

Pennsylvania School Counselors Association
65th Annual Conference
FACING CHALLENGES TOGETHER
December 3-4, 2020

PSCA's 65th Annual Conference will be celebrated in a virtual setting. Traditional offerings have been adjusted to fit into virtual format and new opportunities and features will be included as part of the virtual platform. The high quality expected of a PSCA Conference will be maintained.

Traditional Offerings will be continued.

Sharing Sessions

Elementary, Middle School and High School, Graduate Students, School Counselor
Educators

Graduate Student Poster Sessions

Nearly thirty exhibitors with new information and resources

Recognitions of exemplary practitioners and individuals who support school
counselors and school counseling programs



KEYNOTE AND CLOSING PRESENTATIONS

Allison Edwards

COUNSELOR, AUTHOR, AND SPEAKER

Allison Edwards LPC, RPT is an affiliate professor in the Human Development Counseling department at Vanderbilt University. She is the author of *Why Smart Kids Worry*, *Worry Says What?*, *Marcy Is Having All the Feels*, and *15-Minute Counseling Techniques that Work*. Allison received her graduate degree in Counseling from Vanderbilt University and is a National Certified Counselor, Licensed Professional Counselor, and Registered Play Therapist. Allison has over 20 years experience working as a school teacher, school counselor, child/adolescent psychotherapist, and educational consultant to schools throughout the country.

Allison travels both nationally and internationally training professionals in the areas of empowering anxious children in the classroom, managing the emotional needs of students, recognizing the social/emotional needs of gifted students, and sharing how educators can talk to parents about student anxiety. Allison helps school leaders understand how social/emotional differences can be supported in their neurologically diverse student populations, and provides consultation and staff development on how to effectively improve emotion regulation in the classroom.

KEYNOTE ADDRESS

Helping Students with Trauma and Emotional Dysregulation

Counselors work daily with students who are unable to regulate their emotions. Trauma and ACE's are a large part of this epidemic and based on brain research, this workshop will help counselors learn how to identify triggers, teach effective coping strategies, and help students go from debilitated to empowered.

CLOSING PRESENTATION

15-Minute Counseling Techniques that Work What You Didn't Learn in Grad School

Allison Edwards Children come to us with a variety of problems, searching for answers. While these solutions may work temporarily, we really never help children until we give them tools—or techniques—to manage thoughts and feelings on their own. The techniques in this book will help children feel empowered to face everyday challenges and equipped to manage their stress and emotions.

Skill Builder Offerings



^Answering Wh“Y” - Dr. Steven Coyle, Ed.D Educational Leadership, Universal Technical Institute, National Director Counselor/Academic Relations

What can we do to motivate young people today? Why do they act the way they do? Why do we need to change the educational and workforce paradigm? Get the answers to these questions and more in this workshop as we explore how to reach students today. Learn what a focus driven education looks like and Wh“Y” it is so important to both students and their parents. Learn about the Rule of 1-2-7 and authenticity. Explore Universal Design for Learning



Becoming a Culturally Competent Professional Counselor in an Increasingly Diverse World- Dr. Christina Lee, PhD, Licensed Psychologist

This session is part two of a two part webinar series. It addresses compelling issues of our times and the challenges and strategies for enhancing cultural competence



Creative, Concise, Yet Compassionate Connections: Addressing Difficult Times Using Pop Culture”- David Barkovich

*This session will focus on creating and maintaining supportive student-counselor relationships using points of view, inspirational quotes, and catch phrases from characters from various pop culture mediums. Whether it is Dori the Bluefin telling us to “Just keep swimming.”, the Mighty Thor realizing “I’m still worthy!”, or Pinkie Pie the My Little Pony stating “ Sometimes you have to believe in things even if you can’t figure them out.”, your students might better understand how to deal with their particular situations by making a connections to a situation or character from popular culture that has found inspiration or successfully overcome difficulty. You might benefit from this session if the Covid-19 epidemic has limited your access to your students and forced you into shorter interactions in which you need a concise yet relatable message.



“College Admissions Trends” Wendy Dunlap, PHEAA and Dr. Kim McCurdy, PDE

The session will focus on the challenges, needs and trends emerging during the pandemic time.



***Digging for Artifacts-** Mr. Michael Simmons, MS, General McLane School District, School Counselor

In this session, school counselors will discover resources which can be used in assisting students with creating evidence to meet the requirements of the Future Ready PA Index. All four CEW areas of knowledge as well as, the PA Career Ready Skills. will be addressed,



"Ethics – Facing Challenges Together" – Meg Rieley, MS. Middle School Counselor, Mechanicsburg, PSCA Ethics Chair; Dr. Carlyn Stone, ASCA Ethics Chair

This session will focus on the challenges and ethical considerations for school counselors in a virtual world. What are the dos and don'ts of providing individual and group counseling? What are the ethical factors to consider when providing direct services, virtually, in a tier one setting? Opportunity to 'chat' in real time with the presenters about ethics in a virtual, hybrid or Face to Face setting.



***Equitable Practices Through a Trauma-Informed Lens-** Dr. Dana Milikovic, PsyD, PA Department of Education, Mental Health/Alcohol & Other Drug Specialist & Dr. Nikole Hollins-Sims, EdD, PaTTAN, Educational Consultant & Equity Consultant to PDE

Equitable practices are a core value permeating all educational practices in order to be a truly trauma informed system. This presentation will provide the linkage between the two concepts and provide participants with an understanding of how using an equitable trauma informed lens benefits students, families, and staff. We will invite participants to become self-aware of their own educational practices and introduce necessary practices when engaging in equitable trauma informed approaches.



***Facing Challenges of Virtual Learning Fatigue: Overcoming Barriers to Learning-** Dr. Shannan Shiderly, PhD, Geneva College, Counselor Educator & Ms. Marissa Damon, B.A., pursuing M.A. in Counseling with School Counseling cert., Geneva College, Graduate Student, & Ms. Paige McClain, pursuing M.A. in Counseling with School Counseling cert, Geneva College, Graduate Student

The Covid-19 Pandemic necessitated the unprecedented closure of all brick and mortar schools in the spring of 2020. In response, brick and mortar schools transitioned their students into a virtual environment. Workshop participants will learn to recognize signs and symptoms of virtual fatigue in students, acquire strategies to combat virtual fatigue, and discover effective coping skills to employ in an on-line environment. Learned strategies will reflect the ASCA Mindset and Behavior Standards.



***Financial Aid Readiness: Helping Students Navigate the Financial Aid Process-** Mrs. Diona Brown, MPA, PHEAA, Higher Ed Access Partner, & Mrs. Tiffanie DeVan, BS, PHEAA, Higher Ed Access Partner

This session will help school counselors assist students and families navigate the financial aid process. During this session we will explore the types and sources of aid as well as tackle the tough questions that often arise when completing the Free Application for Federal Student Aid (FAFSA) and understanding financial aid notification letters from schools. In addition, this session will prove counselors with valuable resources that they can share with students.



^Helping Students Face Challenges with Technology- Ms. Dana Wile, M. ED, Penn Manor High School, School Counselor, & Ms. Erin Rebling, M. Ed, Mifflin County School District, School Counselor, & Ms. Kelsey Kman, Millersville University, Graduate Student

During the Pandemic, data shows the most sustainable professions are in computer science. Join us to learn about the fastest growing field with the largest number of job openings. School Counselors are uniquely positioned to educate students about these careers. Participants will acquire strategies for collaborating with educators to provide opportunities in technology education for all students via in-person or online instruction. Leave this session with new technology tools to incorporate into your counseling program!



Implementing the ASCA National Model in a Virtual Setting- Mr. Mark Kuranz, MS, DPI, **ASCA** Director of Professional Development

School counseling in a virtual world is challenging, but luckily the ASCA National Model provides the structure to address the needs of all students regardless of the setting. Walk away with an overview, tips and resources for working within the framework of the ASCA National Model, even in a virtual setting.



***Integrate Social Emotional Learning Into the “Classroom” – Covid 19 Strategies-** Mrs. Janelle Reese, MS, NCC, Bellefonte Area School District, School Counselor & Ms. Ashley Hamilton, MS, Bellefonte Area School District, School Counselor

School Counselors need creative ways to bring the SEL skills taught during guidance lessons into the physical and/or virtual classroom. Learning Objectives of the session: 1) Describe the rationale for integrating SEL into the physical/virtual classroom. 2) Identify strategies to cultivate SEL in the classroom and ways to connect teachers with SEL resources. 3) Learn tools and strategies to create online calming rooms, covid-19 minded calming corners, and other innovative ways to bridge the SEL gap.



^New Toolkit - Pennsylvania's K-12 Guidance Plan - Kathy Specht and Alice Justice, PDE Consultants

Learn about the latest updates and revisions to Pennsylvania's K-12 Guidance Plan and be among the first to view the recently released toolkit to support plan development and implementation.



"RAMP and the Pennsylvania Guidance Plan Requirements – Not So Very Different" – Jill Cook, ASCA Executive Director, Emilia Peiffer, PSCA Executive Director and the Kutztown University Team

This presentation is designed to detail how you can get both ASCA and Pennsylvania Recognition for developing and implementing the Pennsylvania K-12 Guidance Plan. A crosswalk of sort between RAMP and the Guidance Plan, developed by students and their professor from Kutztown University and PSCA members.



***School Counselors: Caring for Self to Care for Others – Put All Your Masks On!- Karen Dickinson, , PhD, West Chester University, Associate Professor, Department of Counselor Education**

As school counselors providing care and support to the entire school community, we have always known the importance of caring for ourselves to prevent burnout. Now, more than ever, we must remember to 'put the oxygen mask on ourselves before we can help others'. This presentation will discuss how we can remain ethical and effective school counselors while maintaining wellness in our personal, social and professional worlds. Research-based strategies and interventions will be shared, and we will take several deep, cleansing breaths!



****"Solution Focused Small groups in a Virtual Environment: Doing More of What Works" – Russell A. Sabgella, PH.D.**

Misplaced in a sentence, a comma can make the difference between eating a plant and committing a terrible crime, such as famously described in the book titled, Eats, Shoots & Leaves by Lynn Truss. In

another example, consider these two sentences: “Most of the time, travelers worry about their luggage” versus “Most of the time travelers worry about their luggage.” Or, how about these two sentences: “Let’s eat, grandpa” versus “Let’s eat grandpa.” Indeed, this tiny punctuation mark can hugely impact a sentence; in some cases, even save lives. Learn how removing the comma can lead to better solution-focused counseling and conferences during a pandemic and other ongoing crises. Specifically, Dr. Sabella will share a video that demonstrates a solution-focused small group meeting, conducted in a video-conferencing application, that includes detailing, mind mapping, mine fielding, amplifying, and cheerleading as well as basic group facilitation skills.



Suicide Prevention: Sound the Alarm- Dr. Perri Rosen, PhD, OMHSAS, Consulting Psychologist, Bureau of Children’s Behavioral Health Services

Suicide rates among youth have increased steadily over the past two decades, with recent research finding significant increases in suicide attempts and deaths among Black youth. In this session, a review of systemic factors contributing to student mental health will be examined, as well as comprehensive approaches to suicide prevention. Comprehensive school-based suicide prevention efforts including upstream approaches are both equitable and trauma-informed, can meet the needs of all students, and provide the foundation for a healthier and happier future.



****Taking Your Game to the Next Level: Assessing Your School Counseling Program Practices***

Carol J. Kaffenberger, Ph.D., Associate Professor Emerita, George Mason University, ASCA Certified Trainer & RAMP Team Captain

What do you need to know about your school counseling program practices that will allow you to be a more effective and efficient school counselor? During this session five levels of program practice will be described. You will take a self-assessment survey, aligned with the ASCA National Model 4th Ed. and you will analyze the results in order to reflect on your own strengths and areas for growth. Resources and strategies for increasing program practices that will take your program to the next level will be shared.



Technology and Automation for School Counselor Productivity- Mrs. Alaina Schrader, M. Ed, NCC, Avonworth Elementary School, School Counselor

The daily life of a school counselor requires flexibility, organization, and time management. Being able to navigate different responsibilities efficiently allows school counselors to maintain a more intentional program, and spend more time face to face helping students. Learn how the world of productivity & technology intersects with school counseling and how you can utilize tools like task managers, templates, canned responses, text snippets, and more to set up your very own time-saving system.



*The Evolving New Normal: Supporting Grieving School Communities in a Pandemic- Ms. Laura Scherer, M.ED, Highmark Caring Place, School Services Coordinator/Child Grief Specialist

The Highmark Caring Place, a grieving center for adolescents and their families, provides peer support programming after a death. This workshop will provide an overview of the program and what we have learned from grieving families and school communities in the current pandemic. The Coronavirus has created an evolving new normal for the world. School communities have experienced many types of losses, including the deaths of loved ones. We will provide an in-depth understanding of grief and how grief and loss have looked like in 2020. Recent statistics, the Grief Spiral Theory, triggers that can impact students in the various classrooms settings, tips for effective communication, and ideas for supporting grieving staff and students will be provided. Participants will also learn about in person and virtual school services designed to help peers support peers in the school setting as well as to equip educators with the tools and resources necessary to companion and support entire school communities, especially during these difficult, unprecedented times,



Trends in College Admission: A Discussion Between Admissions Professionals and School Counselors- Mrs. Katy Charles, M. ED, Millersville University of PA, Higher Education Administrator & Mrs. Krista Evans, M. ED, Kutztown University of PA, Higher Education Administrator

Participants will learn about topics such as demonstrated interest, dual enrollment, college in the high school, transfer admission, etc. Counselors' most asked questions regarding college admissions will be answered. Admissions professionals will discuss current trends related to college admission from "their side of the desk."



Utilizing Data and Technology to Enhance Student Relationships and Success while Showcasing the School Counselor Program- Mrs. Lezlie DeVecchio-Marks, M.S.Ed, NCC, Shaler Area School District, School Counselor, & Ms. Samantha Hornyak, St. Vincent University, Graduate Student, School Counseling intern



This workshop will teach technological tools and strategies that can be utilized to not only foster significant relationships with students and stakeholders, but also showcase the school counseling program in a virtual and/or in-person environment. Examples of technological tools including virtual

Bitmoji classrooms, PowToon videos, Google Slides, Google Forms, Google sites, Piktocharts and Nearpod will be showcased as methods of collecting and sharing data and resources with students and stakeholders.

Note: All sessions are recorded and will be available for viewing through February 4, 2021,

Note: PSCA is an Act 48 provider through the PDE and is an approved provider through ACEP (Provider Number 2082). For the conference up to 24 contact hours may be earned ...if attending December 3 and 4 and through the “on demand” offerings through February 4, 2021.



CONFERENCE REGISTRATION COSTS

On-line Registration will be available beginning September 31, 2020

Thursday-Friday, December 3-4, 2020

Membership Status	Early Bird rate by 10/31/2020 (11:59PM)	Regular rate by 11/24/2020 11:59PM)	After 11/24/2020
Members*	\$65	\$90	\$115
Retired/Student Members/**	\$55	\$70	\$85
Non- Members	\$99	\$125	\$150
Student Non-Members**	\$70	\$90	\$105
Presenters	\$55	<i>All presenters must register by 10/31/2020.</i>	

**Member status must be current through 12/04/2020.*

***Student Member rates are for full-time Masters' Level students only.*

Cancellation/Refund Policy: Refund requests received prior to 10 days before the start of the event will be subject to a \$20 fee. No refunds will be issued for refund requests received ten days or less before the start of the event. All requests for cancellation/refund must be in writing to PSCA Executive Director Emilia Peiffer at epeiffer@paschoolcounselor.org or US Mail to Pennsylvania School Counselors Association, PO Box 174,, McKeesport, PA 15134 (postmark date applies.) Registrants who cancel will not receive conference materials. Refunds will be issued by check following the conclusion of the event. Please allow at least two weeks for processing.

Conference Swag Bag will be mailed to the first 500 registrants. All efforts will be made to mail the packets for receipt before conference.

Thank you to our generous conference
sponsors with whom we could not put on such a special offering!

California University of PA
Duquesne University
Huntington Creek and Pocono Mountain Recovery Centers
Milton Hershey School
Neumann University
Universal Technical Institute