



2018 NCSA
Fall Conference

Ignite to Impact

November 7-9, 2018

Sheraton Koury Convention Center • Greensboro, NC

Visit www.ncyi.org/ncscac for more information

Sponsored By

THE COLLEGE FUNDING COACH®



CONFERENCE HIGHLIGHTS



Fall Conference

- Pre-Conference Learning Institute
- Pre-Conference Keynote Speaker
- Core Skills Building Workshops
- Counselor of the Year Awards
- RAMP Recognitions
- Celebration Reception
- Exhibit Hall
- Over 80 Educational Sessions
- Silent Auction Featuring Amazing Items from Across the State



Wednesday, November 7th

(This session is open for all conference attendees)

Pre-Conference Keynote Speaker (General Session Time, 3:30 pm – 5:00 pm)



Counselors Thinking Outside the Box: Dealing with Students' Trauma

Dave Moody

SPEAKER BIO: C. David Moody, Jr. is a native of Chicago, Illinois, who spent his childhood years there before relocating with his family to Ann Arbor, Michigan. From there, he matriculated to Morehouse College in Atlanta, Georgia, graduating with a degree in psychology in 1978. He then attended Howard University, earning a professional degree in architecture in 1981. In 1988, he established C. D. Moody Construction Company, Inc., now one of the largest African-American-owned construction companies in America. Moody also has a keen sense of community service. He founded the C.D. Moody Foundation to provide financial assistance for students with a passion for construction and entrepreneurship, and to date has awarded more than 80 individual scholarships. Besides contributing money, he devotes time to meeting with K-12 students, where he hopes to help students see the endless possibilities that are directly associated with hard work, perseverance, and a positive attitude. Moody is the author of *Fighting through the Fear – My Journey of Healing from Childhood Sexual Abuse*, co-authored with his good friend and former Morehouse College roommate, Charles W. Cherry II. The book describes his harrowing personal journey as a childhood sexual abuse survivor. His personal blog site, *MoodySpeaks.com*, showcases his talents as a photographer, motivator and inspirational resource for healing for other survivors of childhood sexual abuse.

ABOUT THE SESSION: School counselors often times play a “first responders” role for students struggling with abuse issues... whether physical or sexual, or both. How counselors respond and proceed can have life changing affects on the students... whether it be a healing or negative outcome. Join Dave during this special keynote session to hear about his journey in dealing with sexual abuse he encountered as a child, and to learn some ways to “think outside the box” when helping our students deal with trauma situations in their lives. You do not want to miss this powerful and inspirational session! You will leave the conference knowing what you do changes lives, and that you are critical to our students’ success!

Thursday, November 8th

(This session is open for all conference attendees)

Keynote Speaker (General Session Time, 8:30 am – 10:00 am)



BE THE ONE!

Dr. John Hodge

SPEAKER BIO: Dr. John W. Hodge’s career has been defined by assisting students and teachers with overcoming obstacles and achieving goals. He has served as an inspirational speaker across the United States and has been a guest lecturer at Christopher Newport University, Hampton University, North Carolina A&T State University and George Washington University. Dr. Hodge is a trained facilitator for the (SREB) Leadership Initiative Modules “Leading Assessment and Instruction” and “Creating a High Performance Learning Culture”, and a trained assessor and facilitator in the National Association of Secondary School Principals (NASSP) “Developing the 21st Century Principal” program.

Dr. Hodge is the president and co-founder of Urban Learning and Leadership Center (ULLC), an organization focused on student achievement and reduction of the achievement gap. He has served as a reading teacher, English teacher, AVID teacher, Assistant Principal and Associate Director of AVID Center Eastern Division. He served as Director of An Achievable Dream Academy, an inner city school that piloted many of the interventions used by Urban Learning and Leadership Center. An Achievable Dream Academy is a high performing, high poverty school that has received numerous national awards.

ABOUT THE SESSION: Join Dr. Hodge as he presents *BE THE ONE!* He will discuss how the education of America’s youth is a challenging prospect when one considers the many burdens faced by impoverished children and their families. Research indicates that poverty need not be a barrier to academic excellence. As co-author of the book *Standing in the Gap*, Dr. Hodge states, “Across the nation, schools are demonstrating that it can be done: That students can reach high standards, that all children can succeed, that the gap between white and minority students, poor and affluent, can be closed.” More often than not, one caring adult can make all the difference in the world. Dr. Hodge’s presentation will encourage all of us to BE THE ONE!



TENTATIVE SCHEDULE

WEDNESDAY, NOVEMBER 7, 2018

Pre-Conference Learning Institute
(Pre-registration and/or additional fee may be required)

TIME	SESSION	LOCATION
7:30am-7:30pm	On-Site Conference Registration and Information Desk Open	Imperial Ballroom Foyer
8:00am-11:00am	NCSCA Delegate Assembly	Imperial Ballroom E-H
10:00am-1:30pm	Exhibitors Setup	Pre-Function Area III
11:30am-2:00pm	Leadership Day Meeting	Imperial Ballroom E-H
12:00pm-3:15pm*	Pre-Conference Session #1 Amie Dean <i>Behavior Interventions that Work</i>	Auditorium IV
12:00pm-3:15pm*	Pre-Conference Session #2 Robert Jamison <i>The Growing World of Section 504</i>	Colony A
12:00pm-3:15pm*	Pre-Conference Session #3 Kaye Randall <i>See My Pain: You Can Make a Difference, Helping All Educators Understand and Help Students Engaging in Self-Injurious Behavior</i>	Colony BC
12:00pm-3:15pm*	Pre-Conference Session #4 Angela Poovey <i>Growth Mindset for School Counselors: 30 Years of Your Best Counselor Self</i>	Augusta
1:30pm-2:00pm	*Snack Break with Exhibitors	Pre-Function Area III
1:30pm-6:00pm	Exhibits Open	Pre-Function Area III
3:30pm-5:00pm	Pre-Conference General Session Open to all attendees Keynote Speaker: David Moody <i>Counselors Thinking Outside the Box: Dealing with Students' Trauma</i>	Imperial Ballrooms A-D

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THURSDAY, NOVEMBER 8, 2018

TIME	SESSION	LOCATION
7:00am-5:00pm	On-Site Conference Registration and Information Desk Open	Imperial Ballroom Foyer
7:30am-8:30am	Continental Breakfast	Pre-Function Area III
7:30am-5:00pm	Exhibits Open	Pre-Function Area III
7:30am-7:00pm	Silent Auction	Imperial Ballroom Foyer
8:30am-10:00am	Opening Session Kick Off: Welcome, Introduction, Regional Roll Call, Updates & Awards Keynote Speaker: Dr. John Hodge <i>BE THE ONE!</i>	Imperial Ballroom A-D
10:00am-10:30am	Break with Exhibitors	Pre-Function Area III
10:30am-11:30am	Program Session 1	Meeting Rooms
11:30am-12:30pm	Boxed Lunches (Name Badge Required)	Pre-Function Area III
11:30am-12:30pm	Past Presidents Luncheon	Joseph's
11:30am-1:00pm	Graduate Student Luncheon and Panel	Blue Ash
12:30pm-1:30pm	Program Session 2	Meeting Rooms
1:30pm-2:00pm	Break with Exhibitors	Pre-Function Area III
1:30pm-3:30pm	Graduate Student Poster Sessions	Augusta
2:00pm-3:00pm	Program Session 3	Meeting Rooms
3:00pm-3:30pm	Break with Exhibitors	Pre-Function Area III
3:30pm-4:30pm	Program Session 4	Meeting Rooms
4:40pm-5:10pm	Regional Meetings	See Page in Manual
5:10pm-6:30pm	Celebration Reception & Silent Auction	Victoria Prefunction

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FRIDAY, NOVEMBER 9, 2018

TIME	SESSION	LOCATION
6:30am-7:30am	Fun Run/Walk	Meet at Imperial Ballroom Foyer
7:00am-8:00am	Self-Care Zumba Session	Guilford G
7:30am-9:00am	On-Site Conference Registration and Information Desk Open	Imperial Ballroom Foyer
8:30am-9:00am	Coffee Service only	Pre-Function Area III
8:30am-11:30am	Exhibits Open	Pre-Function Area III
9:00am-10:30am	Core Skills Building Workshop #1 Dr. Melissa Reeves <i>Helping Traumatized Students and Those Who Experience Grief, Loss, and Mourning</i>	Victoria A
9:00am-10:30am	Core Skills Building Workshop #2 Kim "Tip" Frank <i>Easing the Educational Crucible: Tapping Each Child's Potential in the Classroom Through Momentum and Motivation</i>	Victoria BC
9:00am-10:30am	Core Skills Building Workshop #3 Lisa King <i>Understanding Our Brains: Growth Mindset, Mindfulness and Grit!</i>	Auditorium IV
9:00am-10:30am	Core Skills Building Workshop #4 Rebecca Atkins <i>Show Your Work: Marketing Your School Counseling Program</i>	Grandover East
9:00am-10:30am	Core Skills Building Workshop #5 Dr. Natalie Spencer <i>Mindful Practices to Help Troubled Teens: Behavioral Interventions to Help Students Succeed</i>	Grandover West
10:30am-11:00am	Snack Break with Exhibitors	Pre-Function Area III

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FRIDAY, NOVEMBER 9, 2018

CONTINUED

TIME	SESSION	LOCATION
11:00am-12:30pm	Core Skills Building Workshop #1 (repeated session) Dr. Melissa Reeves <i>Helping Traumatized Students and Those Who Experience Grief, Loss, and Mourning</i>	Victoria A
11:00am-12:30pm	Core Skills Building Workshop #2 (repeated session) Kim "Tip" Frank <i>Easing the Educational Crucible: Tapping Each Child's Potential in the Classroom Through Momentum and Motivation</i>	Victoria BC
11:00am-12:30pm	Core Skills Building Workshop #3 (repeated session) Lisa King <i>Understanding Our Brains: Growth Mindset, Mindfulness and Grit!</i>	Auditorium IV
11:00am-12:30pm	Core Skills Building Workshop #4 (repeated session) Rebecca Atkins <i>Show Your Work: Marketing Your School Counseling Program</i>	Grandover East
11:00am-12:30pm	Core Skills Building Workshop #5 (repeated session) Dr. Natalie Spencer <i>Mindful Practices to Help Troubled Teens: Behavioral Interventions to Help Students Succeed</i>	Grandover West

Visit 50+ Exhibitors at the Conference!





Wednesday, November 7th, 12:00 p.m. - 3:15 p.m. (Lunch not included)

The Pre-Conference Learning Institute includes additional opportunities for more professional development and CEU contact hours. The sessions generally cover more in-depth information and allow more opportunity for discussion. **These sessions are not included in the conference registration fee.** Space is limited for all sessions. Interested participants are encouraged to register early.

All Pre-Conference sessions are being held at the same time, so you may only choose one session to attend.



1. Behavior Interventions that Work

Amie Dean

SPEAKER BIO: Amie Dean, M.Ed., B.A. has worked in education for 21 years. She has experience teaching at all levels, and has taught both special and general education. She was with Fulton County Schools (GA) for ten years, four of which she provided support to teachers and students as the Student Support / RTI Coordinator for her middle school.

She holds a Masters degree in Education and is Nationally Board Certified as an Exceptional Needs Specialist. With 21 years experience as an educator and 10 years as a professional consultant, Amie has worked with thousands of teachers, counselors and administrators in over 250 districts to improve best practices in behavior support, student engagement, and differentiated instruction. Amie has trained with Dr. Rick DuFour, Dr. Kay Burke, Dr. Spencer Kagan, Dr. Ruby Payne, and many others.

ABOUT THIS SESSION: Join Amie as she presents *Behavior Interventions that Work*. Do you have a plan for what you will do when a student doesn't comply with your request the first time? Second time? How about the third time? Do you go home tired and exhausted from frustration? This presentation will guide you in developing a thorough, preventative plan for handling issues from low level distractions to serious/chronic behaviors. This is a practical, hands-on presentation filled with concrete steps you can use the next day to help students and yourself.

Members:

\$35 (Includes handouts)

Non-Members:

\$90 (Includes handouts)

Contact Hours: 3 hours

Domain:

Social/Emotional Development

Standard 1: School Counselors Demonstrate Leadership, Advocacy and Collaboration

Standard 2: School Counselors Promote A Respectful Environment for A Diverse Population of Students

Standard 4: School Counselors Promote Learning for All Students



2. The Growing World of Section 504

Robert Jamison

SPEAKER BIO: Robert Jamison is currently the Coordinator of School Counseling Services at the Virginia Beach City Public Schools. He has numerous years of experience as a School Counselor and also as a Guidance Department Chair. He received a Bachelor of Arts in Psychology from the University of Virginia and his

Master of Science in Education in School Counseling from Old Dominion University. Robert has spoken at numerous state and national conferences.

ABOUT THIS SESSION: Join Robert as he presents *The Growing World of Section 504*. Topics presented in this session will include a review of Section 504 of the Rehabilitation Act of 1973 (Section 504), the Americans with Disabilities Act Amendments Act of 2008, Section 504 eligibility requirements, a school district's responsibility to implement a comprehensive Section 504 program, and "best practices" to consider. Participants will engage in individual, small and large group activities throughout the presentation. Resources will be made available. The pre-conference session will include the following:

1. Section 504 eligibility explained: What to review and who is Technically Eligible?
2. Section 504 rules and regulations to consider: Documenting Section 504 decisions
3. Difficult Section 504 issues and scenarios

Throughout each section of the pre-conference session, participants will be encouraged to share current practices and collaborate with professional peers.

Members:

\$35 (Includes handouts)

Non-Members:

\$90 (Includes handouts)

Contact Hours: 3 hours

Domain:

Academic Development

Standard 1: School Counselors Demonstrate Leadership, Advocacy and Collaboration

Standard 2: School Counselors Promote A Respectful Environment for A Diverse Population of Students

Standard 4: School Counselors Promote Learning for All Students



3. See My Pain: You Can Make a Difference, Helping All Educators Understand and Help Students Engaging in Self-Injurious Behavior

Kaye Randall

SPEAKER BIO: Kaye Randall, MSW, LISW-CP, is a clinical therapist, author and speaker. She is co-owner and director of Turning Point Counseling in West Columbia, South

Carolina. She is the co-author of *See My Pain, Mean Girls* and *102 Strategies & Activities in Working with Depressed Children & Adolescents*. Kaye leads professional seminars on topics effecting youth throughout the US and Canada such as critical mental health needs in schools, self-injury, and more. She has inspired seminar participants through her humor, practical insights and proactive strategies. She also shares leadership strategies designed to create ownership in one's life, leading to better outcomes for students, faculty and staff. In addition to leading school workshops, Kaye loves a really strong cup of coffee in the morning and she's the very proud mother of an amazing daughter!

ABOUT THIS SESSION: Join Kaye as she presents *See My Pain*. This workshop will help participants better understand and respond to self-injury and other self-destructive behaviors using research-based, best-practice approaches to self-injury. During this research-based session, Kaye will teach innovative approaches educators may use in the school setting to create a wellness path for students, in and out of the classroom. These strategies are designed to help students understand and master their interpretations and choices to help them live more connected and powerful lives. These topics will be discussed:

1. Underlying reasons for these harmful and addictive behaviors
2. The "Power of Interpretation" as a strategy
3. Getting Grounded in Context Setting
4. Important "Do's and Don'ts" when responding to suspected or observed self-injury in young people
5. Intervention Mapping: Helping young people acknowledge and address their self-injurious behavior
6. How to design a "Comfort Kit" to be used by the student in a school/home setting
7. "Healing Hands" Activity- an individualized guided imagery/ relaxation technique
8. Other Creative Impactful Strategies in helping students who self-injure

Members:
\$35 (Includes handouts)

Non-Members:
\$90 (Includes handouts)

Contact Hours: 3 hours

Domain:
Social/Emotional Development

Standard 1: School Counselors Demonstrate Leadership, Advocacy and Collaboration

Standard 2: School Counselors Promote A Respectful Environment for A Diverse Population of Students

Standard 4: School Counselors Promote Learning for All Students



4. Growth Mindset for School Counselors: 30 Years of Your Best Counselor Self

Angela Poovey

SPEAKER BIO: Angela Poovey is a national board certified, elementary school counselor with 13 years of experience. She is currently a lead counselor in Charlotte Mecklenburg Schools and has previously worked in Wake and Johnston Counties. She successfully earned the RAMP designation for her school counseling program in 2015. Angela is author of "Life on the Fly Counselor...A School Counselor Blog" where she loves to share creative lessons, small group ideas, and innovative school-wide programs with counselors all over the world. She has presented at the national, state, and local levels on topics ranging from book clubs to incorporating technology to implementing the ASCA National Model. Most importantly, she loves being an elementary school counselor who gets to work with kids each day!

ABOUT THIS SESSION: Join Angela as she presents *Growth Mindset for School Counselors: 30 Years of Your Best Counselor Self*. Growth mindset is a current topic of extraordinary focus in schools across the United States. School counselors and teachers alike talk to students about flexible thinking, the courage to make mistakes, and every day, incremental improvements. However, have school counselors internalized this message for their own growth and professional development? During this presentation, K-12 school counselors will participate in reflection, interactive activities, written exercises, and discussion to learn about and apply growth mindset to the 5 Ps: **Program, People, Public Relations, Passion, and Perspective**.

- **Program:** How can school counselors build upon the ASCA National Model each year to implement a comprehensive school counseling program and become their best counselor self?
- **People:** What strategies can school counselors use to build positive relationships with the staff and key stakeholders they work with from Day 1 through Day 1,000 and beyond?
- **Public Relations:** How do school counselors leverage PR strategies to create the reputation they seek with students, parents, administrators, and the community?
- **Passion:** What interests and areas of expertise can school counselors incorporate into their school counseling programs to maintain a high level of energy and enthusiasm over a 30-year career?
- **Perspective:** How can school counselors maintain balance, a positive outlook, and resiliency in a career where results can be hard to measure, days can be unpredictable, and work can be emotionally draining?

Materials Required: Participants will need to bring an electronic device (preferably a laptop).

Members:
\$35 (Includes handouts)

Non-Members:
\$90 (Includes handouts)

Contact Hours: 3 hours

Domain:
Academic Development, Social/Emotional Development, Career Development

Standard 1: School Counselors Demonstrate Leadership, Advocacy and Collaboration

Standard 2: School Counselors Promote A Respectful Environment for A Diverse Population of Students

Standard 3: School Counselors Understand and Facilitate the Implementation of A Comprehensive School Counseling Program

Standard 4: School Counselors Promote Learning for All Students

Standard 5: School Counselors Actively Reflect on Their Practice



Friday, November 9th, 9:00 a.m. - 12:30 p.m.

The Core Skills Building Workshops are included in the conference registration fee and are being held at the same time. Each session will be presented twice. Once from 9:00 a.m.–10:30 a.m. and again from 11:00 a.m. to 12:30 p.m.



1. Helping Traumatized Students and Those Who Experience Grief, Loss, and Mourning

Dr. Melissa Reeves

SPEAKER BIO: Dr. Melissa Reeves, Ph.D., NCSP, LPC served as the 2016-2017 President of the National Association of School Psychologists. She is currently an Associate Professor at Winthrop University, SC in the psychology department and school psychology graduate program. Dr. Reeves is a nationally certified school psychologist, licensed special education teacher, licensed professional counselor, and former district coordinator of social/emotional/behavioral services. She has over 20 years' experience working in public schools and a private school, in addition to providing mental health services in day and residential treatment settings. Dr. Reeves is a co-author of the National Association of School Psychologists (NASP) *PREPaRE School Crisis Prevention and Intervention* curriculum, former Chair of the NASP School Safety and Crisis Response Committee which provides consultation and support to school districts across the country after large scale crisis events including school shootings and natural disasters. She travels both nationally and internationally training professionals in the areas of crisis prevention through recovery, threat and suicide assessment, the impact of trauma and PTSD on academic achievement, and cognitive behavior therapy in the school setting.

ABOUT THIS SESSION: Join Dr. Reeves as she presents *Helping Traumatized Students and Those Who Experience Grief, Loss, and Mourning*. This workshop is designed to enhance participants' existing knowledge base about trauma, grief, loss, and mourning. Participants will increase their levels of comfort in dealing with trauma and grief, better understand the differences between normal and complicated grieving, and learn intervention strategies to address both. Participants will achieve a better understanding of factors that influence grief and mourning, and develop specialized skills for helping children and adolescents cope more successfully with these intensely felt emotions.

Domain:

Social Emotional Development

Standard 1: School Counselors Demonstrate Leadership, Advocacy and Collaboration

Standard 2: School Counselors Promote A Respectful Environment for A Diverse Population of Students



2. Easing the Educational Crucible: Tapping Each Child's Potential in the Classroom Through Momentum and Motivation

Kim "Tip" Frank

SPEAKER BIO: Kim "Tip" Frank, longtime school counselor and therapist, has had the privilege of helping thousands of students, formerly as a teacher, and more recently, as a counselor/therapist. Tip worked in the public school setting for over 20 years and now maintains a thriving, private counseling practice. He has authored and coauthored numerous books on topics including ADD/ADHD, anxiety disorders, depression, social skills, grief, technology and gaming addictions, divorce and separation, and presents nationally on these topics.

ABOUT THIS SESSION: Join Tip as he presents *Easing the Educational Crucible: Tapping Each Child's Potential in the Classroom Through Momentum and Motivation*. Today's young people have more barriers to learning than ever before. Yet they are expected to produce more than ever in this day of "high stakes testing." Educators and students feel more pressure than ever. To get around this "educational crucible," educators must focus on the heart of the matter—how to tap the inner motivation of each student. In this workshop, participants will be inspired to look again at how to tap human potential in the classroom and beyond. Practical tips will be imparted to participants in order to deal with today's barriers to learning such as grief, learning disabilities, ADHD, anxiety, depression, technology addiction, etc.

Domain:

Academic Development, Social/Emotional Development

Standard 1: School Counselors Demonstrate Leadership, Advocacy and Collaboration

Standard 2: School Counselors Promote A Respectful Environment for A Diverse Population of Students

Standard 4: School Counselors Promote Learning for All Students



3. Understanding Our Brains: Growth Mindset, Mindfulness and Grit!

Lisa King

SPEAKER BIO: Lisa has worked with students developing and using innovative practices as a school counselor for 20 years. She has won numerous awards in her district and presented her programs at local, state and national conferences. Lisa has authored five books including her latest book, *Mindset Matters: A Counseling Curriculum to Help Students Understand how to Help Themselves Succeed with a Growth Mindset* (2016). Other books of hers include, *Making the Link* (2005), *Academic Advisement Program* (2006), *Teaching Career Essentials* (2015) and *How to Create A College Day* (2016). Lisa attended Tufts University for her undergraduate degree and Georgia State University for her graduate degrees. She lives in Marietta, GA (Atlanta suburb) with her husband and daughter.

ABOUT THIS SESSION: Join Lisa as she presents *Understanding Our Brains: Growth Mindset, Mindfulness and Grit!* How can we help our schools adopt a culture of growth mindset? This session will help school leaders understand how to make grit, neuroplasticity, and mindfulness part of the common language in your classrooms. We will dive into understanding more about the ‘power of yet’ and understanding the impact of trauma on the learning process. Practical ideas will be given to teach students how to understand that calming their brain (practicing mindfulness) as well as growing their brain (neuroplasticity) are keys to success.

Domain:
Academic Development,
Social/Emotional Development,
Career Development

Standard 2: School Counselors Promote A Respectful Environment for A Diverse Population of Students

Standard 4: School Counselors Promote Learning for All Students



4. Show Your Work: Marketing Your School Counseling Program

Rebecca Atkins

SPEAKER BIO: Rebecca Atkins is Senior Administrator of Elementary School Counseling for Wake County Public Schools. She has been a counselor since 2003 and loves working with parents, teachers, students, and other counselors. Rebecca has been district Elementary Counselor of the year, North Carolina Elementary Counselor of the year, and received National Board Certification in 2009. She has served on the executive board of NCSCA, the NCDPI Advisory Council, and has presented at the NCSCA conference, the ASCA conference, and for NCDPI. Rebecca received the RAMP award in 2008 and has serves as a RAMP reviewer and a Bully Specialist Certification reviewer for ASCA. Her articles on transition and equity have appeared in the School Counselor Magazine. She authored a book on Equity and Social Justice in School Counseling that will be published in 2019. You can follow her blog www.counselorup.com where she shares her ideas and tools for comprehensive school counseling.

ABOUT THIS SESSION: Join Rebecca as she presents *Show Your Work: Marketing Your School Counseling Program*. Get ready to be inspired to share the amazing work that you do in your school counseling program. Learn about ways to share your goals, results, and initiatives in an easy to read format with parents, principals, teachers, and the community. Wrap it up with a fun and engaging video that you can make with free smartphone apps. Share on School Counseling Twitter or Instagram pages to spread the word about how school counselors change the world one school at a time.

Domain:
Academic Development,
Social/Emotional Development

Standard 1: School Counselors Demonstrate Leadership, Advocacy and Collaboration

Standard 3: School Counselors Understand and Facilitate the Implementation of A Comprehensive School Counseling Program

Standard 5: School Counselors Actively Reflect on Their Practice



5. Mindful Practices to Help Troubled Teens: Behavioral Interventions to Help Students Succeed

Dr. Natalie Spencer

SPEAKER BIO: Dr. Natalie Spencer is an Assistant Professor at North Carolina A&T State University. She was previously a high school counselor and student assistance counselor (SAP) for many years before moving into higher education. Dr. Spencer received her undergraduate and master’s degrees from the University of North Carolina at Chapel Hill. She later earned a doctorate in Counselor Education and Supervision from North Carolina State University. Dr. Spencer is the author of *Mindful Practices for Helping Troubled Teens*. She is also a licensed professional counselor (LPC) in the state of North Carolina, and owns her own private practice, Natalie Spencer Counseling and Consulting. Dr. Spencer has presented her research on the local, state, and national level.

ABOUT THIS SESSION: Join Dr. Spencer as she presents *Mindful Practices to Help Troubled Teens: Behavioral Interventions to Help Students Succeed*. School counselors often encounter students with a variety of behavioral and mental health concerns throughout a day. Mindfulness and mindful interventions have been shown to help students by introducing a variety of skills, such as guided imagery, mindful breathing, and gentle yoga. This presentation is designed to give school counselors tools to implement mindful techniques and help empower students discover their true potential. It will be an exciting and hands on presentation that will introduce counselors to mindfulness techniques and strategies to help all students succeed.

Domain:
Academic Development,
Social/Emotional Development

Standard 1: School Counselors Demonstrate Leadership, Advocacy and Collaboration

Standard 2: School Counselors Promote A Respectful Environment for A Diverse Population of Students

Standard 4: School Counselors Promote Learning for All Students



Five Easy Ways to Register

Toll Free #: (866) 318-6294

Fax: (423) 899-4547

Internet: www.ncyi.org/ncscac to register and pay with a credit card, using our secure shopping cart system

Mail: National Center for Youth Issues • Attn: NCSCA
P.O. Box 22185 • Chattanooga, TN 37422-2185

Scan & Email: Registrations@ncyi.org

Please make your check or purchase order payable to: **National Center for Youth Issues**. Mail the check or purchase order and registration form(s) to the address above.

REGISTRATION FORM (PLEASE PRINT CLEARLY)

I am a 2018-2019 NCSCA member. Yes No #: _____ I would like to volunteer at the conference. Yes No

NAME (as it should appear on name badge) _____ I am a first time attendee. Yes No

JOB TITLE - (REQUIRED PLEASE) _____

ORGANIZATION/SCHOOL DISTRICT _____

EMAIL (REQUIRED FOR CONFIRMATION) _____

WORK ADDRESS _____ COUNTY _____

CITY _____ STATE _____ ZIP _____

WORK PHONE (_____) _____ CELL PHONE (_____) _____

SPECIAL NEEDS _____

NCSCA Membership You can save on your conference registration by becoming a member of the NCSCA! Visit www.ncschoolcounselor.org BEFORE registering to get your member number.

* Must be a NCSCA member

To qualify for the Early Registration Rate, your registration form AND payment (your check or credit card) must be received or postmarked by the Early Registration cutoff date.

A. FULL Conference (Nov 7th-9th)

- Early Registration (by Oct. 14)
- Regular Registration (between Oct. 15 - Nov. 4)
- Onsite Registration (after Nov. 4 - Nov. 9)

NCSCA Member*	Non-Member	Graduate Student*/Retiree*
\$135 per person	\$225 per person	\$105 per person
\$145 per person	\$235 per person	\$110 per person
\$155 per person	\$245 per person	\$120 per person

B. Thursday ONLY (Nov 8th)

- Early Registration (by Oct. 14)
- Regular Registration (between Oct. 15 - Nov. 4)
- Onsite Registration (after Nov. 4 - Nov. 9)

NCSCA Member*	Non-Member	Graduate Student*/Retiree*
\$105 per person	\$200 per person	\$80 per person
\$115 per person	\$210 per person	\$90 per person
\$125 per person	\$220 per person	\$100 per person

C. Pre-Conference Learning Institute (Nov 7th)

(Additional fees required. Choose only ONE.)

- 1. Behavior Interventions that Work—Amie Dean
- 2. The Growing World of Section 504—Robert Jamison
- 3. See My Pain—Kaye Randall
- 4. Growth Mindset for School Counselors—Angela Poovey

NCSCA Member*	Non-Member
\$35 per person	\$90 per person
\$35 per person	\$90 per person
\$35 per person	\$90 per person
\$35 per person	\$90 per person

(A) Full-Conference \$ _____ (B) Thursday Only \$ _____ (C) Pre-Conference \$ _____ **Total Due (A + B + C) \$ _____**

PAYMENT METHOD

- Check Enclosed (made payable to National Center for Youth Issues)
- Credit Card Personal Corporate
- Purchase Order (A copy of the purchase order is required, payable to National Center for Youth Issues, P.O. Box 22185, Chattanooga, TN 37422-2185)

CARD NO. _____ EXP. DATE _____ CID# _____

NAME ON CARD (PLEASE PRINT) _____

CREDIT CARD BILLING ADDRESS _____

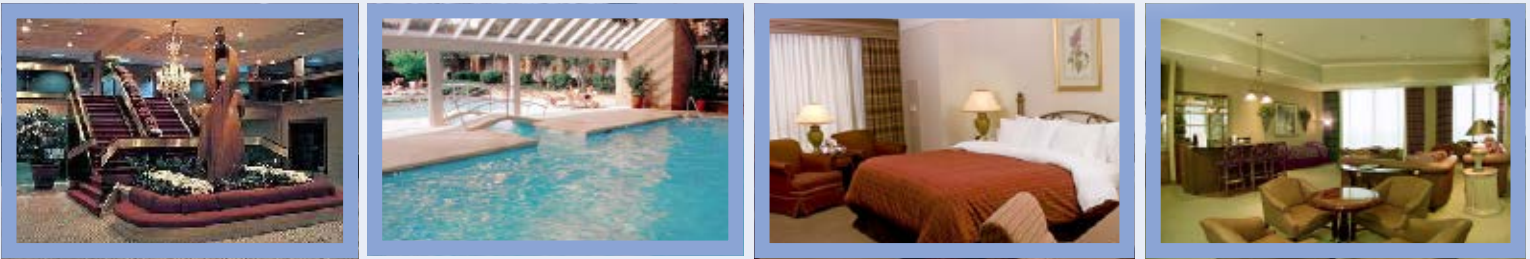
CITY _____ STATE _____ ZIP _____

AUTHORIZED SIGNATURE _____ EMAIL _____

WAIVER OF LIABILITY: The signed, in consideration of his/her registration of the 2018 NCSCA Fall Conference, releases, holds harmless and discharges the association, management staff and their agents, from any and all actions, claims and demands which may arise out of an accident, casualty or occurrence during said convention. Your signature above acknowledges acceptance of these provisions of registration for all those listed on this form.

PROCESSING FEE: There will be a \$35 service charge for all returned checks and declined credit cards.

CANCELLATION POLICY: Requests for refunds must be received in writing. No refund requests will be granted after October 15, 2018. There is a 20% processing fee for refunds requested prior to October 1, 2018 and a 50% processing fee for all refunds requested October 1st - 15th. Send cancellation requests to Matthew Daughtry-Grubbs at treasurer@ncschoolcounselor.org. The association is not responsible for and cannot give refunds due to problems beyond its control, such as weather and school closings.



Make hotel reservations early! Limited Availability!

Sheraton Four Seasons Koury Convention Center

3121 W. Gate City Blvd • Greensboro, NC 27407

The Sheraton Four Seasons has a **conference rate of \$139 plus tax**. This rate is valid **before October 16, 2018**, as long as rooms are available in the block.

TO MAKE HOTEL RESERVATIONS

CALL: (800) 242-6556 ext. 1 or (336) 292-9161.

Please be sure to mention the “**NC School Counselor Association 2018.**”

REGISTER ONLINE: Visit www.ncyi.org/ncscac and scroll down to the “Accommodations” section. Click on the link to visit the hotel’s on-line reservation system.

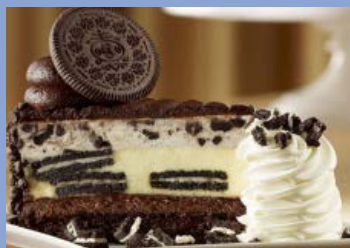


Come Work and Play!

In the evening, make sure you take time to relax and enjoy the surrounding area.

Go to www.ncyi.org/ncscac to see the things to do around the beautiful Sheraton Four Seasons.

Visit the Friendly Center!



Or, visit the Four Seasons Town Centre!



We hope this conference will educate and equip you to do your job well, and we also hope you will take advantage of the wonderful ways you can relax and be refreshed!