

Preconference Workshops

W S C A Conference
2024-2025



CLICK HERE TO REGISTER ONLINE

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

<https://www.wscaweb.org/conferences/2024-2025-annual-conference/>



TABLE OF CONTENTS

2

About Preconference

3

Preconference Workshops at a Glance

4

Preconference Workshops Tracks & Themes

5

Full Day Workshops

6

Half Day Workshops - Morning

10

Half Day Workshops - Afternoon

14

Meet the Preconference Team

About Preconference

Join us for the 2024-2025 WSCA Preconference!

Every year, we hear from our school counselors that they wish they had more time to learn about specific 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 Equity, 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 able to bring in well known national speakers to provide high-quality professional development.

Preconference Workshops at a Glance

FULL DAY WORKSHOPS

- College Counseling Institute (9-12)

HALF DAY WORKSHOPS - MORNING

1. Advocacy Is Where It's At! Using Data, School Counseling Programming, And Our School Counselor Superpowers, We Can Be Fierce Advocates For Our Students And Our Profession! (K-12)
2. Cutting Edge Strategies To Develop Independent Executive Function Skills (K-12)
3. Empowering People To Break The Bias Habit: Evidence-Based Approaches To Reduce Bias, Create Inclusion, And Promote Equity (K-12)
4. Putting Protocols In Place: Bullying Prevention, Traumatic Classroom Events, Soft Starts, Impact Statements, Check-Ins, And More (K-12)
5. School Counselor As Mental Health Consultant: Addressing Child Anxiety In Schools (6-12)
6. Alcohol, Vaping, and Cannabis...Oh My! Evidence-Based Prevention and Intervention Resources You Can Implement...Today!
7. The ASCA National Model Is Equity In Action (K-12)

HALF DAY WORKSHOPS - AFTERNOON

- Advanced Solution Focused Counseling-Theory And Practice (K-12)
- Advocacy 101 And Beyond - School Counselor State Level Advocacy (K-12)
- Allyship In Action: Creating Safe Spaces For All Students Within Your Community (K-12)
- Counseling 2.0: Integrating Computing In Your Counseling Program (K-12)
- Educator Nervous System States Through The Lens Of Applied Educational Neuroscience (K-12)
- Engaging Students In Activity-Based Counseling (K-12)
- It's Never Too Early! Academic And Career Planning In Elementary (K-5)
- "You Never Told Me That!" A Guide To Using The Tiers To Support Middle School Students (6-8)

Preconference Workshops Themes and Tracks

Social/Emotional	Morning
	School Counselor as Mental Health Consultant: Addressing Child Anxiety in Schools (6-12)
	Putting Protocols in Place: Bullying Prevention, Traumatic Classroom Events, Soft Starts, Impact Statements, Check-Ins, and More (K-12)
	Supporting Students with AODA (K-12)
	Afternoon
	"You Never Told Me That!" A Guide to Using the Tiers to Support Middle School Students (6-8)
	Educator Nervous System States Through the Lens of Applied Educational Neuroscience (K-12)
Advanced Solution Focused Counseling-Theory and Practice (K-12)	
Engaging Students in Activity-Based Counseling (K-12)	
Leadership/Advocacy	Morning
	Advocacy is Where It's At! Using Data, School Counseling Programming, and Our School Counselor Superpowers. We Can Be Fierce Advocates for our Students and our Profession! (K-12)
	Afternoon
Advocacy 101 and Beyond - School Counselor State Level Advocacy (K-12)	
Academic/Career/PostSecondary	Full Day
	College Counseling Institute (9-12)
	Morning
	Cutting Edge Strategies to Develop Independent Executive Function Skills (K-12)
	Afternoon
	It's Never Too Early! Academic and Career Planning in Elementary (K-5)
Counseling 2.0: Integrating Computing in Your Counseling Program (K-12)	
Equity	Morning
	Empowering People to Break the Bias Habit: Evidence-Based Approaches to Reduce Bias, Create Inclusion, and Promote Equity (K-12)
	The ASCA National Model is Equity in Action (K-12)
	Afternoon
Allyship in Action: Creating Safe Spaces for All Students Within Your Community (K-12)	
<i>**some topics may address more than one theme, please read the full description for more information**</i>	

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

FULL-DAY WORKSHOPS

NOVEMBER 6, 2024 9:30 AM – 4:30 PM



College Counseling Institute (9-12)

Beth Gilfillan, PhD, NCC, PEL (IL), Assistant Professor of School Counseling, Northeastern Illinois University



This professional development opportunity is designed for school counselors with zero to three years of school counseling experience or in a new role assisting students and their families in the college search and application process; graduate students in school counseling programs are also welcome! Topics will include: developing your college counseling programs (including the incorporation of MTSS), incorporating career counseling, school counseling responsibilities, and timelines, building collaborative relationships & involving families in the post-secondary planning process, college access counseling for diverse student groups, including first-generation college students, current trends, resources, and ethics in college counseling, financial aid processes, and more!

Track: Academic/Career/Post-Secondary

This event qualifies for the **GET KIDS AHEAD INITIATIVE!**

LOOKING FOR FUNDING TO ATTEND WSCA?

DPI'S **GET KIDS AHEAD** FUNDING CAN BE USED FOR WSCA MEMBERSHIP DUES, CONFERENCE REGISTRATION, OR OTHER WSCA PD SUCH AS OUR ASCA MODEL TRAINING!

-  PD Events & ASCA Model Training
-  Membership Dues
-  Conference & Preconference Registration

99.9% of schools received "Get Kids Ahead Initiative" funding!



HALF-DAY WORKSHOPS MORNING

NOVEMBER 6, 2024 9:30 AM – 12:30 PM



Advocacy Is Where It's At! Using Data, School Counseling Programming, And Our School Counselor Superpowers, We Can Be Fierce Advocates For Our Students And Our Profession! (K-12)

Marianne Matt, MS, High School Counselor, Madison Metropolitan School District

Kim Auer, High School Counselor, Pacelli Catholic Schools

Sarah Eder, K-12 School Counselor, Hurley School District

Amanda DeSua, Elementary School Counselor, School District of Waukesha



As practicing school counselors, we advocate daily. Our advocacy takes many forms; on an individual basis with our students, we advocate to ensure they can access their education equitably; at the school level, our school counseling programs lead the way for advocacy by utilizing data to inform our work and to inform our stakeholders of the importance of our work/programming for students and for the school; at the district level our programming and our skill as advocates provide information that can determine funding, allocation, and programming to ensure all students are able learn and grow. Advocacy in both rural and urban school districts will be discussed, including strategies from a solo counselor as well as counselors who are a part of a team.



Track: Leadership/Advocacy



Cutting Edge Strategies to Develop Independent Executive Function Skills (K-12)

Sarah Ward, M.S., CCC/SLP, Speech and Language Pathologist, Cognitive Connections, LLP

This session will give school counselors a new view and understanding of how students can independently execute tasks and will systematically address the skills of forethought, organization, planning, time awareness, task completion, and cognitive flexibility. These skills are critical so students can envision it, organize it, plan it, do it, and get it done! This is a practical strategies session that will clearly define what executive function skills are for the purpose of determining the most effective interventions and understanding of the development of executive function skills and what is meant by the term “executive dysfunction”. Participants will learn dozens of functional, ready-to-use strategies for teaching students how to develop executive function skills. Learn how to use the Get Ready*Do*Done Model to turn core curriculum and school counseling program action plans into powerful tools to teach executive control skills as well as adopt fresh approaches to help students develop automaticity for routines and transitions.

Track: Academic/Career/ Post Secondary



Empowering People to Break the Bias Habit: Evidence-Based Approaches to Reduce Bias, Create Inclusion, and Promote Equity (K-12)

William T. L. Cox, PhD, Founder/CEO, Inequity Agents of Change

Dr. Cox and his colleagues have developed and experimentally tested the bias habit-breaking intervention. This intervention will be shared during the training to 1) equip attendees with a deeper understanding of ways that race bias, gender bias, or other intergroup biases can seep into judgments and behavior unintentionally, and 2) empowers people to reduce the influence of those biases by teaching a set of concrete evidence-based tools for reducing biases and creating inclusion. The bias habit-breaking intervention was the first and remains the only intervention that has been shown experimentally to produce long-term reductions in bias and increases in inclusion and equity. In contrast to many diversity or bias training that is neither evidence-based nor experimentally tested, the habit-breaking intervention’s effectiveness has been rigorously demonstrated in many randomized-controlled experiments. This training empowers people to become impactful, autonomous agents of change, both within their own minds and behavior and in the social institutions they inhabit.

Track: Equity



The ASCA National Model is Equity in Action (K-12)



Mindy Willard, MA, Director of Curriculum, Hatching Results
Derek Francis, Culturally Responsive Instructional Leadership Lead - COMPASS Minnesota Department of Education
Stacy Eslick, Executive Director, WSCA



The ASCA Model is designed to guide school counselors through the development, implementation, evaluation, and improvement of a comprehensive school counseling program built on school-specific data. This workshop will address how school counselors are educational leaders who promote access and equity for all by helping students meet high standards through identifying and removing equity barriers and using school counseling program results to drive next steps.



Track: Equity



Putting Protocols in Place: Bullying Prevention, Traumatic Classroom Events, Soft Starts, Impact Statements, Check-Ins, and More (K-12)

Eric Becker, MSE, Middle School Principal, School District of Ashland

Learn directly from the Ashland school district how putting protocols, procedures, and programming in place has helped transform their schools. Examples of bullying protocols, traumatic event procedures, check-in processes, soft starts, and other built-in services have helped school staff respond in a consistent and effective manner. These practices have clarified for students, teachers, and families the school's response to incidents. Establishing a common response before a problem arises has helped students and staff feel supported, heard, and involved, and the protocols have drastically reduced the number of repeat incidents. All procedures and methods will be shared with participants, and time will be set aside to aid in customizing them for participants' individual buildings and districts.

Track: Social/Emotional



School Counselor as Mental Health Consultant: Addressing Child Anxiety in Schools (6-12)

Michael Axelrod, Ph.D., LP, NCSP, Director & Professor,
UW-Eau Claire

Child and adolescent lifetime prevalence rates of mental health disorders are estimated to be as high as 50%, with anxiety being the most common (Merikangas et al., 2010). School counselors are well-positioned to support students with mental health issues through the delivery of direct intervention services and consultation with school staff and parents. The purpose of this presentation is to provide school counselors with research-supported conceptualizations of anxiety and evidence-based strategies that are practical given a school-based context.

Track: Social/Emotional



Alcohol, Vaping, and Cannabis...Oh My! Evidence- Based Prevention and Intervention Resources You Can Implement...Today! (K-12)

Scott Gerbert, Director of Outreach and Strategic Partnerships,
Stanford University School of Medicine

Join the Stanford University REACH Lab as they share prevention and intervention toolkits and curriculums aimed at preventing and reducing adolescent and young adult substance use. All of these curriculums are evidence-informed and evidence-based and are completely free and available online. The goals of these curriculums are for students to understand basic information about different drugs, gain awareness of deceptive marketing strategies used by manufacturers to lure youth to use and gain skills to refuse experimentation and use of drug use. The curriculums provide critical lessons explaining adolescent brain development and addiction, positive youth development, and health effects. The interventions to be shared will include self-paced online lessons, one-on-one sessions, and small group lessons that are grounded in motivational interviewing, cognitive behavioral therapy, and the stages of change, with a focus on keeping youth in school and decreasing exclusionary discipline. In addition, there will be a panel of local community partners and coalitions that are working in collaboration with schools to address AODA prevention, as this challenge is not just for schools to support.

Track: Social/Emotional

HALF-DAY WORKSHOPS AFTERNOON

NOVEMBER 6, 2024 1:30 PM – 4:30 PM



Advanced Solution Focused Counseling - Theory and Practice (K-12)

Mark Gillen, PhD, Professor, University of Wisconsin-River Falls

The focus of this presentation is to assist those familiar with Solution Focused Counseling and are interested in brushing up on their training, going beyond the miracle question with their clients. The presentation will include a brief review of vital foundational skills that allow counselors to listen so they can really hear. Then exploring Solution Focused counseling foundations and applications to talk so others will listen. Dr. Gillen will be sharing feedback using solution focused supervision techniques and explore your client questions and concerns as you expand your knowledge and experience.

Track: Social/Emotional



Advocacy 101 and Beyond - School Counselor State Level Advocacy (K-12)



Cydney Martin, MS, School Counselor and Government Relations Director, WSCA
Stacy Eslick, Executive Director, WSCA

FREE!



Due to the changes and challenges facing the Wisconsin legislature and the unknowability of the newly adopted maps, and numerous legislators not seeking reelection, WSCA has made the challenging decision to cancel the annual in-person Afternoon on the Hill event. Instead, join WSCA leaders and other education stakeholders for an afternoon focused on building advocacy skills to engage with elected officials and other statewide organizations that impact the work of school counselors. Topics that will be of critical importance will be advocacy with those who are responsible for crafting and passing the 2025-27 state budget as well as education policy decisions. With new districts and a cohort of newly elected legislators taking office in January 2025, the time is NOW to hit the ground running to be prepared and unified in advocacy efforts for the next legislative session!

Track: Leadership/Advocacy



Allyship in Action: Creating Safe Spaces for All Students Within Your Community (K-12)

Dr. Carolyn Strong, EdD, Primary Consultant, Strong Conversations

Allyship in Action is a professional development program designed to empower educators to become effective allies for marginalized students within their school communities. This program provides participants with the knowledge, skills, and strategies needed to create safe and inclusive spaces where all students feel valued, respected, and supported. Through interactive workshops, discussions, and practical exercises, participants will explore the concept of allyship, examine their own biases and privileges, and learn how to advocate for and uplift marginalized voices. By the end of the program, participants will have the tools and confidence to actively promote equity, diversity, and inclusion within their educational settings.

Track: Equity



Counseling 2.0: Integrating Computing In Your Counseling Program (K-12)



Amy Bires, Computer Science and Digital Learning Innovation Consultant, Wisconsin Department of Public Instruction

Kelsey Kman, MEd, Program Manager, NCWIT Counselors for Computing

MaKenzie Johnson, School Counselor, LPC, Assistant Teaching Professor, University of Wisconsin-Superior, NCWIT Counselors for Computing Consultant



In our digital-first world, understanding computing is as essential for our students as reading, writing, and arithmetic. "Counseling 2.0: Integrating Computing in Your Counseling Program" is a vibrant, interactive workshop designed specifically for K-12 school counselors. It's time to shake up the traditional image of who can be a tech innovator, in line with CS for Wisconsin's initiatives and Wisconsin's growing tech workforce needs. Dive into the wide-ranging field of computing, where the possibilities for our students are as limitless as their imaginations. This workshop will equip you with dynamic strategies to integrate tech knowledge into school counseling programs, ensuring every student can see themselves in computing careers. As the heart of your program, counselors are in a unique position to bridge the tech gap, showing students from all walks of life that they have a place in shaping the future of technology right here in Wisconsin. Let's get ready to inspire the next generation of digital creators and problem-solvers!

Track: Academic/Career/ Post Secondary



Educator Nervous System States Through the Lens of Applied Educational Neuroscience (K-12)

Dr. Lori Desautels, PhD, Assistant Professor, Butler University

When adults become aware of their nervous systems, they can recognize their activators, sense the dysregulation in their bodies and brains and respond accordingly.

This allows adults to lean into curiosity when encountering a dysregulated child, empowering them to respond with compassion and connection over control and escalation. This session will provide a brief overview of trauma and its impact on the brain, while spending the majority of time focusing on tools and strategies to support both adults and students regulation. Powerful regulatory practices will be modeled and resources will be made available for counselors to take back and put into practice in their schools.

Track: Social/Emotional



Engaging Students in Activity-Based Counseling (K-12)

Shawn Becker, MA, Mental Health Navigator, West Bend School District

Activity-based counseling is different from traditional counseling because it involves the participant actively in the learning process. This session is designed so that counselors are taken through a “mini” Activity-Based counseling experience and will leave with an understanding of how to select and sequence activities that are appropriate for their group’s stage and goals. Activities are a powerful way to get students connected with your lessons/topics as well as each other and are a powerful way to develop life skills such as cooperation, problem-solving, risk-taking, self-management, trust, communication, and creative thinking. The best part is that the engaging activities from this session are easy to use and can be facilitated in almost any setting, including classrooms.

Track: Social/Emotional





It's Never Too Early! Academic and Career Planning in Elementary (K-5)

Heather Noworatzky, MS, Elementary School Counselor,
Fond du Lac School District

Abigail Reznicek, Elementary School Counselor, Fond du Lac
School District



Fond du Lac Elementary School counselors will share their comprehensive plan for career exploration and planning from Kindergarten through 5th grade, supplemental activities for career exposure, and the process of their 5th grade Academic and Career Planning Conference.

Track: Academic/Career/ Post Secondary



“You Never Told Me That!” A Guide to Using the Tiers to Support Middle School Students (6-8)

Sam Dusek, MSE, Middle School Counselor, River Falls School
District - Meyer Middle School

Cindy Bourget, MS, Middle School Counselor, Elk Mound
Middle School

Joe Wiesner, MSE, School Counselor, Manitowoc Lincoln High
School



Join Middle School Counselors to learn about their comprehensive school counseling programs. This session will be engaging and practical, and participants will leave with fresh ideas and resources that they can take back to their own middle school programs. The focus will be on using a data driven MTSS to provide equitable programming that is provided by all staff– not just the school counselor. Please note that while this session is designed to provide middle school counselors with interventions specific to students in grades 6-8, the information and resources for building an MTSS in your school can be applied to every level.

Track: Social/Emotional





Erin Wood
PreConference Director



Amanda Kauth
PreConference Director

Send any questions or comments to:

precon@wscaweb.org

