

Virtual Sessions

Saturday, July 12

10:30 AM - 12:00 PM PDT

Opening General Session: Malcolm Mitchell

10:30 AM - 12:00 PM , Saturday, July 12

Overview:

Read to a Better Future: Children who struggle to read are subjected to harsh consequences including poverty, incarceration and failure to complete high school. Malcolm Mitchell grew up with similar challenges, but during his freshman year of college, a newly developed love of reading changed his trajectory. Initially, reading was a challenge; however, through his perseverance, books became an avenue for expanding his curiosity, creativity and learning. In this presentation, Mitchell focuses on the transformational power of reading through his personal story and literacy-based research. Central to his message is self-empowerment, cultural relevancy and reading as a super power.

Opening General Session sponsored by the United States Marine Corps

Saturday, July 12

2:00 PM - 3:00 PM PDT

Tech Tools that Make a Splash

2:00 PM - 3:00 PM , Saturday, July 12

Overview:

Dive into the top four tech tools that can transform your school counseling program, improving student engagement, data management, personalized support and efficiency. Walk away with practical insights and hands-on demonstrations to enhance technology integration into your school counseling program.

Learning Objectives: 1) Identify tech tools that enhance the effectiveness of your school counseling program and support personalized student engagement 2) Demonstrate practical application of these tools through hands-on activities and guided exploration 3) Strategize ways to integrate these tools into your school counseling programs, aligning with the ASCA Student

Standards and improving service delivery.

Speakers:

- Hanna Kemble, *School Counselor, Indian Hills Elementary School, Topeka, Kan.*

Evolve Traditions to Empower Students

2:00 PM - 3:00 PM , Saturday, July 12

Overview:

Although traditions in education have positive intent, for students to achieve sustained success they need systems that offer opportunities for everyone. Discover how harnessing data can move your Tier 1 MTSS programming into a bigger school-improvement tool driven by the ASCA Student Standards delivered by classroom teachers. Focus on building capacity in staff while fostering the adaptability necessary for every student's achievement, ensuring Tier II supports extend beyond the school counseling office. Dig into the importance of sharing and celebrating school data, making your program indispensable.

Learning Objectives: 1) Implement Tier 1 strategies to teach SEL, foster a positive school culture and build teacher capacity 2) Develop small-group interventions and community-building activities that engage students and support systemic change 3) Explain what data is most important to different constituencies, including families and administrators, and how to present it effectively

Speakers:

- Cindy Bourget, *School Counselor, Elk Mound Area School District, Elk Mound, Wisconsin*

Schoolwide Regulation Strategies

2:00 PM - 3:00 PM , Saturday, July 12

Overview:

We know that unregulated teachers struggle to teach, and unregulated students struggle to learn. Learn foundational breathing exercises and mindfulness techniques, as well as broader initiatives such as staff regulation strategies, morning meetings, calming corners and sensory paths. Gain a deeper understanding of the critical role regulation plays in education, and walk away with practical strategies, empowering you to create an environment where both students and staff can thrive.

Learning Objectives: 1) Define regulation and the impact of dysregulation on learning 2) Identify strategies to promote regulation 3) Create a plan for facilitating regulation across your building

Speakers:

- Dr. Mary Tchouros, *School Counselor, Sterling School Charles Townes Center, Greenville, South Carolina*
- Abby Bays, *School Counselor, Monaview Elementary School, Greenville, South Carolina*

Devices and Student Mental Wellness

2:00 PM - 3:00 PM , Saturday, July 12

Overview:

Technology connects us, helps us learn creatively and provides individualized learning opportunities, yet it has the potential to create gaps in social/emotional skills, contribute to dysregulation and create isolating and harmful feelings and behaviors in our youth. Excessive time

on screens particularly affects our most vulnerable students, such as those with mental health diagnoses. Data supports a purposeful approach to the use of devices in the academic setting, including insights from several research-based books. Leave with specific, simple steps to implement a technology initiative that promotes student wellness.

Learning Objectives: 1) Describe the positive and negative effects of technology on students 2) Explain how time on screens particularly affects our most vulnerable students, such as those with mental health diagnoses like ADHD and depression 3) Locate data that supports a purposeful approach to the use of, and limiting of, devices in the academic setting, particularly in elementary schools 4) Brainstorm simple steps to implement a technology initiative that promotes student wellness with a goal of decreasing incidents of dysregulation

Speakers:

- Lauren Ellenberger, *School Counselor, Evergreen Elementary School, Midlothian, Virginia*

What's New in the ASCA National Model, Fifth Edition?

2:00 PM - 3:00 PM , Saturday, July 12

Overview:

The fifth edition of "The ASCA National Model: A Framework for School Counseling Programs" is the next step in the journey of the school counseling profession. It guides school counselors to focus their school counseling program on access, life-readiness and success for each and every student and includes a greater focus on achievement, with attendance and discipline data recognized as contributing factors to academic performance. Learn about specific changes to the ASCA National Model, fifth edition and how this will affect your work as a data-informed school counselor.

Learning Objectives:

1) Summarize changes to the fifth edition of the ASCA National Model 2) Locate resources for implementing the fifth edition into your school counseling program.

Speakers:

- Eric Sparks, *Deputy Executive Director, ASCA*
- Deirdra Williams, *ASCA Director of Programs & Advocacy*

Saturday, July 12

3:45 PM - 4:45 PM PDT

The Power of the RAMP® Process

3:45 PM - 4:45 PM , Saturday, July 12

Overview:

Before 2018, there were no schools in California's Central Valley that had achieved RAMP® status. Comprehensive school counseling programs were only a theory, but they came to fruition with the

belief and leadership that all students deserved support. Hear from school counselor leaders from the Central Valley regarding how they created a network of school counselors who invested in the process of developing comprehensive school counseling programs for students and families.

Learning Objectives: 1) Describe the importance of creating school counseling networks to support creating comprehensive school counseling programs 2) Collaborate with partners across disciplines 3) Identify resources to build collaborative opportunities and build leaders for generational change

Speakers:

- Alma Lopez, *School Counseling Coordinator, Livingston Union School District, Livingston, California*
- Jose Cardenas, *School Counselor Program Specialist, Stockton Unified School District, Stockton, California*

Teach Students to Embrace Mistakes

3:45 PM - 4:45 PM , Saturday, July 12

Overview:

As students make their way through school in this complicated modern world, they face a plethora of expectations and pressure, both academically and socially. Endless internet content and influential social media are affecting our nation of students and their mental health. Prolonged feelings of self-doubt, the fear of failure and/or the perception of inferiority by societal comparisons can negatively alter identity and prevent long-term growth. To better support student achievement, resilience and self-worth, school counselors can strengthen engagement and foster self-advocacy by guiding and demonstrating solution-focused support. Success is not the end result; it's the challenging process one goes through to reach a goal. On the journey from A – Z, growth happens in-between.

Learning Objectives: 1) Use a higher degree of empathy to build stronger relationships with students 2) Converse effectively using focus-shifting communication tools and strategies 3) Increase positive student outcomes by strengthening personal potential 4) Demonstrate a model of behavior exhibiting mindfulness and humility

Speakers:

- Jamie Weddle, *School Counselor, Beverly Hills Unified School District, Los Angeles, California*

Epic Middle School Groups

3:45 PM - 4:45 PM , Saturday, July 12

Overview:

Middle schoolers refer to their favorite things as "epic." Let's create an epic school experience that is novel and engaging so students learn tools to cope with and navigate the roller coaster ride of middle school. Groups are a powerful, fun and effective way to support students experiencing struggles with things like anxiety, self-esteem, and family changes. Learn tried and true, specific lessons and ideas for three small groups to help your students cope with common challenges faced by middle school students today.

Learning Objectives: 1) Summarize how to run group counseling sessions at the middle level, including gathering participants, reviewing data, scheduling groups and facilitating icebreakers 2) Identify specific lesson plans for three group topics: anxiety coping skills, body image/self-esteem and family changes. 3) Design an outline for implementing a group in the fall for your students

Speakers:

- Angela Avery, *School Counselor, Sanford Middle School, Sanford, Maine*

Inspire Early Aspirations

3:45 PM - 4:45 PM , Saturday, July 12

Overview:

Learn about the importance of early career exploration in shaping students' future aspirations. By hosting transformative Career Days, educators can introduce young learners to a diverse range of professions, helping them understand the opportunities available and the skills required for different careers. Understand the importance of sparking curiosity and broadening horizons at a young age, ensuring all students, regardless of background, set their sights on a future filled with potential. Walk away with strategies for engaging local businesses and professionals in Career Day events, while enhancing students' exposure to real-world job opportunities.

Learning Objectives: 1) Describe the significance of exposing students to various careers early in their academic journey 2) Discuss the importance of involving families and how the local community can provide students with real-world connections and reinforce the lessons learned during the event

Speakers:

- Tricia Lowe, *School Counselor, Temple Independent School District, Moody, Texas*
- Rohonda Black, *School Counselor, Temple Independent School District, Moody, Texas*
- DeLisa Joseph, *School Counselor, Richmond Public Schools, Richmond, Virginia*

Creative School Counseling Lessons and Interventions

3:45 PM - 4:45 PM , Saturday, July 12

Overview:

School counselors can develop powerful interventions and original lesson plans to support students' academic, career and social/emotional development by integrating culturally sustaining practices and counseling theories with creative arts. Teaching students to use creative arts supports healthy self-expression, reduces stress and anxiety and improves self-esteem. Discover how expressive arts techniques can be used as part of an inclusive, comprehensive school counseling program. Discover methods to collect data and evaluate effectiveness, and learn strategies to use art and storytelling to empower underrepresented student groups. Walk away with a toolkit of activities, and be inspired to have fun with art-based school counseling.

Learning Objectives: 1) Discuss the mental health benefits of using expressive arts techniques in school counseling with K–12 students 2) Describe new ways to support students from underrepresented groups with creative arts and through a culturally sustaining and anti-racist lens 3) Reframe storytelling through various expressive art modalities 4) Apply expressive arts techniques (e.g., art, music, movement and drama) to support students' academic, career and social/emotional development

Speakers:

- Aubrey Uresti, Ph.D., *Assistant Professor, San Jose State University*
- Suzy Thomas, Ph.D., *Professor, Saint Mary's College of California*

Sunday, July 13

9:00 AM - 10:00 AM PDT

Working with Change-Resistant School Counselors

9:00 AM - 10:00 AM, Sunday, July 13

Overview:

What happens when you are met with resistance from within your school counseling department? How do you help the school counselors in your building move from a “guidance counseling” to “school counseling” mindset, where the focus is not simply what we do but how students are better because of what we do? Learn to work with school counselors who seem stuck in their ways and resistant to change. Discover strategies to help shift their mindset from reactive to proactive and impact measured via feelings and perceptions to impact measured via implementation of a data-informed, comprehensive school counseling program.

Learning Objectives: 1) Identify key challenges for resistance to change for implementation of a comprehensive school counseling program 2) Develop strategies to engage resistant school counselors in the change process 3) Recognize the importance of self-care while advocating and develop a self-care plan

Speakers:

- Brianna Patterson, *School Counselor, Duval County Public Schools, Jacksonville, Florida*

Support Neurodivergent Students (Part One)

9:00 AM - 10:00 AM, Sunday, July 13

Overview:

Understanding and supporting neurodiversity and students with disabilities is essential for cultivating inclusion and respect in schools. Explore the essentials of neurodiversity, and discuss the unique strengths, difficulties and nuances of the neurodiverse community. School counselors play a key role in empowering students with disabilities to recognize their academic, career and social/emotional needs and to self-advocate. Get an overview about neurodiversity, and discover ways you can implement neuro-affirming, inclusive practices to support all students and improve your school culture.

Learning Objectives: 1) Brainstorm ways to support neurodiversity within the ASCA National Model® framework 2) Identify neuro-affirming inclusive classroom and school counseling practices 3) Implement one strategy to support a neuro-affirming school culture

Speakers:

- Brandon Gernux, *School Counselor, Santa Ana Unified School District, Santa Ana, California*

- Maddie Lapp, *School-Based Therapist, Jewish Family Services - St. Louis, St. Louis, Missouri*
- Vanessa Llamas, *Graduate Student, Concordia University Irvine*

Postsecondary Exploration

9:00 AM - 10:00 AM , Sunday, July 13

Overview:

What's Next For Me? is a program designed to assist grade 9–12 students in exploring and planning their steps for life after high school. This program offers a series of opportunities, including guest speakers, job shadows, informational sessions, career expos and more, for students to explore college, career and military options to support making intentional decisions for their future. Hear about the development of this program, how it has evolved to meet students' changing needs and how you could implement a similar program in your school.

Learning Objectives: 1) Discuss how a comprehensive postsecondary exploration program is implemented at the high school level 2) Identify key college and career exploration opportunities appropriate for each grade level (9–12) 3) List aspects of the program to implement in your own school community

Speakers:

- Anne Zinn, *School Counselor, Norwich Free Academy, Norwich, Connecticut*
- Jessica Vocatura, *Director of Student Services, Norwich Free Academy, Norwich, Connecticut*
- Kelsey Klaeson, *Head of School Counseling, Norwich Free Academy, Norwich, Connecticut*

Restorative Practices to Transform Behavior

9:00 AM - 10:00 AM , Sunday, July 13

Overview:

When students struggle with schoolwork, we guide them patiently toward success. However, when they struggle with behavior, we often respond with punishment without addressing the underlying issues. Many students may be struggling to learn how to manage their emotions in a healthy way. If we shift our mindset and treat these behavioral challenges as learning opportunities, we can help students make better choices and develop lifelong skills, such as emotional regulation. Hear about evidence-based restorative practices to approach behavioral issues with the same patience and support as academics, while teaching innovative techniques for using a restorative mindset approach in schools more effectively.

Learning Objectives: 1) Discuss the core principles of restorative practices and how they differ from traditional punitive approaches 2) Apply restorative techniques to address student misbehavior and promote positive behavioral changes effectively 3) Identify and implement strategies that foster a shift from punitive to restorative approaches for addressing student behavior 4) Develop and integrate practical tools and techniques that help students learn to manage conflicts, take responsibility for their actions and engage respectfully with others

Speakers:

- Janelle Brooks, *School Counselor, CJ Hicks Elementary School, Lithonia, Georgia*

Legal Literacy and Ethical Practice

9:00 AM - 10:00 AM , Sunday, July 13

Overview:

School counselors must negotiate the competing interests of the overregulated school environment, student's need for confidentiality and the legal rights of parents/guardians to be the guiding voice in their children's lives. Focus on these competing interests through court rulings, legislation such as the "Parent Bill of Rights" and the ASCA Ethical Standards for School Counselors. Address legal rulings and ethical practice in areas such as sexually active students, bullying, academic advising, child abuse, educational records, sexual harassment, First Amendment rights and transgender youth. Learn about recent changes in federal, case and state laws to improve your legal literacy and gain guiding principles to support best ethical practice.

Learning Objectives: 1) Discuss principles of practice as guided by federal, state and case law 2) Describe standard of care in light of recent court rulings 3) Engage in self-examination of your own practice

Speakers:

- Carolyn Stone, *Professor Emeritus, University of North Florida*

Sunday, July 13

11:00 AM - 12:00 PM PDT

Create Partnerships for Student Success

11:00 AM - 12:00 PM , Sunday, July 13

Overview:

Collaboration is a component of the indirect student services delivered on behalf of students. Notably, research indicates that collaboration serves to enhance student outcomes. Ethical standards also remind us that "school counselors are leaders, advocates, collaborators and consultants who create systemic change to ensure equitable educational outcomes." Dive into district, school and university collaboration initiatives designed to support student academic, career and social/emotional competencies and success. Discuss collaborative opportunities with a special focus on equity and culturally affirming practices, and access resources and recommended action steps to develop and sustain partnerships.

Learning Objectives: 1) Identify possible collaborative opportunities 2) Strategize ways to enhance student services and provide resources 3) Develop and strengthen partnerships

Speakers:

- Eva Gibson, *Associate Professor, Austin Peay State University*
- Kim Rollins, *Middle Lead School Counselor, Clarksville Montgomery County School System, Clarksville, Tennessee*
- Mariama Sandifer, *Associate Professor, Grand Canyon University*

Create Tools for Students with Stress and Anxiety

11:00 AM - 12:00 PM , Sunday, July 13

Overview:

Every day school counselors are on the frontline to students' ever-increasing mental health needs. Learn to create a toolbox of resources and skills to address your students' social/emotional needs regarding stress and anxiety. Walk away with tools to teach students stress-reducing skills, facilitate the building of student self-care plans and implement small groups to address stress and anxiety in the school setting.

Learning Objectives: 1) Identify the impact of stress and anxiety on students 2) Describe best practices for small groups related to stress and anxiety reduction 3) Collect tools and resources to build a stress-reduction toolbox 4) Strategize ways to teach students stress-reducing skills 5) Explain how to create self-care plans with students to address anxiety 6) List best practices for creating and running small groups for students to address stress and anxiety in the school setting

Speakers:

- Melissa Gillespie, *School Counselor, Bay Laurel Elementary School, Calabasas, California*
- Emily Ritchey, *School Counselor, Calabasas High School, Newbury Park, California*

RAMP® Begins with the ASCA National Model®

11:00 AM - 12:00 PM , Sunday, July 13

Overview:

Before submitting the RAMP® application, it's critical to learn about, apply and understand the ASCA National Model® and its impact. Hear from four 2025 RAMP® schools about their journey from implementing the ASCA National Model® all the way to applying for RAMP® and what they learned along the way.

Learning Objectives: 1) Explain the importance of a solid understanding and implementation of the ASCA National Model® before applying for RAMP® 2) Discuss best practices when working toward RAMP®

Speakers:

- Deirdra Williams, *ASCA Director of Programs & Advocacy*
- Timothy Adams, *School Counselor, Pierre Moran Middle School, Elkhart, IN*
- Melissa Gillespie, *School Counselor, Bay Laurel Elementary School, Calabasas, California*
- Leann Munoz, *School Counselor, Perry Harrison Elementary, Pittsboro, NC*
- Jennifer Brock, *School Counselor, Spanaway Lake High School, Spanaway, WA*
- Marisa Castello, *School Counselor, Spanaway Lake High School, Spanaway, WA*

Sunday, July 13

11:30 AM - 12:30 PM PDT

Add Mindfulness to Your Program

11:30 AM - 12:30 PM , Sunday, July 13

Overview:

Mindfulness is a powerful tool that can be taught to K–12 students to help with emotion management, behavior regulation and overall improved well-being. Aligned with the ASCA Student Standards, including self-discipline and self-control, effective coping skills and the ability to manage transitions and adapt to change, mindfulness can fit effectively and efficiently into your school counseling program. Mindfulness can be implemented in large groups, classrooms, small groups and individually and fits well as a trauma-informed, multitiered support for students. Integrating simple, engaging, developmentally appropriate mindfulness practices specifically designed for educators can promote the development of the ASCA Student Standards and improve student outcomes.

Learning Objectives: 1) Identify and describe mindfulness interventions aligned with ASCA Student Standards of self-discipline and self-control, effective coping skills and the ability to manage transitions and adapt to change 2) Design and implement mindfulness instruction aligned to ASCA Student Standards in multiple settings 3) Explain how mindfulness fits into the ASCA National Model® as part of the achievement goal 4) Develop a plan for implementing mindfulness in your school counseling program to improve student outcomes

Speakers:

- Sarah Kirk, *Adjunct Instructor, Yoga 4 Classrooms*

Build an Attendance Program with Heart

11:30 AM - 12:30 PM , Sunday, July 13

Overview:

Learn practical strategies for creating a positive, engaging, systematic approach to improving attendance. From creating clear communication protocols, developing an attendance ambassador program – and building a seven-foot purple Hawk, hear a fun, passionate story.

Learning Objectives: 1) Implement fun, positive, relationship-based strategies to improve student attendance at all grades 2) Adapt and implement a consistent, systematic process to track and support student attendance and the tools and protocols you will need to bring this back to your school 3) Discover new ways to build student connection to school, and work effectively with families pre-K–12 in support of attendance

Speakers:

- Nina Daran, *Principal of Central School, MSAD 35, South Berwick, Maine*
- Heidi Early-Hersey, *Director of Teaching and Learning, MSAD 35, South Berwick, Maine*
- John Caverly, *Superintendent of Schools, MSAD 35, South Berwick, Maine*
- Kathleen Ring, *School Counselor, MSAD 35, South Berwick, Maine*

Sunday, July 13

1:30 PM - 2:30 PM PDT

Support Grieving Students

1:30 PM - 2:30 PM , Sunday, July 13

Overview:

By the time they're 18, as many as 90% of children experience the death of someone close to them. Grief can affect students' academic and social/emotional functioning, with subsequent impact on both short- and long-term outcomes. Schools can serve as a significant support for the bereaved student. Explore different forms of grief a student can experience, manifestations of grief in children and adolescents, and practical and culturally informed strategies to support grieving students' well-being and school success.

Learning Objectives: 1) Identify the different ways grief can affect students. 2) Use effective, culturally informed strategies to support grieving students 2) Discuss grief symptoms versus mental health symptoms in youth

Speakers:

- Karen Rogers, *Psychologist, National Center for School Crisis and Bereavement*
- Savannah Sweet, *Psychology Postdoctoral Fellow, Children's Hospital Los Angeles*

Support Students with Disabilities

1:30 PM - 2:30 PM , Sunday, July 13

Overview:

Explore practical approaches to enhance educational outcomes for all learners. Learn effective techniques for creating inclusive environments, tailoring interventions and fostering collaboration with families and other professionals. Gain insights into cutting-edge practices and real-world examples that can be applied to support students with diverse needs.

Learning Objectives: 1) Discuss different disabilities and their impact on students 2) Describe innovative school counseling strategies to support students with disabilities effectively 3) Strategize ways to collaborate with families and educators and advocate for the needs of students with disabilities 4) Create and implement tailored school counseling strategies and assess their impact on student well-being and success

Speakers:

- Joseph Batiano, *School Counselor, RI School for the Deaf, Warwick, Rhode Island*
- Maureen Ponce, *School Counselor, Thomas Edison High School of Technology, Silver Springs, Maryland*

Effective Minute Meetings

1:30 PM - 2:30 PM , Sunday, July 13

Overview:

Identifying student mental health and emotional needs in a school often looks like a patchwork of many different methods and reporting techniques, but what if we ask students directly? Explore practical strategies for conducting minute meetings to get the most out of meeting with every student in a school under tight time constraints. Use data gathered throughout the year to determine when to pivot to different strategies in an effort to stay efficient and identify students who would otherwise slip through the cracks.

Learning Objectives: 1) Integrate minute meetings into your school 2) Choose a type of minute meeting that works with your setting and student population 3) Evaluate student outcomes based on minute meeting data

Speakers:

- Laura Betz Burch, *School Counselor, Saddlebrook Elementary, Omaha Public Schools, Omaha, Nebraska*

Practical AI Tools

1:30 PM - 2:30 PM , Sunday, July 13

Overview:

Are you looking for ways to integrate AI tools such as ChatGPT into your curriculum development process? Walk away with skills to use AI tools to develop diverse and effective lesson plans tailored to student needs. Review and develop your abilities as a prompt engineer, which is crucial for generating targeted, specific lesson outcomes. Learn about various lesson types, such as social/emotional Learning, academic support and career readiness, and see a live demonstration of prompt creation. Engage in interactive activities to practice prompt engineering and understand best practices to avoid common pitfalls.

Learning Objectives: 1) Describe how to use AI tools to create effective lesson plans for different school counseling scenarios 2) Explain the basics of prompt engineering to generate specific lesson outcomes, student interventions and program planning that align with the ASCA Student Standards 3) Identify best practices and common pitfalls when using AI tools in educational settings.

Speakers:

- Noemi Alvarado, *School Counselor, Santa Ana Unified School District, Costa Mesa, California*

ASCA National Model® Templates

1:30 PM - 2:30 PM , Sunday, July 13

Overview:

The fifth edition of the ASCA National Model modified several templates, created new templates and removed a few previously used. As school counselors move toward full implementation of the ASCA National Model, it is essential to know which templates are current and best practices for using each template. Explore the current templates and understand exactly how using them can help you organize your program.

Learning Objectives:

1) Recognize the templates currently in use 2) Identify the purpose of each template 3) Define the information required in each template 4) Discuss best practice associated with each template

Speakers:

- Onna Mechanic-Holland, *ASCA Certified Trainer & Education Specialist, School Counseling, Rhode Island Department of Education*
- Stacey Miller, *School Counselor, Buford Elementary, Buford, Ga.*

Sunday, July 13

3:30 PM - 4:30 PM PDT

MTSS in Action

3:30 PM - 4:30 PM , Sunday, July 13

Overview:

School counselors work daily to help all students enhance their academic, career and social/emotional outcomes. To accomplish this, MTSS provides a framework to use data and evidence-based interventions to make system changes. Discover ways to gain buildingwide buy-in for your school counseling program and Tier 1 SEL systems. Hear ways to transform your school counseling programs by building the capacity of all staff to create student-centered systems, both in and out of the school counseling office. Leave with tools you can use immediately to create, enhance and support your school counseling and MTSS programs.

Learning Objectives: 1) Strategize ways to implement MTSS at the secondary level 2) Identify strategies to empower secondary staff to come together to implement MTSS schoolwide 3) Examine ready-to-use data-gathering, progress monitoring and training tools to implement MTSS at the secondary level

Speakers:

- Rachel Hagelin, *School Counselor, Belton High School, Belton, Missouri*
- Elizabeth Canfield, *School Counselor, McFarland School District, McFarland, Wisconsin*
- Jennifer Betters-Bubon, *Professor, University of Wisconsin-Whitewater*

Tier 2 Culturally Sustaining Practices

3:30 PM - 4:30 PM , Sunday, July 13

Overview:

Many school counselors develop and implement school counseling programs aligned with an MTSS framework. Focus on best practices for supporting students using culturally sustaining Tier 2 supports. Learn to apply these strategies and resources into your daily work. Address impactful strategies, challenges and recommended solutions to common challenges.

Learning Objectives: 1) Explain best practices for supporting students with culturally responsive and sustaining Tier 2 supports 2) Brainstorm ways to incorporate culturally responsive and sustaining practices into your school counseling program and Tier 2 supports 3) Examine your own challenges, and explain how other school counselors have addressed similar challenges

Speakers:

- Jake Olsen, *Assistant Professor, California State University Long Beach*
- Diana Ulloa-Serrano, *School Counselor, La Ballona Elementary School, Culver City, California*
- Joana Perez, *School Counselor, OC Workforce Innovation High School, Anaheim, California*

Data-Informed School Counseling

3:30 PM - 4:30 PM , Sunday, July 13

Overview:

Improve your school counseling program's Deliver, Manage and Assess components using data, and discover how to gather, disaggregate and assess a wide variety of data to create effective action plans and results reports to demonstrate program impact.

Learning Objectives:

1) Distinguish between participation, ASCA Student Standards, and achievement data 2) Explain how to gather, disaggregate and assess a wide variety of data to create effective action plans and results reports to demonstrate growth for students

Speakers:

- Joni Shook, *Certified Trainer, ASCA*
- Crystal Brewer, *School Counselor, Simpson Central School Pinola, Miss.*

Successful Elementary to Middle School Transitions

3:30 PM - 4:30 PM , Sunday, July 13

Overview:

The transition from elementary to middle school is a pivotal shift that can pose significant challenges for students. Explore research on successful transition strategies, and gain insights from elementary and middle school counselors on collaborative approaches to prepare students. Learn to apply evidence-based practices, collaborate with school counselors at other levels and align practices to the ASCA National Model®. Leave ready to implement strategies to ensure a smooth transition for your students.

Learning Objectives: 1) Identify key research about the best practices in preparing students for transitions 2) Implement research-based ways to prepare students for the transition to middle school 3) Identify ways to collaborate with school counselors at different levels to ensure students' success 4) Connect your transition process with the ASCA Student Standards

Speakers:

- Jean Ryan, *Middle School Lead Counselor, MS Counselor, French Middle School, Topeka, Kansas*
- Emily Eck, *School Counselor, Williams Science and Fine Arts Magnet Elementary, Topeka, Kansas*
- Xin Qian, *School Counselor, Scott Dual Language Magnet Elementary, Topeka, Kansas*

Use the ASCA Student Standards

3:30 PM - 4:30 PM , Sunday, July 13

Overview:

The ASCA Student Standards: Mindsets & Behaviors for Student Success specify the attitudes, knowledge and skills students need to be effective learners. Focus on the best way to use the 36 ASCA Student Standards to drive content and assessment of what you deliver to students. Fine-tune your ability to align the standards, learning objectives and pre-/post-assessment items as defined by the ASCA National Model®.

Learning Objectives:

1) Define connections to the achievement gap plan and lesson plan templates 2) Write learning objectives and corresponding pre-/post-items for multiple standards

Speakers:

- Mark Kuranz, *Certified Trainer, ASCA*
- Tammy Dodson, *District Counseling Coordinator, Cherry Creek Schools, Centennial, CO*

Monday, July 14

8:30 AM - 9:30 AM PDT

Data Use in Secondary Programs

8:30 AM - 9:30 AM , Monday, July 14

Overview:

Explore the use of data that moves from a baseline program implementation approach, to program needs and on to program assessment. Align your goals with building administration's goals. Address data from individual, small-group and classroom school counseling.

Learning Objectives: 1) Use data to make an impact 2) Align your program goals with building goals to advocate for your school counseling program 3) Tie data to program strengths and refinement.

Speakers:

- Geoff Heckman, *(none), Platte County High School, Platte City, Missouri*

Gain an Affinity for Affinity Groups

8:30 AM - 9:30 AM , Monday, July 14

Overview:

The canvas of our schools has grown dramatically diverse in the last few decades. As schools work to provide inclusive spaces for learners from all backgrounds, it's vital to hold space for students from marginalized, minority or underserved communities. Affinity groups led or co-facilitated by a school counselor provide a unique opportunity to offer safe spaces for students from diverse background and also provide small-group services to students with unique social/emotional needs. Learn to employ affinity groups within your school counseling program to intentionally engage students and help grow their self-awareness, self-discovery and self-affirmation.

Learning Objectives: 1) Describe the origin and importance of affinity groups across different types of school environments and settings 2) Provide reasoning/rationale to school/district level supervisors regarding the value of affinity groups within schools at different developmental levels 3) List strategies for leading identity-based affinity spaces

Speakers:

- Jo Ellen Malveaux, *School Counselor, Charlotte Country Day School, Charlotte, North Carolina*

Resilience in Action

8:30 AM - 9:30 AM , Monday, July 14

Overview:

The immense changes and loss wrought by lingering pandemic-related issues have created significant stress and trauma for school communities. Even the loss of what a typical day looks like and feeling safe interacting with others in group settings have required adjustments in our work. Focus on the implications of the pandemic-related collective trauma, and learn how you can equip students with skills to navigate life's challenges.

Learning Objectives: 1) Learn ways that trauma, such as the pandemic affected students and recognize exhibited trauma signals 2) Discuss culturally responsive ways to respond to the trauma to support students 3) Reflect on your own practice and contemplate behavior changes you can make to better support students

Speakers:

- Meredith Draughn, *Student Support Counseling Lead, Alamance Burlington School System, Burlington, North Carolina*

Build Strong Family Partnerships

8:30 AM - 9:30 AM , Monday, July 14

Overview:

Strong family partnerships are essential for student success, creating a supportive network that enhances academic achievement and social/emotional well-being. Explore effective strategies to cultivate these relationships. Focus on ways to understand and meet families' unique needs. Discover tools for collaborating with families, organizing engaging workshops and use the ASCA awareness dates calendar to foster vibrant school/family connections. Learn about a family engagement challenge to address real partnership scenarios and how to host family meetings that support children's academic success and social/emotional health.

Learning Objectives: 1) Identify and articulate the diverse needs of families within your community 2) Develop and implement effective strategies for engaging families in educational processes 3) Organize and facilitate supportive family meetings 4) Create inclusive environments that promote ongoing family engagement

Speakers:

- Brandon Castro, *Family Support Counselor, Delhi Unified School District, Livingston, California*
- Diego Castro, *Family Support Counselor, Delhi Unified School District, Livingston, California*
- Rocio Aguilar, *Family Support Counselor, Delhi Unified School District, Livingston, California*

Meet Gifted and Advanced Learners' Needs

8:30 AM - 9:30 AM , Monday, July 14

Overview:

Have you ever had a student you know is really smart but who lacks effort? A straight A student

who seems “perfect”? These are just two examples of how gifted and advanced learners present in schools, and effectively meeting their needs can be challenging. Unfortunately, many school counselors receive limited preparation in gifted identity and how their advanced development may be affecting their academic, career and social/emotional development. Address gifted students' unique needs, and discover strategies you can use to address these needs. Learn to identify and serve underrepresented students in gifted programs and classes.

Learning Objectives: 1) Identify the primary academic, career and social/emotional readiness concerns experienced by gifted students at each developmental level 2) Apply the MTSS framework to meet the primary needs in your school setting 3) Describe different presentations of giftedness, and develop strategies to serve marginalized students 4) Discuss the importance of data and best practices when advocating for gifted students and programming

Speakers:

- Erin Lane, *Clinical Assistant Professor, University of Iowa*

Monday, July 14

10:00 AM - 11:30 AM PDT

General Session: eXperiencED

10:00 AM - 11:30 AM , Monday, July 14

Overview:

Don't miss your chance to be motivated and inspired in this fast-paced General Session. Hear from three education leaders with a school counseling spin: Carmen Larson, Ph.D., 2025 School Counselor of the Year; Aaron Huff, past president of the National Association of Secondary School Principals and a former school counselor; and Tricia Thompson, Ed.D., assistant superintendent for student support services in the Lake Elsinore Unified School District, Calif.. Sponsored by the U.S. Army.

Monday, July 14

1:30 PM - 2:30 PM PDT

Organization Tips and Tricks

1:30 PM - 2:30 PM , Monday, July 14

Overview:

Learn practical tips for becoming a more organized and efficient school counselor. Walk away with ideas to implement immediately in your school counseling program to organize your systems, documentation and materials – everything from to-do lists to Google Drive. Eliminate your never-ending pile of sticky notes and papers, and discover new ways to digitize it all. Collaborate with others about ways to advocate for your program and for your students to better meet their needs.

Learning Objectives: 1) List at least three organizational ideas to implement immediately to help you advocate for your school counseling program, work more efficiently and provide better services for your students 2) Collaborate with others to share tips and tricks that you are already using

Speakers:

- Kristin Calvert, *School Counselor, Carrollwood Day School, Tampa, Florida*

Reciprocal Goals and Healthy Communication

1:30 PM - 2:30 PM , Monday, July 14

Overview:

Learn to effectively communicate and promote your school counseling program to administrators and district leaders. Understand how to use ASCA resources, including position statements and ASCA National Model templates, to clarify your role and demonstrate your program's impact. Discover strategies to align your program with education partners' needs and enhance visibility, creating positive outcomes and advocacy for your program. Gain insights on setting aligned goals, presenting program results and, ultimately, enhancing the skills necessary to support and maintain mutually beneficial professional relationships and prevent burnout.

Learning Objectives: 1) Apply ASCA resources to effectively communicate and advocate for your school counseling program's role and impact to administrators and district leaders 2) Analyze stakeholder needs and align your school counseling program accordingly, enhancing visibility and creating positive outcomes and PR 3) Create strategies for managing workload and stress, incorporating boundary setting and communication techniques to sustain a fulfilling career and program longevity

Speakers:

- Jesika Stuart, *Clinical Faculty, Adams State University*

Student Suicide Prevention

1:30 PM - 2:30 PM , Monday, July 14

Overview:

Suicide remains the second leading cause of death among youth ages 10–24. Learn tools to make this difficult topic manageable. Discover strategies to decrease suicidal ideation among students by proactively teaching coping skills and other tier-leveled support in your program. Build on what you are already doing by identifying suicide prevention interventions, and plan events for Suicide Prevention Month in the fall. Identify ways to save lives by connecting every student with a trusted adult and the support they need to persevere and thrive.

Learning Objectives: 1) Summarize recent data, statistics and research related to suicide rates among youth 2) Identify Tier 1 and 2 supports for suicide prevention 2) Develop a comprehensive plan for suicide prevention and ideas to connect every student in your building with a trusted adult 3) Design an outline of events for Suicide Prevention Month in September

Speakers:

- Angela Avery, *School Counselor, Sanford Middle School, Sanford, Maine*

Create Engaging, Effective Classroom Lessons

1:30 PM - 2:30 PM , Monday, July 14

Overview:

Do you ever feel stuck and wonder how effective your Tier 1 classroom lessons are? Focus on engaging, effective classroom lessons you can implement. Get examples of needs assessments shared with students and other education partners, and discover next steps to create and assess the effectiveness of Tier 1 classroom lessons.

Learning Objectives: 1) Access necessary tools to use a needs assessment to guide classroom lessons 2) Create engaging and effective elementary lesson plans 3) Assess lesson effectiveness using schoolwide data and student reports

Speakers:

- Meghan Adams, *School Counselor, Elkhorn Elementary School, Frankfort, Kentucky*

ASCA National Model® Implementation Plan

1:30 PM - 2:30 PM , Monday, July 14

Overview:

ASCA National Model implementation doesn't have to be intimidating if you tackle it in phases. Learn about the phased implementation plan, designed by ASCA. The plan provides a timeline for school counselors to implement an ASCA National Model program. If you struggle with how to start, when to start and where to start, this is the session for you.

Learning Objectives:

1) Summarize the suggested timeline for ASCA National Model implementation 2) Identify ASCA resources to help with ASCA National Model implementation

Speakers:

- Onna Mechanic-Holland, *ASCA Certified Trainer & Education Specialist, School Counseling, Rhode Island Department of Education*
- Judy Pelto, *School Counselor, Clark County School District, Las Vegas, NV*

Monday, July 14

2:45 PM - 3:45 PM PDT

Move From Course Selection to Comprehensive Advising

2:45 PM - 3:45 PM , Monday, July 14

Overview:

In today's rapidly evolving educational landscape, the school counselor's role is more crucial than ever. As districts expand and diversify their offerings, the need for effective advising that goes beyond mere course selection is paramount. Dive into how large districts are successfully navigating this shift, moving toward a model of true advising that supports both college and career readiness. Discuss strategies for effective advising beyond just academic requirements and how

that can lead to increased student engagement and achievement levels. Focus on digital tools to achieve these goals.

Learning Objectives: 1) Discuss the transition from traditional course selection processes to comprehensive advising strategies catering to individual student needs and aspirations 2) Describe practical approaches and best practices for advising that encompass not only academic requirements but also career exploration, goal setting and personal development 3) Explain how shifting focus from mere course completion to holistic advising can lead to increased student engagement, higher achievement levels and better preparedness for postsecondary success

Speakers:

- Laura Zimmer, *Director of Counseling Services, Plano Independent School District, Plano, Texas*
- Grant Wilson, *Counseling Coordinator, Plano Independent School District, Plano, Texas*

School-Based Mental Health Collaboratives

2:45 PM - 3:45 PM , Monday, July 14

Overview:

Explore the development of a school-based mental health collaborative where school counselors, school social workers, school psychologists and school nurses join together to establish a framework. Walk away with practical tools and strategies to build effective mental health support systems within your school. Learn about best practices, collaborative frameworks and the importance of integrating mental health services into the school environment. By fostering strong partnerships among school counselors, social workers, psychologists and nurses, schools can better support student well-being, reduce stigma and create a more inclusive school culture.

Learning Objectives: 1) Describe the school counselor's role in leading mental health initiatives 2) Develop strategies for building a collaborative mental health framework within your school 3) Identify key components of effective mental health programs and services for students 4) Implement practices to reduce mental health stigma and promote a supportive school environment

Speakers:

- Rebecca Chambers-Arway, *School Counselor, Polo R-VII School District, Kearney, Missouri*
- Lisa Dierking, *Coordinator of School-Based Mental Health, Missouri Department of Elementary and Secondary Education, Office of College and Career Readiness*
- Melissa Maras, *Research Consultant, University of Missouri- ARC*
- Melissa Head, *Director of School Counseling, Office of College and Career Readiness, Missouri Department of Elementary and Secondary Education*

Boost Efficiency with Software Add-ins

2:45 PM - 3:45 PM , Monday, July 14

Overview:

In today's fast-paced educational environment, K–12 school counselors are tasked with managing a wide array of responsibilities. Explore how software add-ins and extensions can significantly enhance your effectiveness and efficiency, allowing you to focus more on supporting students and less on administrative tasks. Discover a variety of tools that can streamline tasks, improve data accuracy and foster better communication. Whether you're looking to automate routine tasks, enhance your data management or improve your communication strategies, get practical, hands-on

solutions tailored to school counselors' unique needs

Learning Objectives: 1) Identify, download and install relevant add-ins and extensions 2) Implement key software add-ins and extensions that can automate routine tasks, freeing up more time for direct student interaction 3) Integrate add-ins and extensions within communication tools to streamline interactions with students, families and colleagues, ensuring timely and effective communication

Speakers:

- Russ Sabella, *Professor, Florida Gulf Coast University*

Culturally Responsive Practices

2:45 PM - 3:45 PM , Monday, July 14

Overview:

Hear from school-counselors-in-training from Maryland's first HBCU Bowie State University, Ujima Center for School Counseling Scholars, who are applying innovative, culturally responsive and affirming practices in their practicum and internships. Address real-world strategies for supporting diverse student populations, with a focus on how the Ujima Center's training has shaped their ability to be culturally affirming and social justice school counselors in action. Learn to integrate these practices into your own school counseling program to better serve all students. Walk away with practical strategies you can begin implementing immediately.

Learning Objectives: 1) Identify innovative culturally responsive practices used by school-counselors-in-training 2) Analyze how to adapt these practices for your school counseling setting 3) Discuss the role of the Ujima Center in developing culturally affirming school counselors 4) List practical strategies and social justice practices school-counselors-in-training have implemented in their school placement

Speakers:

- Marja Humphrey, *Assistant Professor, Bowie State University*
- Masica Jordan-Alston, *Assistant Professor, Bowie State University*
- Andrea Webb, *School Counselor, Calvert County Public Schools, Prince Frederick, Maryland*
- Nikki Ham, *Assistant Professor, Bowie State University*

Effective Lesson Planning

2:45 PM - 3:45 PM , Monday, July 14

Overview:

Using specific ASCA Student Standards to drive classroom lesson focus, content and assessment ensures your lessons offer evidence-based content, grounded in research and focused on skills and knowledge necessary to being an effective learner. Following the required components of the ASCA lesson plan template ensures you're delivering instruction effectively and giving students the best opportunity to acquire the standards. Learn about instructional strategies, and leave with a few lessons ready to be delivered.

Learning Objectives: 1) Teach to the ASCA Student Standards. 2) Plan effective classroom lesson instruction 3) Explore effective teaching strategies

Speakers:

- Karen Griffith, *Certified Trainer, ASCA*
- Sarah Kirk, *Adjunct Instructor, Yoga 4 Classrooms*

Monday, July 14

4:00 PM - 5:00 PM PDT

Enhance Latine Family Engagement

4:00 PM - 5:00 PM , Monday, July 14

Overview:

In today's diverse educational landscape, family involvement is key to student success. Yet, Latine families often face cultural and linguistic challenges that can hinder their participation in school activities. Hear innovative strategies to overcome these barriers, fostering stronger connections between home and school. Explore practical tools, and share effective approaches to empower Latine families, enhancing their engagement in their children's education. By addressing challenges and embracing creative solutions, build stronger bridges between schools and Latine families, benefiting all students.

Learning Objectives: 1) Describe the specific barriers Latine families encounter in engaging with schools 2) Explain effective strategies to enhance collaboration between families and schools for Latine communities 3) Articulate the significance of empowering Latine families to actively advocate for their children's educational success

Speakers:

- Lezya Weglarz, *School Counselor, San Diego County Office of Education, San Diego, California*
- Andres Castro, *Senior Program Specialist, Los Angeles County Office of Education, Los Angeles, California*

Address Social Media and Digital Conflict

4:00 PM - 5:00 PM , Monday, July 14

Overview:

In today's digital age, social media and mobile applications have significantly influenced how children and adolescents interact and learn. Explore their impact, including technology usage statistics and both the positive (increased connectivity and access to information) and negative (cyberbullying, mental health issues, potential addiction) implications. Discuss the school counselor's role in helping children safely navigate social media and technology.

Learning Objectives: 1) Examine the statistical data related to technology usage among children and adolescents, including prevalent social media platforms and the impact on students' daily lives 2) Discuss the school counselor's role in educating and empowering students to navigate the complexities of social media, address digital drama, and promote a supportive and safe online environment 3) Identify strategies and interventions to implement to help students develop the necessary skills to responsibly engage with social media and technology

Speakers:

- Ashley Frutos, *School Counselor, Humble Independent School District, Houston, Texas*
- Lindsey Taylor, *Mental Health Specialist, Conroe Independent School District*
- Adeli Cortez, *Mental Health Intervention Counselor, Cypress Fairbanks, Houston, Texas*

Advocate for Your Role

4:00 PM - 5:00 PM , Monday, July 14

Overview:

Adults are the gatekeepers to students receiving comprehensive school counseling support. The school counselor's role has evolved over the last 21 years ,along with the ASCA National Model®, and school counselors are charged with communicating those professional changes and enhancements. How can you best convey your role to teachers, administrators and families to maximize your impact in their school community? Learn activities to provide clarity to faculty, advocacy to administrators, and engagement with families to better support all students. Walk away with examples for faculty meetings, critical conversations with administrators and family relationship-building strategies.

Learning Objectives: 1) Lead a full faculty meeting outlining the ASCA-aligned school counselor role within your school community 2) Advocate for your role by educating building administrators to fully take advantage of your school counseling expertise 3) Discuss ways to provide real-world opportunities to engage education partners in the comprehensive school counseling program 4) Develop a plan to strengthen buy-in and understanding of your role to begin the next school year

Speakers:

- Jessica Chanos, *Director of Social & Emotional Counseling Services, Barstow School, Kansas City, Missouri*
- Jessica Lane, *Associate Professor, Kansas State University*

Create Achievement Gap Goals

4:00 PM - 5:00 PM , Monday, July 14

Overview:

Learn to create goal statements based on student outcome data. Goal statements clarify the group of students to be included, the outcomes targeted for change and the process for final analysis. Following the ASCA-provided achievement gap goal template ensures the process is completed with fidelity.

Learning Objectives: 1) Move from school data to clearly identified subset of students needing support 2) Establish the criteria for inclusion in the description of the targeted group 3) Identify outcomes to be changed that are easy to analyze and report

Speakers:

- Lauren Crispino, *ASCA Certified Trainer & Education Specialist, Fairfax County Public Schools, Fairfax, Va.*
- Anna Heinbuch, *Coordinator II, School Counseling, Los Angeles County Office of Education, Whittier, Calif.*
- Dianne Andree

Legal/Ethical Considerations Working with High School Students

4:00 PM - 5:00 PM , Monday, July 14

Overview:

In this dynamic educational landscape, high school counselors face countless ethical challenges that require ongoing reflection and understanding. Explore contemporary ethical dilemmas in school counseling, including confidentiality, dual relationships and technology. Leave with practical tools to uphold ethical standards and support students effectively while maintaining professional integrity.

Learning Objectives:

- 1) Recognize and articulate common ethical challenges faced by high school counselors, including issues related to confidentiality, dual relationships and technology use
- 2) Access tools and describe strategies for upholding ethical standards in your counseling practice, ensuring you can support students effectively while maintaining professional integrity

Speakers:

- Kimberly Brown, *Professional School Counselor, Wade Hampton High School, Greenville, South Carolina*

Tuesday, July 15

8:30 AM - 9:30 AM PDT

Support Students Post-Crisis

8:30 AM - 9:30 AM , Tuesday, July 15

Overview:

Crises have the potential to cause short- and long-term effects on children's psychological functioning, emotional adjustment, health and developmental trajectory. Learn practical suggestions on common adjustment difficulties in the aftermath of a crisis and how to promote effective coping strategies, including incorporating the principles of psychological first aid. Highlight the differences between trauma and loss and the implications for how to support children in the aftermath of both. Professionals residing and/or working within a school or community affected by a crisis event often experience similar impacts as the students and families they support throughout the recovery and renewal phases, underscoring the need for professional self-care.

Learning Objectives: 1) Explain why it is important to shift from exclusively a clinical model toward a system of universal support (Tier I services) to promote resilience as the primary response to major school/community crisis events 2) Outline the common adjustment reactions, including guilt, to anticipate among children 3) Appreciate the importance and challenges of self-care in the aftermath of crisis 4) Access free resources from the National Center for School Crisis and Bereavement and the Coalition to Support Grieving Students

Speakers:

- David Schonfeld, *Director, National Center for School Crisis and Bereavement*

Embrace Expressive Arts in Schools

8:30 AM - 9:30 AM , Tuesday, July 15

Overview:

Expressive arts, including visual arts, music, dance, drama and writing, offer students a safe outlet to explore and express their emotional and cognitive experiences. Learn about the power of expressive arts for students with a range of needs and abilities. Discover how to seamlessly integrate these varied art forms into your school counseling program through ready-to-implement strategies and guidance. Leave equipped with a toolkit of resources and activities across different expressive modalities, enriching your ability to support all students effectively. Enhance your comprehensive school counseling program by embracing creativity.

Learning Objectives: 1) Integrate expressive art modalities throughout school counseling services to meet the unique needs of all students 2) Describe how expressive arts and play counseling helps children process emotions, communicate problems and develop solutions. 3) Discuss the different art modalities and how to utilize them with specific student populations 4) Communicate how expressive arts and play counseling positively affect students

Speakers:

- Bethany White, *School Counselor, Catawba County Schools, Lincolnton, North Carolina*

Effective High School Tier 1 Lessons

8:30 AM - 9:30 AM , Tuesday, July 15

Overview:

Are you looking for ideas to overcome barriers to implementing social/emotional skills development in your high school counseling program? As high school counselors, we often encounter factors that impede the development, implementation and sustained practice of the core features of comprehensive programming. Implementing changes can be overwhelming whether you are new to the profession, new to your building or seeking to empower transformational practices in a program that's been established for years. Learn practical strategies for advocating and overcoming barriers to implementing ASCA-aligned practices. Hear examples, see data, and walk away with tools you can use in your program.

Learning Objectives: 1) Provide examples of how to use data to assess and address student needs and to advocate for comprehensive programming 2) Use interdisciplinary approaches to improve student outcomes 3) Describe how to leverage consultation and collaboration skills to maximize the use of effective interventions

Speakers:

- Amy Beal, *School Counselor, Ross Senior High School, Hamilton, Ohio*
- Gina Crabtree, *District Behavior Coach, Warren County Schools, Ky.*

Understand Sensory Inputs and Regulation

8:30 AM - 9:30 AM , Tuesday, July 15

Overview:

Have you considered how to effectively integrate sensory input into your school counseling program? Proprioception, interoception and vestibular input are crucial in understanding regulation and its relationship with neuroscience. Understanding the significance of regulation, sensory input

and the brain science behind it all is vital for addressing behavioral issues and enhancing student well-being. If your school has a sensory room, you may be curious about how to utilize this space effectively within your school counseling framework. It is essential to explore how sensory input can support students' emotional and behavioral needs.

Learning Objectives: 1) Make connections between sensory input and behavioral outcomes, emphasizing the importance of regulation in student well-being 2) Differentiate between Tier 1, Tier 2 and Tier 3 regulation strategies and their applications in a school counseling context 3) Describe the roles sensory input plays in student regulation and brain function 4) Explain how to incorporate sensory rooms, reset rooms or regulation rooms into school counseling frameworks to support emotional and behavioral needs

Speakers:

- Misti Czarnowsky, *School Counselor, USD 258, Erie, Kansas*
- Melanie Scott, *School Counselor, Riley County High School, Riley, Kansas*

Foster Engagement with At-Risk Students

8:30 AM - 9:30 AM , Tuesday, July 15

Overview:

In 2023, one out of six missing children reported to the National Center for Missing & Exploited Children (NCMEC) who had run away were likely victims of child sex trafficking. Dive into the complex reasons why students may leave home and the increased vulnerability to child sex trafficking missing youth experience, exploring both push and pull factors. Learn practical strategies for fostering rapport, increasing student engagement and implementing effective interventions to reduce running behavior, particularly for those at risk of or currently experiencing trafficking. School counselors can play a pivotal role in creating an environment that prevents future victimization. Access valuable resources available through NCMEC.

Learning Objectives: 1) Identify key push and pull factors contributing to youth running away 2) Recognize early warning signs of at-risk youth 3) Develop and implement trauma-informed, victim-centered engagement and response strategies for at-risk youth, particularly those vulnerable to sex trafficking 4) Locate and access NCMEC resources used to effectively locate and recover missing and exploited children and how to integrate these tools into your school's safety protocols 5) Strategize ways to foster stronger relationships with at-risk students, creating a supportive environment that prioritizes their safety and well-being

Speakers:

- Lillian Jimenez, *Resource Specialist II, Child Sex Trafficking Recovery Service Team, National Center for Missing and Exploited Children*

Tuesday, July 15

9:45 AM - 10:45 AM PDT

Motivating Minds and Healing Hearts

9:45 AM - 10:45 AM , Tuesday, July 15

Overview:

Integrating trauma-informed practices with motivation theory helps to create school environments where all students feel safe, valued and motivated. By understanding and addressing the effects of trauma while employing strategies that foster intrinsic motivation, educators can support students' holistic development. This approach not only enhances academic performance but also contributes to students' overall well-being, preparing them for a successful and fulfilling future.

Learning Objectives: 1) Identify key principles of trauma-informed practices and motivation theory 2) Strategize ways to address the effects of trauma in educational settings 3) Implement techniques to foster intrinsic motivation among students

Speakers:

- Missy Smith, *School Counselor, Norman Public Schools, Norman, Oklahoma*

Know More than Every Student's Name

9:45 AM - 10:45 AM , Tuesday, July 15

Overview:

Given the wide array of responsibilities associated with our role, it can be challenging to gain a deep understanding of each individual student. Discover new and innovative strategies for truly connecting with every single student, regardless of school size, while balancing your other duties. This includes exploring relationship-building initiatives that have proven successful across all three MTSS tiers and are both practical and easy-to-implement. These initiatives go beyond classroom lessons, small groups and check-ins and include a variety of actionable data collection tools.

Learning Objectives: 1) Enhance your school's sense of community through deliberate relationship-building strategies aligned with the ASCA Student Standards 2) Increase your awareness of any unintended gaps in your school counseling program related to the time you spend with students across different tiers 3) Leverage data to refine and strengthen your relationship-building practices, and demonstrate the impact and effectiveness of these strategies on a schoolwide scale

Speakers:

- Olivia Ballou, *School Counselor, Boone County Schools, Union, Kentucky*
- Dayne Merkley, *School Counselor, Boone County Schools, Union, Kentucky*

Elementary School College and Career Culture

9:45 AM - 10:45 AM , Tuesday, July 15

Overview:

Elementary education is pivotal in laying the groundwork for postsecondary success. By integrating college culture early, schools foster an environment that values higher education. Through career presentations and events such as College/Career Week and Career Day, students are introduced to various career paths and the significance of academic achievement. These initiatives highlight the critical role of early education in shaping students' futures. Leave equipped with practical skills and knowledge to create impactful college and career programming. This approach not only empowers students but also enhances their engagement, setting them on a path to brighter, more successful futures.

Learning Objectives: 1) Strategize ways to organize and host successful college and career events that promote exploration of various pathways 2) List strategies to empower students in their exploration of personal and career interests through schoolwide initiatives and family workshops, guiding students on their future pathways

Speakers:

- Fedelia Suleiman, *School Counselor, Greenville Fundamental, Cypress, California*
- Genoveva Torres, *School Counselor, Greenville Fundamental, Cypress, California*
- Kenya Sanchez-Alvarado, *School Counselor, Greenville Fundamental, Cypress, California*

Support Student Reentry after a Mental Health Crisis

9:45 AM - 10:45 AM , Tuesday, July 15

Overview:

More than 5,000 students have a suicide attempt every day, and more than two million required an ER visit due to suicidal crises last year alone. Upon return to school, they are at increased risk for further attempts, and their return, if handled poorly, could escalate suicidal risk among other students. Learn about a framework for re-entry and reintegration that includes concrete and specific strategies for school counselors. Understand how to develop and implement a plan for re-entry and reintegration that prioritizes student safety and learning, communication and collaboration with families, and clarity of roles among educational stakeholders.

Learning Objectives: 1) Describe the overarching goals, principles, framework and strategies for successful school-reintegration following a suicide crisis, including the specific goals and tasks for each participant in the reintegration process 2) Explain to key members of the administrative team why a clear, evidence-based and written policy for reintegration is essential and gain schoolwide support 3) Create a written plan, in coordination with school- and community-based personnel, for student reintegration that includes an assessment strategy to monitor the results of implementation and to engage in continuous quality improvement

Speakers:

- Patrick Cunningham, *Assistant Professor, Appalachian State University*

Coping Skills Strategies & Tools

9:45 AM - 10:45 AM , Tuesday, July 15

Overview:

Students today face the impact of negative stimuli every day. From cell phones to social media, understaffed schools to overcrowded classrooms, our young people are bombarded with too much input that disrupts their day. Student responses to those stimuli can vary: completely ignoring, immediate aggression or violence, or bottling up that later leak out as self-harm. Students today need reliable coping skills and strategies to turn to when they need emotion regulation. Students should be taught a variety of coping skills they can use in any environment, even outside the school building. Deep breathing exercises, physical coping skills, positive self-talk, and written or verbal expression techniques can stop emotional dysregulation in its tracks.

Learning Objectives: 1) Define what a coping skill is and name four categories of coping skills 2) Administer a brief pre-/post-assessment for coping skills to students 3) Practice and apply strategies for teaching and applying coping skills

Speakers:

- Kayla Steele, *School Counselor, Von Steuben Middle School, Peoria, Illinois*

Tuesday, July 15

11:00 AM - 12:00 PM PDT

Closing General Session: Erin Gruwell

11:00 AM - 12:00 PM, Tuesday, July 15

Overview:

Becoming A Catalyst For Change: Erin Gruwell helped 150 of her students, many of whom were written off by the education system, to use the power of education to write a book, graduate from high school and attend college. In her inspiring presentation, Gruwell tells the story of this extraordinary journey – from poverty and despair to hope and promise – with stops at Anne Frank's House and Auschwitz and then on to Capitol Hill and Congress. She challenged her students to overcome the seemingly insurmountable problems of poverty, racism and violence. Encouraging tolerance, respect and cooperation, Gruwell teaches us all how we can become role models and catalysts for change