NBCT, DPI School Counseling Consultant, WI Department of Public Instruction, Madison; Jenny Holle, School Counselor

36. How Can We Include Families and Staff More Involved in Efforts to Strengthen Everyone's Mental Health and Wellbeing? (Intensive)
(Elementary|Middle|High; Intermediate; Social/Emotional)

Guava

When schools and families work together children benefit. Come and find out how you can help foster a respectful and united wellbeing environment in your school community by using a common language. Imagine how it would look if the parents, staff, and students had a common understanding of and worked together to support everyone's well-being. Come find out how you could help make this a reality. Free materials to help you with this initiative will be available.

Presenter(s): Holly Stoner, M. Ed., LMFT, Co-Director of The Wellness Compass Initiative, Samaritan Family Wellness Foundation, Madison

37. What do we do about Trauma in the Classroom? (Intensive)
(Elementary|Middle|High; Basic; Social/Emotional)

Tamarind

The pandemic has highlighted educators concerns regarding student and staff mental health and awareness of the impact of trauma. By revisiting the impact of Adverse Childhood Experiences and the brain science of trauma, participants will learn about the 7 essential ingredients of trauma-sensitive school and the prevalence of trauma and adversity in the lives of our students. Participants will discuss how TSS impact students emotionally, socially, and developmentally and learn strategies to increase relationship and regulation in the classroom rooted in Restorative Practices and Trauma Resiliency.

Presenter(s): Marci Waldron-Kuhn, Ph.D., Pupil Services Specialist, CESA 7, Green Bay

38. How to Earn College Credits in High School: Navigating ECCP, SCN and other Dual Enrollment Opportunities for High School Students (Intensive)
(High; Basic; Academic/Career/Postsecondary)

Portia

College credit options for high school students have expanded in recent years, and the processes have become complicated to navigate. Our sectional will focus on laying out the opportunities high school students have at the college level, and then sharing the steps to help students and families understand

and complete enrollment. This is intended for counselors who are new to the profession, or those who are not as familiar with these options.

Presenter(s): Heidi Stigler, MS in School Counseling, School Counselor, Waukesha North High School, Waukesha; Samantha Rypel, School Counselor; Jill Werner, School counselor

39. Supporting Youth in Transition: An Interagency Approach (Intensive)
(High|Post Secondary; Intermediate; Academic/Career/Postsecondary)

Wisteria

A collaborative group of state agencies is focused on providing best practices and resources for school team members and other stakeholders to help transition students with disabilities out of high school, and into the workforce or post secondary education and training. Hear from members of this inter-agency team consisting of The Department of Workforce Development Division of Vocational Rehabilitation (DVR), the Department of Health Services (DHS), and the Department of Public Instruction (DPI) to understand the state's collaborative approach to transition services, and learn about new resources available to schools and stakeholders to support their work.

Presenter(s): Sarah Kuehn, Program and Policy Analyst Advanced; Bob Meyer, Bureau of Children's Services/Division of Medicaid Services, Wisconsin Department of Health Services; Pam Jenson, Wisconsin Department of Public Instruction; Tammy Hofmeister, Wisconsin Department of Health Services.

SECTIONAL 4 - 2:30 – 3:30 p.m.
SECTIONAL 4 INTENSIVE - 2:30 - 3:50 p.m.

40. Taking the next step in your leadership journey
(Elementary|Middle|High; Intermediate; Leadership/Advocacy)

Africa 10

Join WSCA leaders as they discuss their personal leadership growth experiences. We promise, they are normal day to day school counselors just like you! We will also share all the ways you can grow your professional leadership through WSCA programs. Attend this session to be empowered and excited about expanding your leadership skills.

Presenter(s): Stacy Eslick, MSSW, MSE, Executive Director, Wisconsin School Counselor Association, Waunakee

41. ACP Beyond the Basics: Connecting Students, School, and Community
(High; Advanced; Academic/Career/Postsecondary)

Africa 20

We will review the past, present and future expansion of ACP. Hear about our committees and how we advocate and inform stakeholders at district and community level meetings. Learn how we have developed community connections, career and work based learning experiences, and networking opportunities through our ACP programming. You will leave our session with our ACP lesson matrix and 9-12 grade level classroom presentations with lesson plans for our ACP program.

Presenter(s): Christine Knapp, M.Ed, School Counselor, Muskego High School, Muskego; Tiana Fleischmann, School Counselor; James Michlig, College, Career, and Experiential Learning Coordinator

42. Mindfulness for Children, Adolescents and Teachers (Intensive)
(Elementary|Middle|High; Intermediate; Social/Emotional)

Africa 30

Mindfulness for Children and Adolescents

Mindfulness practices are increasingly showing evidence to support children and adolescents as a mental health tool. This workshop will lead participants in practices for use with children and adolescents and also as teachers.

Presenter(s): Stephanie Steinman, PhD, Clinical Psychologist, Assistant Professor, University of Wisconsin, Madison, Madison

43. Trends In Standardized Testing in College Admissions and How Method Learning Can Help Your School
(Middle|High; Basic; Academic/Career/Postsecondary)

Africa 40

More than 1500 colleges and universities have adopted “test optional” admissions policies since COVID-19 (including the University of Wisconsin-Madison) but why? What do these policies do to make admission more or less likely for your students? What trends have emerged nationally that you should know about? And how should you advise students who don’t know whether or not to send scores? Method Learning is proud that over 180 Wisconsin High Schools choose to use our program to help students prepare for the ACT. Besides discussing the questions mentioned above, this presentation will describe ways that Wisconsin schools have made our online program a key part of their efforts to help juniors prepare for the annual ACT. The session will be led by Ethan Lewis, Method Learning’s Director of Customer Satisfaction, who is an experienced college counselor and observer of college admissions trends. There will be ample time for questions from the audience.

Presenter(s): Ethan Lewis, Method Learning

44. Post-Pandemic School Anxiety: Navigating the Increase in School Refusal
(Middle|High; Basic; Social/Emotional)

Africa 50

During this presentation, attendees will explore the emotional distress that is contributing to an increase in school refusal. The presentation will review the potential short- and long-term consequences of these issues and how executive function deficits are contributing to this current trend. Together, we will review prevention strategies and intervention techniques within the school, at home, and with outside support.

Presenter(s): Ryan Fedoroff, Newport Academy

45. Race Based Trauma (Intensive)
(Elementary|Middle|High; Intermediate; Equity)

Africa 60

Race-Based Trauma is a term coined to capture the deleterious impact of race-related stress, racial harassment, racial violence (witnessing violence), and discrimination on mental health functioning. Similar to other trauma, Racial Trauma shares similarities to PTSD in the context of Post Traumatic Slave Disorder. The training provides an understanding of how Historical Trauma presents today, recognizing the impact of racial trauma, describing symptoms of racial trauma, understanding similarities/differences between Trauma-Informed Care & Racially Conscious Trauma-Informed Care, and describing actionable steps and strategies to address racial trauma in a racially conscious lens.

Presenter(s): Kenda Roman, Master's degree in School Counseling - Master's degree in

Curriculum & Instruction with a concentration in Trauma and Resilience, School Counselor - Senior Pastor - Police & Funeral Home Chaplain - Mentor, Eisenhower Elementary School - Wauwatosa School District, Wauwatosa

46. School Counseling Programming at a Choice High School (Alternative)
(High; Intermediate; Academic/Career/Postsecondary)

Africa 70

Provide an overview of programming at a choice/alternative high school in Madison, WI with a focus on building student self efficacy, a knowledge base of career and college options, and connecting the dots so that students can graduate ready for whatever they choose to do next.

Presenter(s): Marianne Matt, MS Education, ASCA SCOY Finalist 2022, School Counselor, Madison Metro School District, Madison

47. Restorative Practices, A Proactive Approach to Supporting Culture and Wellbeing (Intensive)
(Elementary|Middle|High; Basic; Social/Emotional)

Africa 80

Restorative Practices in a school setting has emerged as a way to strengthen relationships and promote positive school culture, supporting student and staff Social Emotional Learning, Trauma Sensitive Schools and Equitable Multi-Level Systems of Support. Restorative Practices encourages us to rethink challenging behaviors and reframe our culture of discipline practices to promote inclusion and wellbeing. With a ratio of 80% proactive and 20% responsive strategies used, Restorative Practice aims to create safe spaces so that if conflict or harm occurs, a sense of accountability to the community drives individuals to heal the harm they have caused.

Presenter(s): Alissa Darin, MA, NBCT, LPC-IT, Regional Coordinator, Wisconsin Safe and Healthy Schools, Pewaukee; Carol Zabel, Regional Coordinator

48. Supporting and Strengthening School Counselor Well-Being (Intensive)
(Elementary|Middle|High|Post Secondary; Basic; Social/Emotional)

Guava

All counselors have the ethical responsibility to practice wellness and self-care through monitoring mental, emotional and physical health to ensure optimal professional effectiveness. Self-care is the active participation of enhancing your physical, mental, emotional, and spiritual wellness, as well as quality of life and work. Behavioral, relational, and internal self-care and monitoring strategies that contribute to wellness will be shared and practiced.

Presenter(s): Carrie King, Ph.D., LPC, NCC, Licensed School Counselor, Counseling Department Chair, Mount Mary University, Milwaukee; Kari Erickson, School Counselor

49. Using Google Slide Daily Announcements to Enhance Your School Counseling Program
(Elementary; Intermediate; Academic/Career/Postsecondary)

Tamarind

Have you ever thought that there is so much you want to share with your students, but find that the time you have in classrooms is not enough to get to all of it? Would you like to give classroom teachers an easy-to-use way to implement daily community circles? If so, join a team of elementary school counselors to learn about how they have implemented school-wide Google Slide morning announcements designed to support and enhance the school counseling program throughout all elementary schools in our district. Participants will leave with a format, design, and ideas to share in their schools right away.

Presenter(s): Jenny Holle, MS, School Counselor, Dyer Elementary School, Burlington Area

50. Data Driven Tier I and Tier II School Counseling Interventions
(Elementary|Middle|High; Basic; Academic/Career/Postsecondary)

Portia

Data driven programming is more effective-- but where do you start when you're talking about behavior and mental health? This session will focus on using emotion/behavior screeners like the SAEBRS to focus academic, discipline, and attendance goals fit school counseling Tier I and Tier II interventions. We will share how we got teacher and administration buy-in to use these tools and talk to the community about them, providing participants ready to use resources.

Presenter(s): Bobby Phillips, MS, Elementary School Counselor, Elk Mound Area School District, Elk Mound; Cindy Bourget, Middle School Counselor; Hugh Goodrich, High School Counselor

51. The Wisconsin School Mental Health Framework: Building and Sustaining a Comprehensive System
(Elementary|Middle|High|Post Secondary; Basic; Social/Emotional)

Wisteria

This session will introduce participants to DPI's updated Wisconsin School Mental Health Framework. The framework provides a vision for advancing health and educational equity in Wisconsin through the implementation of Comprehensive School Mental Health Systems. Participants will gain an accurate understanding of mental health and how schools can promote well-being, an overview of the components of a Comprehensive School Mental Health System, and practice applying a trauma sensitive lens to school policies and practices. Participants will walk away with knowledge of several DPI resources that will help their schools and districts improve their school mental health systems.

Presenter(s): Liz Krubsack, MS, LPC, School Mental Health Consultant, Wisconsin Department of Public Instruction, Madison; Libby Strunz, School Mental Health Consultant, DPI

Nutrition Break
3:30 – 4:00
Exhibit Hall, Africa West

SECTIONAL 5 - 4:00 - 5:00 p.m.

52. Engaging Families in the Postsecondary Planning Process
(High; Intermediate; Academic/Career/Postsecondary)

Africa 10

Leyden District 212, a suburban district just outside of Chicago, has committed to increasing parent engagement through multiple types of outreach and events. One successful program - Leyden Parent University - is geared toward involving families in their students' postsecondary planning process. Presenters will share how they developed and implemented the program, as well as how they continue to collect data, evaluate, and revise the program each year.

Presenter(s): Beth Gilfillan, PhD, NCC, licensed school counselor (IL), Assistant Professor of

Counseling, Northeastern Illinois University, Chicago; Kato Gupta, School Counselor, East Leyden High School; Dawn Erickson, School Counselor & Student Services Department Chair

53. New Criteria for Reporting Work-based Learning
(High; Advanced; Academic/Career/Postsecondary)

Africa 20

Have you heard about the new criteria in Wisconsin for work-based learning (WBL)? If not, you will want to attend this session! Learn about the six criteria that **MUST** be met in order to include a WBL experience through your student information system. Find out how to transform your work release program into a WBL program that can be counted in your district report card, how to create in-district WBL placements, and so much more!

Presenter(s): Karin Smith, MS, Education Consultant, Wisconsin Department of Public Instruction, Madison

54. Research and Resources for Supporting Youth Mental Health
(Elementary|Middle|High; Basic; Social/Emotional)

Africa 30

UW-Madison Division of Extension is uniquely poised throughout Wisconsin to provide research, programming, and support to address the mental health needs of youth. In addition we can conduct healthy & resilient school assessments and bring programming in to support educators and school staff. Join us as we review recent research and data related to youth mental health and discuss the programming options our Health & Well-being educators across the state can offer schools.

Presenter(s): Danette Hopke, BSN, MS, Health & Well-being Outreach Specialist/Educator, UW-Madison Division of Extension, Shell Lake; Jennifer Park-Mroch, Health & Well-Being Outreach Specialist; Debbie Moellendorf, Professor, Department of Extension, Health and Well-being and Positive Youth Development Educator; Megan Suehring, Positive Youth Development Outreach Specialist/Educator

55. Blending SEL & ACP: How to implement Pro Skills in your school
(Elementary|Middle|High; Basic; Social/Emotional)

Africa 40

We all have students that we are struggling to get engaged in school. Join us to learn how we have used our Pro Skills initiative to bring equity, relationship building, and use a trauma lens to meet our students where they are at. There has been a positive change in the culture of our school. We are excited to share with you, the steps we have taken to onboard the entire staff. You will leave prepared to implement this at your school.

Presenter(s): Andrea Berlin, MA in School Counseling, School Counselor, Central High School, Sheboygan; Lisa Finney, School Leadership, Principal, Curriculum & Instruction, Director of Special Ed

56. Historical Black Colleges and Universities 101
(High|Post Secondary; Basic; Equity)

Africa 50

Historically Black Colleges and Universities (HBCUs) campuses foster student success by meeting the needs of first-generation and low-income students. HBCUs outperform predominantly white institutions in retention and graduating low-income African-American students.

Presenter(s): Angilique Jones-Cornelius, MS, School Counselor, Milwaukee Public Schools- Golda

57. Developing Effective Threat Assessment Case Management Plans of Support
(Elementary|Middle|High; Intermediate; Please select)

Africa 60

You are worried about a student, and have conducted a threat assessment. The most powerful and intricate work comes next, developing and implementing an effective plan of support for the student. Your threat assessment team has a powerful opportunity to get that student off of the pathway to violence while providing safety for the school. This session will provide strategies, tips, and tools to develop effective plans of support.

Presenter(s): Sue Williams, MEd, Threat Assessment Coordinator, Department of Justice, Madison

58. Recognizing and Supporting Anxiety in Elementary Students
(Elementary; Basic; Social/Emotional)

Africa 70

Elementary aged children have various sources of anxiety, yet are unable to verbalize the specific cause of their anxiety and lack appropriate coping skills and strategies. Unfortunately, anxiety has been shown to impact school performance as well as social interactions. In this session, individuals will explore signs and symptoms of anxiety in elementary students as well as tools and strategies that can be utilized with elementary students and implemented directly into the school environment.

Presenter(s): Nicole Bakalars, MA, School Counselor, Valley View Elementary School, Menomonee Falls; Kristen Lauda, School Counselor

59. The School Counselor's Role in Helping Prevent Staff Burn Out
(Elementary|Middle|High; Intermediate; Leadership/Advocacy)

Africa 80

Counselors wear so many hats in our schools, which makes building the capacity in staff to handle situations involving student trauma a critical part of our job. Our presentation will focus on finding the biggest needs of staff and students through data collection, developing mental health committees, running staff meetings that help prevent burnout, and how to use this work to more effectively advocate for students. Participants will leave with grab and go materials!

Presenter(s): Cindy Bourget, MS, Middle School Counselor, Elk Mound Area School District, Elk Mound; Bobby Phillips, Moundview Elementary School Counselor; Hugh Goodrich, Elk Mound High School Counselor

60. The Traumatic Effects of Bullying
(Middle|High; Intermediate; Social/Emotional)

Guava

Jeff has over 80 graduate credits and has spent 35 years working with school-age youth. Yet, his personal experience taught him more than any grad course possibly could. When his daughter was in 8th grade, Jeff had a front-row seat to witness what a bullying target goes through on a daily basis. Jeff will speak to the underlying causes of bullying, the potentially traumatic effects and then share his thoughts for actionable takeaways.

Presenter(s): Jeffrey Vande Hey, Master's of School Counseling, High School Counselor, Brillion High School, Kaukauna

61. 988 in Wisconsin
(Middle|High; Basic; Social/Emotional)

Tamarind

988 is the new, easy to remember number to reach the National Suicide Prevention Lifeline, which has been providing free and confidential emotional support to people in emotional distress since 2005. After July 2022, anyone can call or text 988 and use chat capabilities on the National Suicide Prevention Lifeline website to reach a qualified counselor, trained in handling emotional distress and mental health crises. Wisconsin has been planning for the implementation of 988 since January 2021 and exploring how easy access to mental health support will shift the behavioral health landscape in our state.

Presenter(s): Brianne Zaborowske, Licensed Clinical Social Worker, Lead Crisis Coordinator, Wisconsin Department of Health Services, Madison

62. The "Financially" Informed "Career" Ready Student
(High; Basic; Academic/Career/Postsecondary)

Portia

Is your ACP curriculum missing personalized activities that motivate students to plan their futures? Discuss best practices for taking students beyond exploration and into a realistic glimpse of their future. How can you help students connect the dots between career path and pay, student loan debt, budgeting, and saving for important financial goals? We'll illustrate how to connect these dots and increase parent engagement with a new web-based tool, Money Path.

Presenter(s): Jennifer Andreas, Money Path Partnership Manager, Secure Futures, Milwaukee

63. Elementary Groups and Games
(Elementary; Basic; Academic/Career/Postsecondary)

Wisteria

Learn about the importance of using data to intentionally create groups that support students through an equity lens and address achievement, behavior and discipline gaps in our buildings. Explore ways to develop groups with confidence, hear fun ways to build group connection, discover engaging activities and games to use, and implement meaningful closing activities.

Presenter(s): Sarah Flier, MS, Elementary School Counselor, Hudson School District - Willow River Elementary

Friday, November 4th, 2022

SECTIONAL 6 – 8:30 – 9:30 a.m.
SECTIONAL 6 INTENSIVE - 8:00 - 9:30 a.m.

64. Following the S.A.M.E. Pathway to Restorative Justice
(Elementary|Middle|High|Post Secondary; Basic; Equity)

Africa 10

S.A.M.E. stands for Social, Academic and Moral Education. It is a holistic approach to creating and sustaining academic excellence in today's schools. S.A.M.E. provides a research supported, holistic view of school improvement by addressing all of the components of school and district culture which must be addressed if lasting school reform is to be attained, i.e. the Social Domain, the Academic Domain and the Moral Domain. As the rigor of state accountability measures increase, schools must

focus their efforts to achieve and sustain academic excellence. Come learn how this approach has been particularly successful in schools serving high-poverty populations.

Presenter(s): Dr. John Hodge, Ph.D, President and Co-Founder, Urban Learning and Leadership Center, Hampton, Virginia

65. State of the State

(Elementary|Middle|High|Post Secondary; Basic; Leadership/Advocacy)

Africa 20

Join the WSCA Executive Director and Department of Public Instruction (DPI) School Counseling Consultant, to learn about the state of school counseling. Learn more about state and national updates around student mental health, social emotional learning, academic and career planning, school climate and safety, ASCA model updates and other current trends in education that may pertain to school counselors. Come and see what Stacy and Andrea have to share.

Presenter(s): Stacy Eslick, MSSW, MSE, Executive Director, Wisconsin School Counselor Association, Waunakee; Andréa Donegan, School Counseling Consultant

66. Impacting Student Mindsets with Acceptance and Commitment Therapy (ACT)

(Elementary|Middle|High; Basic; Social/Emotional)

Africa 30

Acceptance and Commitment Therapy (ACT) is an evidence-based approach that utilizes mindfulness to foster student psychological flexibility and reduce suffering. Presenters will demonstrate activities to enhance the audience's understanding of ACT and how the core concepts of ACT, such as value-directed action, can be used with K-12 students. Finally, presenters will discuss how ACT can address ASCA Mindsets and Behaviors within K-12 school settings.

Presenter(s): Tyler Madro, School Counselor Graduate Student, University of Whitewater-Wisconsin, Whitewater; Jen Betters-Bubon, Associate Professor and Program Coordinator; Cassidy Venes, School Counselor Graduate Student; Lauren Gordon, School Counselor Graduate Student, Amy Barth, Associate Professor and Clinical Coordinator

67. Growing your Middle School Academic and Career Planning Program

(Middle; Basic; Academic/Career/Postsecondary)

Africa 40

Academic and Career Planning (ACP) at the middle school level can creatively weave social and emotional learning with career exploration. This session will explore ideas to help students learn about their strengths and gain experiences to develop employability skills such as teamwork, communication, problem solving, presenting, writing, and reflecting. ACP at the middle school can incorporate Xello lessons and more, covering topics such as academic goal setting, exploring careers and career clusters, the job application process, interviewing skills, financial planning, and postsecondary possibilities. Learn about ACP ideas and share your progress in engaging students with self- and career-exploration!

Presenter(s): Victoria Claas, MS, School Counselor, Columbus School District, Columbus

68. Building Bridges Through Humor

(High; Basic; Social/Emotional)

Africa 50

Research shows that teens are more digitally connected, yet lonelier than ever before. What can we do about that? I have found that humor can build a bridge between us as counselors and our students. I

want to share with you what I have found so that you too may try it with your students. Come see how to help both your students and staff feel less lonely.

Presenter(s): Peter Geissler, MS Counseling, Counselor, Drama Director; Marybeth Geissler, Teacher

69. Collaborative and Interdisciplinary Approaches to Career Education K-12 (Intensive)
(Elementary|Middle|High; Basic; Academic/Career/Postsecondary)

Africa 60

The ASCA National Model suggests a "by all, for all" approach to student development throughout the domains school counselors address. The focus of this roundtable, hosted by school counseling and CTE educators, will be on initiating discussions and providing two-way feedback around what an interdisciplinary collaborative approach to career education might look like in K-12 settings. Collaborations between school counselors and CTE staff at all levels for all students are vital in K-12 career education.

Presenter(s): Sharon Hansen, PhD, Assistant Professor and School Counseling Program Coordinator, University of Wisconsin Stout, Menomonie; Deanna Schultz, Associate Dean/School of Education Director; Michelle McGlynn, STC & CTE Coordinator, Waunakee Community High School

70. Mitigating Microaggressions in the School Setting
(Elementary|Middle|High; Basic; Equity)

Africa 70

Bias and microaggressions subconsciously impact us all. The point of this workshop is to understand how to identify bias and microaggressions so that we can prevent them from impacting the school community and no longer be impediments to equitable learning environments.

Presenter(s): Carolyn Strong, EdD, Dean of Students, High School, Calumet City

71. Alternatives to Traditional Education: Non-Baccalaureate STEM Career Pathways (Intensive)
(Elementary|Middle|High; Intermediate; Academic/Career/Postsecondary)

Africa 80

Almost 50% of high school students are no longer considering Bachelor's degrees and more than 50% are open to other career pathways. Yet 85% of students feel pressure to pursue a college degree! Join Dr. Coyle as he will focus on your students and how you can give them the information they need to make important career decisions. Learn how to get more of your female students involved in STEM careers. Learn how to get industry involved in your school and how to get parents more engaged in your programs. Find out about new scholarship opportunities that will benefit your students.

Presenter(s): Dr. Steven Coyle, EdD, National Director of Counselor and Academic Relations, Universal Technical Institute, Phoenix

72. Taking the Stress out of Parent Conferences...even the contentious ones
(Elementary|Middle|High; Intermediate; Leadership/Advocacy)

Guava

Have you ever dreaded a phone call or conference because you just weren't sure how it would turn out? Today, we'll build the skills and framework to handle the toughest of situations without breaking a sweat and building better relationships at the same time. Explore some ideas and principles that can limit stressful interactions with parents. Develop an understanding of why a parent might be upset. Discover a 5 step generic plan that you can utilize when upset parents do not give you time to plan. Examine more ideas about how to take good care of yourself.

Presenter(s): Chris Peterson, MS, Educational consultant, The Parenting Professor, West Salem

73. Taking a Teaching Approach (Intensive)

(Elementary|Middle|High|Post Secondary; Intermediate; Leadership/Advocacy)

Tamarind

Do you need to build understanding with a variety of people on tough topics? Do you need staff and community members to take on a growth mindset when exploring problems and solutions? Do you swim upstream in trying to convince others that there is room for improvement? This Taking a Teaching Approach workshop could be just the piece you are missing! You will explore foundational principles in designing high-quality learning experiences, curriculum tools to evaluate and create these experiences, and different delivery methods to make a greater impact on your audience.

Presenter(s): Heather Dean, MEd, National Board Certified Teacher, Owner - Educational Consultant, Creative Across the Curriculum, LLC, Madison

74. Kickin' it with Classroom Lessons

(Elementary; Intermediate; Academic)

Portia

Looking to increase participation during classroom lessons? This is the session for you. From Peardeck to engaging games and activities, learn to take your lessons to the next level.

Presenter(s): Amanda Desua, M.A., Ed.D, NBCT, Elementary School Counselor & Author, Bethesda, Hadfield, Hawthorne, Summit View, And STEM Randall

75. How Xello Unifies Social-Emotional Learning with Career Development for K-12 Students

(Elementary|Middle|High; Intermediate; Social/Emotional)

Wisteria

Today students need to find a balance between planning for the future and taking care of their present, emotional well-being. In this session, counselors will make connections between social-emotional learning and career development, learn about Xello improvements to the SEL experience, as well as understand how it all aligns with the Wisconsin SEL competencies.

Presenter(s): Idan Firestein, Key Account Manager, Xello, Toronto

SECTIONAL 7 – 9:45 – 10:45 a.m.

76. Reorganizing Course Selection Guides

(High; Intermediate; Academic/Career/Postsecondary)

Africa 10

Does your high school have a 100+ page course selection guide? Would you like to rethink, revamp, and refresh the design? Join us for this 60-minute workshop where we consider ways to reshape the traditional course selection guide into a student-friendly tool that is organized by career pathways. We will also introduce an ACP lesson to introduce Regional Career Pathways to 7th & 8th graders to prepare them for the high school course selection process according to career pathway interest area.

Presenter(s): Kayla Correll, MS CTE, Career & Technical Education Coordinator, CESA #1, Pewaukee; Eric Hill, Regional Career Pathways Coordinator

77. Five Multiple Choice Questions That Shape Our Lives
(High|Post Secondary; Basic; Academic/Career/Postsecondary)

Africa 20

This entertaining and thought-provoking session focuses on the importance of decision making in how our lives are shaped. By recognizing which decisions are more important than others, we can provide greater insight into the realization of how choices form our vocational identity. Below are five multiple choice questions that shape our lives:

Where Do You Learn?

Where Do You Work?

Where Do You Live?

Who Do You Love?

How Do You Live?

Presenter(s): Matt Green, Doctorate, Director of Student Services & Special Education, Wisconsin Heights School District, Mazomanie

78. The Vagus Nerve: The Missing Link in Trauma Education
(Middle|High; Intermediate; Social/Emotional)

Africa 30

The vagus nerve is often referred to as the "brakes" of the system that helps bring a stressed body back to baseline functioning. In reality, the vagus nerve does much more than that. This session will take a deeper dive into the physiology of trauma with an emphasis on the role of this vital nerve network as we look for answers for our teens who are truly enduring trauma.

Presenter(s): Jeffrey Vande Hey, Masters of School Counseling, High School Counselor, Brillion High School, Kaukauna

79. Lost in a Maze of Career Readiness Resources? The New Career Readiness Hub will help you find your way!
(Elementary|Middle|High; Basic; Academic/Career/Postsecondary)

Africa 40

Good news: There are a lot of AMAZING career readiness resources available to you.
Bad news: It can be hard to remember how to access them all. Now you don't have to worry about where you found those great virtual job shadow videos or which webpage has all the recorded Career Readiness Community of Practice sessions. You will find it ALL in Wisconsin's brand new Career Readiness Hub. Get your personal tour of this amazing new resource in this session!

Presenter(s): Karin Smith, MS, Education Consultant, Wisconsin Department of Public Instruction, Madison; Lynn Aprill, Director of Education for Economic Development, CESA 8

80. Improve Student Mental and Emotional Health: Empower and Support Students With Online Health Education Curriculum Available At No Cost To Wisconsin Schools
(Elementary|Middle; Intermediate; Social/Emotional)

Africa 50

This presentation will focus on online health education curriculum created by Children's Wisconsin, a nationally recognized pediatric institution dedicated to making Wisconsin kids the healthiest in the nation. Workshop includes an overview of our new "Healthy Minds" (K-8) mental and emotional health curriculum and mindfulness activities called, "Take 5ive" (K-12). Workshop format will be a presentation, followed by a short demo and concluding with a panel discussion featuring school counselors who have successfully delivered our programs.

Presenter(s): Clay Anton, Master of Education in Instructional Technology, e-Learning Account Representative, Digital Storyteller, Children's Wisconsin, Milwaukee; Yetlanezi Ortega, e-Learning Representative

81. Upholding Spirit Protection and Restoration in Schools and Communities through Combatting Spirit-Murder and Racial Battle Fatigue

(Elementary|Middle|High|Post Secondary; Basic; Equity)

Africa 60

School counselors are expected to be leaders at various system levels, advocating for policies and protections that will support a trauma-informed and culturally sustaining learning environment where students can safely learn about themselves, their peers, the community, the nation, and the world. This session will explore how we can promote mediums that foster healing, safety, inclusion, and honoring of each student's humanity and culture while addressing the impact of historical/intergenerational trauma and racial battle fatigue.

Presenter(s): Teysha Bowser, Ph.D., NCC, Assistant Professor and School Counseling Program Coordinator, University of Wisconsin Oshkosh, Oshkosh

82. Knight Skills - Teaching Students Self-Management, Self-Awareness, Social Awareness & Responsible Decision Making

(High; Intermediate; Social/Emotional)

Africa 70

Using DBT Steps-A in conjunction with PBIS goals our school is teaching our students the skills of mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness. Come learn about the strategies we used to pilot the program, garner investment from the teachers, how we are measuring success, and our three year plan to implement the curriculum with all students.

Presenter(s): Kelly Groh, MS, PhD, School Counselor, Oak Creek High School, Oak Creek; Emilie Tregellas, School Psychologist

83. Sneak Peak into the ASCA Board

(Elementary|Middle|High|Post Secondary; Intermediate; Leadership/Advocacy)

Africa 80

Have you ever wondered what it is like to be an ASCA Board Member? Hear directly from Sue Arvidson, a current ASCA Board Director, about what school counseling leadership and advocacy looks like at a national level. Sue will share her state-level experiences in Minnesota and how she took these skills to become a national leader in school counseling. Join Sue to learn more about the ASCA Board of Directors as well as have a dialogue about what issues, concerns, and celebrations school counselors have in Wisconsin.

Presenter(s): Susan Arvidson, ASCA Board of Directors, Lead Elementary Counselor, Office of College & Career Readiness, Saint Paul Public Schools

84. Compassion Fatigue and Resiliency

(Elementary|Middle|High|Post Secondary; Basic; Social/Emotional)

Guava

Learn about compassion fatigue, its warning signs, and how to become resilient by including self-care into your daily routine. Identify ways to be resilient by identifying your support system, creating a plan to focus on your health, taking breaks or detaching, and thinking about the "why" in entering the school counseling profession. Sharon Salzberg's quote "resilience is based on compassion for ourselves as well as compassion for others" speaks volume to compassion resiliency.

Presenter(s): Ellen Cary, Graduate Student Director, Graduate Student at UW-Oshkosh, Glenbeulah; Breanna Radke, Graduate Student Director, Graduate Student at Lakeland University; Marianne Matt (Mentor), WSCA Scholarship Director, Capital High School Counselor

85. How School Counselors and Classroom Teachers Can Introduce Preventative and Holistic Mental Health and Physical Health Concepts and Activities to Elementary Students and Their Families

(Elementary; Basic; Social/Emotional)

Tamarind

The earlier children learn about how their mental and physical health can be strengthened by their everyday choices, the better off they will be. And when parents and schools work together, it can have a powerful impact. In this session, you will see how eight areas of wellness, woven into the everyday life of a school, can concretely be introduced to children and parents alike. This is for school counselors, classroom teachers, and administrators.

Presenter(s): Holly Stoner, M. ED., LMFT, Co Director of The Wellness Compass Initiative, Samaritan Family Wellness Foundation, Madison

86. Zones of Regulation: Helping Students Recognize Feelings, Independently Problem Solve Good Choices and How to Use In Every Day Counseling

(Elementary; Basic; Social/Emotional)

Portia

The Zones of Regulation is an SEL program that helps students identify how they are feeling. The Zones teaches students to choose behaviors that can help them consciously regulate their emotions. In this sectional you will learn about the Zones and how it can be used in counseling along with lesson plans that you can use. You will also receive different ideas on how to implement the Zones school-wide over the course of a few years.

Presenter(s): Tiffany Schuette, MS, School Counselor, New Holstein Elementary School

87. The Playbook: Addressing Systemic Barriers by Championing Mental Health

(Elementary; Basic; Social/Emotional)

Wisteria

For students to be champions in life, they need coaches who care not only about their academic success, but their mental health as well. Get ready, because we're equipping you with the playbook to help you advocate for your students' well-being as they face many barriers in life. In this session, attendees will identify systemic barriers that impact their students' mental health and create a personalized action plan to develop a community of mental health champions in their school building. When our students win, we win.

Presenter(s): Sydne Anderson, QuaverEd, Nashville; Nova Moss, QuaverEd

The Wellness Compass Initiative Brunch 11:00 a.m.
Keynote Speaker – Dr. John Hodge
Africa East
