



MONTANA SCHOOL COUNSELOR ASSOCIATION PRESENTS:

School Counseling: Making a Difference
2004 Spring Institute

Bozeman, MT

May 6 - 7, 2004

Holiday Inn, 5 Baxter Lane

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Welcome school counselors! The Montana School Counselor Association, in collaboration with Montana GEAR UP, is excited to present this year's institute, which will concentrate on practical hands-on strategies and skills useful to school counselors working with K-12 students. Presenters include school counselors and counselor educators from across the state and nation. The President of the American School Counselor Association, Dr. Russell A. Sabella, will be our special guest and will present several sessions.



Dr. Russell A. Sabella is an Associate Professor of counseling in the College of Education, Florida Gulf Coast University. His concentration of research, training, and publication includes counseling technology, comprehensive school counseling programs, peer helper programs and training, sexual harassment risk reduction, and solution focused brief counseling. Russ is author of various articles in journals, magazines, and newsletters. He is co-author of two books entitled *Confronting Sexual Harassment: Learning*

Activities for Teens (Educational Media; 1995) and *Counseling in the 21st Century: Using Technology to Improve Practice* (American Counseling Association; in press). He is also author of the popular *SchoolCounselor.com 2.0: A Friendly and Practical Guide to the World Wide Web* (2nd edition; Educational Media; 2003) and well-known for his *Technology Boot Camp for Counselors* workshops conducted throughout the country. Dr. Sabella is currently the President of the American School Counselor Association.

This Institute will provide new skills, strategies, and techniques for working with a variety of students and participants will leave with abundant resource materials. In an effort to share best practices and resources, participants will be asked to share their favorite or most effective counseling strategy or technique in the round-table sessions.

We invite you to join us as we come together to share skills and strategies that will make a difference in the lives of our students.

◀ **AGENDA** ▶

Thursday, May 6, 2004

7:30 am – 8:00 am ◀•▶ Coffee and Social

8:00 am – 8:30 am ◀•▶ **Opening Session**

8:30 am – 10:00 am ◀ **Session 1** ▶

Elementary Gimme all your lunch money...

Joan Wycoff, M.Ed.
School Counselor, Three Forks School
Kasey Anderson, M.Ed.
School Counselor, Ophir School

This session will present a comprehensive approach for the prevention and intervention of bullying and harassment in schools. The presentation will include survey and assessment tools, curriculum responses, staff training options, and community/parental involvement opportunities.

Secondary Career Portfolios

Mathew Johnson, M.Ed.
School Counselor, Browning High School

How the portfolio process has helped the learning process at Browning High School, a completed portfolio is a student's ticket to Higher Education or the Career world. The process is an invaluable one as students learn to evaluate their strength and to accentuate the positive. Learning to organize is a skill they will need regardless of future goals.

◀ **AGENDA** ▶

Thursday, May 6, 2004

8:30 am – 10:00 am



General

Adventure Strategies for the Classroom and Group Work

Mark D. Nelson, Ed.D., LCPC, ACS

Associate Professor, Montana State University

Learn how to "activate" your school counseling program delivery. The session will focus on using experiential learning and adventure counseling strategies in standards-based guidance curriculum and counseling groups. Participants will learn how to bring a sense of play and curiosity into their work with student development.

10:00 am – 10:15 am



Break

10:15 am – 11:45 am



Elementary

Making the Grade: Improving Academic Achievement

Kathy Broere, M.Ed., LCPC

School Counselor, Browning Middle School

Sheila Rutherford, M.Ed.

School Counselor, Browning Middle School

Jason Andreas

Niitaka (Blackfeet for 'my friend'), Browning Middle School

This presentation will provide a unique set of strategies that can be incorporated into the heart of educating middle school students. These strategies are designed to have a lasting impact on children and encourage them to become lifelong learners and to develop strong belief systems.

Secondary

Using Solution Focused Brief Counseling to Power-Up Your Drop-Out Prevention

Russell A. Sabella, Ph.D.

Associate Professor, Florida Gulf Coast University

President, American School Counselor Association

Come and learn an innovative approach to empowering your "at-risk" students to recognize and use their strengths and resources to improve. This model uses a systematic, five-step approach in which clients focus on solutions rather than problems. They are encouraged to think about times when their problems did not exist, and how these times contributed to the absence of the problem, and how to recreate such circumstances in their present situations. Focus is on the clients' strengths and abilities rather than their weaknesses. Solutions are derived by clients themselves and therefore not only are they more involved in their success, but the solutions fit their unique lifestyles. Finally, because the clients find their own solutions that work, often self-esteem is increased. With this emphasis of counseling on solutions rather than problems, counseling becomes brief.

General

When Students Resist the Counseling Process: Techniques and Solutions

John Sommers-Flanagan, Ph.D.

Assistant Professor, University of Montana

School counselors often face situations where students resist or disengage from the counseling process. This workshop will highlight common reasons why middle and high school students resist counselors and provide specific techniques or solutions for reducing resistance and re-engaging students. Counseling demonstrations and group discussions will be used to facilitate learning.

◀ **AGENDA** ▶

Thursday, May 6, 2004

11:45 am – 1:15 pm ◀▶ Lunch

1:15 pm – 2:45 pm ◀ **Session 3** ▶

Elementary Understanding the Childhood Bereavement Process

Joy Jones, M.S.

School Counselor, Florence Carlton Middle School
President, Montana School Counselor Association

This session will focus on the early understanding that young children have toward death. The session will move through the bereavement process in young children and how they conceptualize death. The session will end with practical suggestions for parents, teachers, and school counselors in supporting young children through the grieving process. Participants will be provided with activities that they can take back to their school and use in group settings or individually.

Secondary Freshmen Advisory Program

Sherry Jones

School Counselor, Polson High School

Emily Peck

School Counselor, Polson High School

Come hear about the Freshmen Advisory Program that Polson High School has designed to help incoming freshmen make a positive adjustment to high school. Students are led through small group activities that address study skills, goal setting, stress management, harassment, communication, and making good choices. In addition, the advisors (co-led by a teacher and student leader) monitor their student's academic progress and provide tutorial help.

General Anyone Can Go To College: Money Should Not Be a Factor

Tina Wagner

Outreach Coordinator, Montana Guaranteed Student Loan Program

Lance Foster

Outreach Coordinator, Montana Guaranteed Student Loan Program

This session will cover the successful development, implementation, and evaluation of several successful presentations geared towards middle and high school students concerning college, college costs, careers, and financial aid. For the past three years, as a partner in the state of Montana GEAR UP grant, the Montana Guaranteed Student Loan program has reached thousands of students through presentations that are free of charge, fun, and interactive. The presentations use math, reading, and English and can be added to a teacher's curriculum. All presentations are designed to be presented with in one class period hour (approximately 45 minutes). The presentations are easy to revise and replicate for schools.

2:45 pm – 3:00 pm ◀▶ Break

◀ **AGENDA** ▶

Thursday, May 6, 2004

3:00 pm – 4:30 pm

◀ Session 4 ▶

Elementary **Working With Children: Career and Other Counseling Strategies**

Jill M. Thorngren, Ph. D., LCPC
Assistant Professor, Montana State University

Younger children present unique opportunities and challenges for counselors. This workshop will present practical strategies for utilizing play and art in work with elementary school age children. A tool for assessing and developing career interests in children will also be described.

Secondary **Drug Use Among Adolescents**

Mark A. Long, Narcotics Chief
Montana Justice Department, Division of Criminal Investigation

This presentation will focus on illicit drugs that are commonly used by today's adolescents. Participants will be informed about the side effects and dangers of using drugs such as methamphetamines, cocaine, Ritalin, and other stimulants, as well as some of the more common "club drugs" such as Rohypnol (roofies), MDMA (ecstasy) and GHB. The growing hazard of meth labs in students' homes will also be addressed. Participants will gain information regarding signs of drug use and what to do should they suspect that students in their schools are using drugs. Practical skills and strategies for dealing with drug issues in the schools will be disseminated.

General **Exam Readiness Skills – Giving Your Students the Edge through Academic Rigor**

Aurora Chang-Ross
Associate Educational Manager, K-12 Services, The College Board

This session will focus on resources that you can use directly with students (presentations, data, sample lessons, internet resources) to help them achieve their post-secondary education goals. Access resources to the PSAT, SAT, AP, Pre-AP and College Ed - experience the options for connecting to college success.

4:30 pm – 6:30 pm

◀•▶

Dinner (on your own)

6:30 pm – 8:00 pm

◀ Evening Session ▶

ASCA Question or Two

Russell A. Sabella, Ph.D.
Associate Professor, Florida Gulf Coast University
President, American School Counselor Association

Please join Dr. Sabella in this evening session that will address the crossover between school counseling and No Child Left Behind among other topics. Participants will have the uncommon experience to listen to and ask questions of the President of the American School Counselor Association. Most counselors never get this type of opportunity. All attendees are invited to ASCA Question or Two regarding various issues facing school counselors on a national level. As President of ASCA, Dr. Sabella has a unique perspective on the status of school counseling in the country as well as the concerns of school counselors.

◀ **AGENDA** ▶

Friday, May 7, 2004

7:30 am – 8:00 am ◀•▶ Coffee and Social

8:00 am – 9:30 am ◀ Session 5 ▶

Elementary **Starting Your Peer Mediation Program**

Russell A. Sabella, Ph.D.
Associate Professor, Florida Gulf Coast University
President, American School Counselor Association

Peer mediation programs are known to be one viable intervention for enhancing a peaceable school. Well-trained peer mediators can have a positive, supportive effect upon students that no one else can provide. Learn how to begin, implement, and assess the peer mediation program that you've always wanted now! Handouts, videos, and lots of example will be available.

Secondary **Practical Strategies for Building Educational Resilience in Secondary Classrooms**

Jayne Downey, Ph.D.
Assistant Professor, Montana State University

This session will examine 12 practical strategies for supporting the academic success of at-risk adolescents. Session participants will have the opportunity to discuss application and adaptation of these strategies to meet student-specific needs.

General **A School Based Intervention for Traumatized Children**

Darrell W. Stolle, Ed.D.
Associate Professor, University of Montana

Doug Beed, Ed.D.
Director of the Center for Investigation and Treatment of Childhood Trauma in the Division of Educational Research and Services, University of Montana

The presentation will address how trauma impacts children, how to identify traumatized children, cultural aspects of trauma, and finally a school based intervention using cognitive behavioral techniques in a small group.

9:30 am – 9:45 am ◀•▶ Break

9:45 am – 11:15 am ◀ Session 6 ▶

Elementary School Round Table

Middle School Round Table

High School Round Table

11:15 am – 11:30 am ◀•▶ Break

11:30 am – 12:00 pm ◀•▶ **Closing Session**