

# ISCA/IACAC Conference and Breakout Sessions

**Monday, November 9, 2009**

**7:30-8:30**

Registration, Check-in, Browse Exhibitors – Holidome

**8:30-9:30**

## **Welcome and Keynote Speaker - Ballroom**

Welcome by ISCA 2009-10 President Teresa Keefe-O'Meara. Keynote by Frank Russell, President of Geolearning Inc.

Grade Level

Elem = Elementary

MS = Middle School

HS = High School

## **Breakout Session I 9:45-10:45 am**

- 1. Teaching has Gone to the Dogs: What's Going On with Therapy Dogs in Schools in Iowa?** Gwen Sones, Haley Wikoff, Michelle Bruty - Bettendorf Middle School Counselors. We are hoping to share with counselors the benefits of having therapy dogs at school and what service dogs can do for students and adults with needs. We are hoping to brainstorm ideas for helping get legislature going in Iowa so that Therapy Dogs are respected in all places just like service dogs. Therapy Dogs are becoming a very well known asset to schools. Did you know that the state of Iowa still does not have legislation to allow therapy dogs the same rights as all other Service Dogs? Have you always wondered what does a dog do at school? Come listen and brainstorm with two middle school counselors about what therapy dog can do for your school and what you can do to help the state of Iowa become Therapy dog friendly. We are hoping to have the trainers from CARES, Concordia, KS (Canine assistance, rehabilitation, education and services) join us by conference call or web cam to help answer questions and add the expertise. **Elem/MS, Room 292 (upstairs).**
- 2. Creating Hope for The future** – Steve Haberman , Principal & Margaret Askelsen, Counselor, Clarion-Goldfield Middle School will present their strategies for success in the middle school. Implementation of interventions that enhance success in today's diverse student population will include plans for the following: School Bullying, Homework Completion, and Service Learning at CGMS. A School Bullying prevention plan reveals the secret life of middle school bullying and the use of art to express opinions and feelings about their school, their groups, and the bullying that exists will be discussed. Information on incentives that promote homework completion with data revealing a 13% increase in one year and a service learning program in which students logged over 1300 hours in 2009-2010 will also be shared. **Elem/MS, Executive Room.**
- 3. We have How Many New Kids?** – Rich Dutcher, Ogden High School Counselor. We Have How Many New Kids? No matter what time of the school year, new students do not always arrive when it is most convenient. Through the cooperation of two schools, we have created a student run program that helps transition both new students and incoming freshman to our building. **MS/ HS, Ambassador Room.**

4. **K-12 School Counselor: That's Me!** – Careanne Wood- K-12 School Counselor Preston Community School, Jann Kuhl, Department of Education Consultant. This session will offer an opportunity to network with other K-12 school counselors and navigate through these barriers together. Participants will receive a sample copy of a K-12 program designed for K-12 school counselor and samples of K-12 resources including administrator agreement and time log. Time to network and action plan will also be built in to insure you have someone to connect with when you are back in your school (s). **K-12 Counselors and all levels, Library.**
  
5. **Supporting the Children of Military Personnel in Your School Community** – Chris D. Gleason, Iowa State University Extension 4-H Youth Development/ Operation: Military Kids Project Director; Jeremy Van Wyk, State Youth and Teen Coordinator for Iowa National Guard; Tanja Duffey, Iowa Licensed Mental Health Counselor and Illinois Licensed Clinical Professional Counselor – Over 10,000 children in Iowa have a parent/step parent serving in the military. Learn how Charles City middle school developed an in-school support group for military kids and the positive affect it had on the students. Take home many valuable resources to help support military kids in your school. Workshop attendees will: 1) increase knowledge of how the deployment cycle affects military kids and families 2) Learn how one school district developed an in-school support program for military kids 3) Receive free resources and information from Iowa State University Extension/4H Youth Development's Operation: Military Kids Program, Iowa National Guard Family Programs, Military One Source, Military Family Life Consultant to aid supporting military kids in their school community. **All Levels, Westview I Room.**
  
6. **Getting Ready for a Department of Education Site Visit** - Lois Irwin and Wilma Gajdel Dept. of Ed. School Improvement Specialists. Do you have a DE site visit coming in the future? Are you concerned how to be ready and to make a good showing for your school counseling program? Lois Irwin and Wilma Gajdel will present important ideas and approaches to be ready for a DE site visit. They will present important information and be able to relieve you of your fears as you prepare for this in the future. **All Levels, Westview II Room.**
  
7. **Counselors and the Core-Making Connections** – Susen Schirmer , PLLC, License Renewal Coordinator and Professional School Counseling Consultant Heartland AEA 11. With the passage of the Iowa Core Curriculum (ICC) and requirements for students to gain the essential concepts and skills prior to graduation, the work of the school counselor is in demand! In this participatory session, we will explore the components of the ICC making connections to the work of the school counselor. **All Levels, Iowa Room.**

**Break 10:45-11:00**

**Breakout Session II 11:00-12:00 noon**

8. **College Fair** – Join college representatives from the Iowa Association of College Admission Counseling in the north hallway and browse college information. **HS, Holidome.**

9. **Teaching “Peace” at the Elementary Level** – Jann Strutzenberg, NBCC, LMHC , Elementary School Counselor Treynor Community Schools. Jann was a 2008 Gary Henrichs award winner for outstanding work as an elementary counselor. Jann is in her third year as the elementary counselor at Treynor Community Schools and 20 years in the Council Bluffs School District. Jann also has a private counseling practice. Jann is passionate about teaching “peace” in the school setting. In a world where violence is prevalent, and video games, popular music, along with television promote violence as entertainment, it is vital that we make an effort to teach our children about the value of peace. Summary of the session: Why teach about peace? A definition of peace. Domains under the umbrella of peace. Components of a peace program. Behavior management with peace. Finding a common language. View peace related materials for classroom guidance lessons. **Elem, Westview I Room.**
10. **Middle School Sharing Session** – Beth Stephas, ISCA Middle School VP and Middle School Counselor at Eagle Grove Community Schools. Join Beth Stephas for a middle school sharing session. Beth will bring creative lessons and activities that she uses in her program. All middle school counselors are encouraged to bring activities, lessons, creative ideas to share. Even if you don’t bring something to share, you are welcome to attend! **MS, Ambassador Room.**

**12:00-1:30 Lunch / ISCA Business Meeting / Awards – Ballroom**

**Breakout Session III 1:45-2:45**

11. **The Iowa Connection: Helping Your Students Through National Programs** – Rebecca Bahl , Communications and Research Specialist, Iowa College Access Network. The Iowa College Access Network, in partnership with several Iowa State and non- profit organizations, is pleased to inform counselors about two new college access programs. College Goal Sunday is a program in which volunteers provide free, on-site assistance to families in filing the FAFSA. The event will take place in February 2010 in the following cities: Burlington, Calmar, Cedar Rapids, Council Bluffs, Davenport, Des Moines, Denison, Estherville, Ottumwa, Sioux City and Waterloo. Learn how your school can benefit from this program and how you can get involved. KnowHow2GOIowa is a national initiative which focuses on underserved students from 8<sup>th</sup> to 10<sup>th</sup> Grades. The goal of KnowHow2GO is to help students realize college is possible and breaks down the planning process with four simple steps. ICAN was recently awarded \$140,000 from the national KnowHow2GO campaign to redistribute to the Iowa organizations that can most effectively encourage students to pursue postsecondary education. **MS/HS, Room 292 (upstairs).**
12. **Perkins, Program of Study, and New Career and Technical Education – Will it Change How Counselor’s Schedule Students?** – Linda Berg, Educational Consultant for Perkins and Career Planning Resources, Iowa Department of Education. Job responsibilities include 8<sup>th</sup> grade Plan, Career Planning and Resources, Career Development/Career Guidance and Perkins Grant Funding and Monitoring. This session addresses the changes in Career and Technical Education (CTE) programs and courses. Perkins 4 federal legislation has changed the school structure for CTE classes and programs. Come learn some of the new vocabulary with CTE programs and how it will affect school counselors in both middle and high schools in career planning. **MS/HS, Executive Room.**

**13. I Have a Plan Iowa** – Nancy Ankeny, Iowa College Student Aid Commission. Iowa's career information system has a new look and enhanced capabilities! IHaveAPlanIowa (IHAPI) is a comprehensive web-based planning tool that assists students as they explore their education and career options. Iowa Code specifies that all Iowa students must create a career plan in grade 8 and complete the required components of the state-designated career information system in grades 8-12. Attend this session to learn more about IHAPI and how it can be used to satisfy the Iowa Department of Education reporting requirements. Excite the students you work with about their future and help them create powerful plans to realize their goals. **MS/HS, Ambassador Room.**

**14. Accelerated Learning** – Janice M. Tkaczyk, Adjunct Professor, UMass. Boston. Participants will receive a brief overview of David Meier's work on whole mind/whole body learning. Everyone will take a brief test to discover their own learning style/preference and then discuss implications in the classroom. In small groups, attendees will then participate in a problem solving activity called, "Cut The Cake". After a review of this exercise, the final activity will allow everyone to apply their learning to real-life counseling situations. They will take away ideas for use in the review/development of their guidance lesson plans. Everyone will receive copies of David Meier's book, The Accelerated Learning Handbook. **Learning Objectives/Goals:** 1) Understand accelerated learning philosophies and principles 2) Discover their own individual learning style 3) Apply what they learned in a group activity 4) Collect strategies for use in their guidance lessons. **HS, Library.**

**This session was previously canceled but now will be scheduled as a breakout session.**

**15. "The Digital Learner"** – Representative from La James International College, Corporate Operations. Change in Education is more prevalent today than ever before – Change due to economics, budget cuts, and class consolidation and let's not forget Change in the Learner of today. Digital learners also known as the Z Generation is predicted to be one of the largest generational groups of the new millennium. Perhaps misunderstood, members of the Z generation are high order thinkers; take charge, inquisitive, responsible learners that demand engagement. Join this session for a lively perspective and discussion about the next Great Adventure – an exciting journey with The Digital Learner. **MS/HS, Westview I Room.**

**16. Practical Solutions : Implementing 21<sup>st</sup> Century Skills** – Lois Irwin, School Improvement Consultant Department of Education. Practical Solutions: Implementing 21<sup>st</sup> Century Skills: Civic Literacy, financial Literacy, and Employability skills are the three areas of the 21<sup>st</sup> Century Skills addressed in this session. Strategies will be designed to provide school counselors with general knowledge of strategies for integrating in to core classrooms or stand alone courses. In addition, Project Citizen, a civic education program for grades 5-8 and 9-12 (two levels) will be explained. MicroSociety, an experiential learning program for grades K-8 will also be highlighted. The goal for this session is to provide school Counselors with practical tools. Outcome: Counselor will have knowledge of strategies and programs designed to advance student learning in three areas of 21<sup>st</sup> Century Skills. **All Levels, Westview II Room.**

**Previously we had listed** Fifty Steps Closer: Improving Connections Through Group & Classroom Activities as a breakout session by Dr. Nick Minardi at 1:45, but he has been forced to cancel his session due to scheduling conflicts.

- 17. Success for At-Risk Incoming 9<sup>th</sup> Graders.** Nancy Lacey, Anamosa High School Counselor and 2008 ISCA High School Counselor of the Year,. Carla Wosoba Richmann, Anamosa High School Counselor, Debra Brokaw, West Middle School, Anamosa. Goal of Presentation: To share criteria used to identify at-risk 8<sup>th</sup> graders and strategies used with 8<sup>th</sup> graders and their parents as they transition from middle school to high school. We will share the criteria Anamosa Schools used to identify at risk 8<sup>th</sup> graders. In addition to the criteria, we will share the data we collected and the strategies developed to work with the student and their parents in setting and implementing goals designed to increase the likelihood of success in high school. **MS/HS, Iowa Room**

**3:00 – 4:15 Town Hall Meeting – Ballroom**

All school counselors from all levels are asked to attend the town hall meeting in the Ballroom. In the summer of 2009, leaders in school counseling from all over the State of Iowa gathered in Des Moines for the Iowa School Counseling Summit. Jann Kuhl, Iowa DE Consultant and Troyce Fisher, Director of the Wallace Leadership Grant Program School Administrators of Iowa, led the Summit to identify key issues facing the future of Iowa school counseling as well as formulating action plans to address these issues. At the town hall meeting there will be a report on the work of the Summit. School counselors will then be given the chance in small groups to give input on the future issues and solutions that face school counselors in Iowa. This is a critical juncture in the future of Iowa school counseling and all counselors at the conference are requested to attend this important town hall meeting.

**Tuesday, November 10, 2009**

**7:30-8:30**

Registration, Check-in, Browse Exhibitors – Holidome

**8:30-9:30**

**Welcome and Keynote Speaker - Ballroom**

Welcome by ISCA 2009-10 President Teresa Keefe-O’Meara. Keynote by Brian Law , ASCA President-Elect.

**Breakout Session IV 9:45-10:45 am**

- 18. Social Class and Career Counseling** –Dr. Carol Klose Smith, Clinical Assistant Professor, University of Iowa. Economically disadvantaged students often have the same type of career aspirations as other students in the middle school. However, these disadvantaged students experience greater challenges when preparing for their future. This program will explore our understanding of social class, career values and recommendations for interventions and programming with this population. **MS/HS, Room 292 (upstairs).**
- 19. Seniors, What To Do With Them?** – Amanda Steines, School Counselor; Conrad Keibler, School Counselor; Suzanne Schrader, School Counselor, Amanda Sievers, School Counselor, all from Clinton High School and were all 2008 John Thompson Award recipients for outstanding secondary school counseling. This session focuses on what our school counseling program does to help increase graduation rate and aid seniors in transition to life after high school. This may include: Data, Graduation Strategies,

Seminars, College visits, and Planning Guides. Take home examples, Strategies and Resources you can incorporate in your program. The goal of our session is to help motivate and inspire school counselors to be an active member in their graduating seniors' lives. Expected session outcomes include but are not limited to: motivating and inspiring school counselors to try new things, have school counselors realize that data collection and analysis help shape successful strategies, provide ideas of what to do with graduating seniors, give ideas for helping schools improve their graduation rate, etc. **HS, Executive Room.**

- 20. Stop Having Meetings: Creating Counselor Change Through Professional Learning Communities** – Rick Miller, Garton Elementary Des Moines Public Schools; Jan Stribling, Counselor, Monroe Elementary; Emily Janssen, Counselor Monroe Elementary; Penny Bisignano, Elementary Grant Writer, Des Moines Public Schools. When to Stop Having meetings? Come join us as we guide you through the process and steps we took to establish a **Professional Learning Community (PLC)** as part of our elementary counselor demonstratio0n grant. Our PLC helped un become collaborative in our work and learn to better share information, tools, insights and experiences. We will share a video clip of a PLC session and show you how our Wiki is a supportive web tool. You will leave this session with the steps and tools necessary to create a Professional Learning Community in your setting. **All Levels, Ambassador Room.**
- 21. Reaching Out To Teens** – Kelly Kristein – Author/Educator – Author, Kelly Kirstein, will give an overview of her novel The Blinding Haze and share ideas for incorporating the book into healthy decision making discussion groups. The presentation will also include ideas for creating a workshop for teens and parents where community members host breakout sessions which address at-risk teen behavior. Study material and handouts will be provided during each session. **MS/HS, Library.**
- 22. Puppetry and Drama in School Counseling** – Brian Law, ASCA President-Elect. Join ASCA President-Elect Brian Law as he teaches about how to utilize puppets and drama as effective tools in a school counseling program. Brian was a top ten finisher in as national counselor of the year and brings a wealth of experience in school counseling to the table. **Elem, Westview I Room.**
- 23. Eating Disorders: How to Recognize and Support Your Student's Recovery** – Anna M. Vivani, MA, LCPC, ACS- Counselor/Doctoral student (University of Iowa) Eating Disorders: How to recognize and Support Your Student's Recovery will provide an overview about eating disorders in children and adolescents. Participants will learn to recognize eating disorders, disordered eating patterns, create a safe structure to support recovery, and recognize cultural/societal messages that impact our youth. Goals Statement and Outcomes: School personnel will learn basic information about eating disorders to recognize, refer, and support their students' need in recovery. At the end of the session, participants will be able to describe basic signs of an eating disorder, understand the difference between an eating disorder and disordered eating, have specific suggestions for how to support a student's recovery upon return to school, and how to create positive messages about size and weight. **All Levels, Westview II Room.**
- 24. Building Counselor/Administrator Relationships** – Susen Schirmer, PLLC, License Renewal Coordinator and Professional School Counseling Consultant Heartland AEA 11. Are you struggling with your relationship with your administration? Feel like you are speaking two languages? Learn some practical, proven strategies to understand the complexities of counselor/administrator relationships and gain skills to move that

relationship forward to benefit students and staff. Participants will increase skills in developing relationships with administrators through practical, proven strategies. **All Levels, Iowa Room.**

**Break 10:45-11:00**

**Breakout Session V 11:00-12:00 noon**

- 25. To Ph.D. or not to Ph.D. That is the question? Consideration in the pursuit of a Ph.D. –** Dr. Carol Klose Smith , Clinical Asst. Prof., University of Iowa. Have you ever considered “going back” and completing that final degree? Or have you thought about the Possibility of educating the next generation of school counselors? If you have ever considered receiving a Ph.D. this program is for you!! This presentation will focus on the various program options available, the application process, and the factors to consider when selecting a comprehensive Ph.D. Preparation Program. **All Levels, Room 292 (upstairs).**
- 26. Protecting Students – Protecting Yourself –** Carol Greta, Iowa Dept. of Education Attorney. As a school counselor, you want to do your best to protect your students. You wouldn't be an educator were that not true. There are several laws that help you do that. But you also need to know how to implement those laws in a way that protects yourself. This presentation will address how to do both. Keep in mind that anyone with \$100 (the current filing fee for a civil action in an Iowa district court) in his/her pocket can sue anyone else. No one can keep you from being sued; the trick is to keep from being sued *successfully*. **All Levels, Executive Room.**
- 27. Amanda The Panda –** Charlene Kiesling, Executive Director, Amanda The Panda Family Grief Center. For the last 28 years, Amanda the Panda's mission is to restore grieving families back into the mainstream of their lives through innovative services that provide hope and healing after the death of loved one. Services include camps, support Groups, school visits, community outreach and holiday support. **All Levels, Ambassador Room.**
- 28. Are You Ready for a Crisis?** Ali Vasher, PreK-6, and Renea Ogren, 7-12, Counselors at Marcus-Meriden-Cleghorn CSD. When crisis strikes your school, it is the school counselor who is looked to as the leader of the decisions and problem solving. Are you ready? When is the last time you or your staff has looked at your crisis plan? It is time for revision! New research requires us to rethink our original plans. Attend and learn about the newest resources and guidelines for developing sound plans. A session you cannot afford to miss. If you have recently suffered a school related crisis, please come to share your story and suggestions. **All Levels/Library.**
- 29. Iowa College and Career Readiness Workshop –** Chris Mitchell – Consultant – If you missed our annual workshops in Iowa, here's your chance for a review. This year are focus is improving every student's college and career readiness. Each member of your education team will gain an understanding of how ACT tools can provide the information and data schools and districts need to support the success of every student. Every attendee will be provided with the latest updates and resources from ACT and our College Readiness System. **MS/HS, Westview I Room.**

- 30. Breaking Down Relationship Barriers with Students from Diverse Backgrounds** – Bengu Eguner-Tekinalp, Ph.D, Assistant Professor, Drake University. Do you think the barrier between you and students with diverse backgrounds? Do you feel no matter how hard you try, you cannot reach these students? Iowa’s school demographics are rapidly changing, more and more students with diverse cultural backgrounds are entering our schools. Sometimes school are underprepared to reach diverse student populations. The focus of this presentation will be on understanding some of the barriers, developing self awareness and learning about ways to remove these barriers. **All Levels, Westview II Room.**
- 31. Addressing Bullying on the Spot** – Kathy Lockard, Olweus Trainer, Professional Development Coordinator AEA 13/14; Linda Linn, Olweus Trainer, School Counselor, School Improvement and TAG Consultant AEA 8; Penny Bisignano, Iowa Olweus Coordinator, Iowa Dept. of Education. When adults in the school environment witness bullying it is what we call a “Teachable Moment”. We will help you understand how to stop bullying on the spot while supporting the student who has been bullied, empower the bystanders, impose immediate and appropriate consequences and finally take steps to ensure the student who has been bullied will be protected from future bullying. Take all the criteria for quality practices in preventing bullying back to your building team. **Elem/MS, Iowa Room.**

**12:00-1:00 Lunch – Adjournment – Ballroom**