

Breakout Sessions At-A-Glance

Thursday, October 17 Breakout Session 1 10:15 am – 11:05 am	Presenter(s)
A Crash Course in RAMPing Your School Counseling Program	Morgan Meadows & Janet Smith
Approaching Anxiety: How (and When!) Counselors Can Intervene	Allison Edwards
Building Relationships and Skills in an Alternative School Setting	Elizabeth Beatley
Careers & Jobs: How to Create & Introduce Lessons Across Grade Levels	Katie Mihaly
Challenge Accepted: Mastering Coping Skills Through the Use of Technology	Laura Kuthy & Leigh Pottle & Ashley Hurst
College Planning Pays: A Guide to College Board Opportunity Scholarships	Valerie Keating & Janet Swandol
Just Level the Playing Field and Watch What I Do!" – Confronting Classroom Inequity Toward Students of Color and Underserved Students	Principal Baruti Kafele
Not Done Cooking: Brains in Progress	Tori Stone
Opening Doors to MTSS	Emily Goodman-Scott & Blair Cholewa & Julia Taylor & Stephanie Smith-Durkin
Reconstructing School Counseling Lessons: From Aging to Engaging!	Denise Schmitter & C. Eric Bone
School Counselors as Bridges to Rigor for Underrepresented Students	Nancy Chae
Social/Emotional Skill Building with Elementary School Aged Children	Kelly Kaczmarczyk & Allison Williams
Utilizing Play Therapy Techniques in Your School Counseling Program	Shannon Price & Kaitee Nicholas
Thursday, October 17 Breakout Session 2 11:35 am – 12:25 pm	Presenter(s)
A Day at Work - A Students Real World Experience in the Work Place	Kelly Kenworthy & Mary Armstrong & Holly Melko
Approaching Anxiety: How (and When!) Counselors Can Intervene	Allison Edwards
Community Service to Support Character Education and Career Exploration	Sarah Bustard
Groups - FLAVA, Black Girl Magic, and Party Like a Rockstar - That Work!	John Kronstain
Managing Anxiety for Students: Combining Leadership & Mindfulness	Suzanne Hart & Ila Cartwright & Jonathan Staylor
Opening a Circle and Creating a U - Military and New Student Engagement	Meredith Ayala & Lynette Henry & Amanda Woodyard
Self-Assessing My School Counseling Program Practices	Carol Kaffenberger & Tammy Davis
So Now What? Post-Secondary Opportunities for Undocumented Young Adults	Elizabeth Dinwiddie
Super Readers Building Super Character	Amy Johnson & Kendall Hunt
Training Socio-Emotional Skills Through Play, Learn, and Enjoy Curriculum	Kelly Atwood & Virginia Larson & Elena Savina
Transitioning to the Next Step in Your School Counseling Career	Shannon Edwards & Libby Brown
Unpacking the Suitcase	Taisha Steele & Malora Horn
What's the Worry?	Jeanne Booth & LaShanta Smith

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Thursday, October 17 Breakout Session 3 1:25 pm – 2:15 pm		Presenter(s)
A Collaborative Model for Emotional Regulation		Sarah Bazemore & Jennifer Autry
Becoming a RAMP High School: From Dream to Reality		Karen Cole & Catherine Sims & Emily Garcia & Holly Toombs
Circle Up! Using Restorative Justice Circles to Improve Student Attendance		Megan Neforos & Kelly Murphy
CTE: Equipping Our Youth for Career and College Readiness		Tomeka Dowling & Drexel Harris & Vivian Giles
Educator Self-Care: The Trickle Down Effect		Anne Contreras & Michelle Mitchell
Give 'em a TOOTHACHE! Use Data to Hit Your Administrator's "Sweet Spot"!		Jentae Mayo & Brett Welch
Little-Known Secrets of Paying for College		Brock Jolly
More Than "likes": Self-Identity and Social Media		Lauren Holcomb
Multilevel Support for Newcomer English Learners		Amy Carroll & Joanne Nagurny & Safiya Muhammad
Next Steps: Building Career Pathways with At-Risk High School Students!		Christy Brown-Hammond & Kathryn Shapiro & Shannon Edwards
PostSecret: Collaboration with Counseling and Art		Michaela Beatty
Put on a Wellness EXPO! Healthy and Fun Activities for Students and Staff on a Shoestring!		Cristi Goldberg & Ken Christopher
Thursday, October 17 Breakout Session 4 2:45 pm - 3:35 pm		Presenter(s)
#CHICAS: Teaching Inquiry Skills for Advocacy of Underrepresented Students		Natalie Edirmanasinghe
Cultural Responsive Pedagogy: Closing Gaps and Opening Doors		Marsha Rutledge
Helping Grieving Children and Teenagers in Your School		Pamela Gabbay
I Won't Go: The School Counselor's Role In Addressing School Refusal		Emily Pogue & Susan Hardman & Christina Decker & Anne Stewart
Infusing Mindfulness into Your School's Culture		Sarah Bazemore & Sarah Steppacher
The Laws of Mentoring		Brigette Sears
Online Education in Virginia: What Every School Counselor Needs to Know		Amy Cory
Opening Doors and Building Bridges for Counseling and CTE		Emily Hall & Sue Venable-Shelton
The PCS Challenge - Building Empathy for Transitioning Students		Tiffany Johnson & Karen Phillips & Deborah Patch
Restorative Justice Practices to Support the Whole Child		Erin Hurley & Sarah Parshall
School Retool Leadership Academy; Graduating with Marketable Skills		Jennifer Schrader & Eric Cusick
Senior Mentors: A Deliberate Approach To School Culture		Beth Fowler
Using the New ASCA National Model to Help Students		Steve Zaharakis

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Thursday, October 17 Breakout Session 5 3:50 pm – 4:40 pm		Presenter(s)
1-2-3 Go to College!		Paula Robinson
A Data-Driven Approach to Attendance		Ashton Guza & Elizabeth Fowler
A First Year School Counselor's Survival Guide		Molly Moomau & Katie Horton
Building Bridges: Implementing a Formal Tier 2 System of Behavioral Support		Amanda George & Alysia Brown
Creative Career Conversations		Allison Bollander & Sharon Pittman
How Do I Stop Kids From Name Calling?!		Meredith Holder & Jennifer Crowder
How Do You Want to Change the World?		Teresa Gibbons & Theresa Richardson
I'm Not Your Superwoman: Women in Counseling and Self-Care		Krystal Freeman Clemons
Secondary Small Group Counseling Smackdown		Julia Taylor & Hannah Dowdy & Elnora Heller & Courtney Hevener & Katie Lane & Cameron MacDonald & Jack Madden & Catie Olsen & Lizzy Palmer & Katherine Sublett & Kirsten Theobald
Using Data and Trauma-Informed Practices to Advocate for School Counselors		Taisha Steele
Virtual Career Day: Careers à la carte		Bryan Pecoraro
Friday, October 18 Breakout Session 6 8:30 am – 9:20 am		Presenter(s)
A Career-Minded School Community: Strategies to Embrace Career Development		Emily Fielder
Equity Lessons to Promote Culturally Responsive Students		Erin Hurley & Elaine Stottlemeyer
K-12 Career Counseling		Cheryl Gallelo & Emily Hall & Sharon Wingert & Maggie Morganti
Methods Within Mindfulness: What is Acceptance?		Matt Shenker
The Opioid Crisis: The School Counselor's Role in Supporting Students		Susan Hardman & Anne Stewart
The Power of Post-Its		Katherine Baker
Ready, Set, Apply! Designing a College Application Workshop		Clare Trow
Space Jam		Lila Hiltz & Aaron Mullins
Strategies to Support Students' Transition To and From DoDD Schools		Nancy Chae
Supporting First Year School Counselors Through a Virtual Induction Program		Patrick Mullen
Using Predictive Data to Identify and Support At-Risk Latinx		David Edwards

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Friday, October 18 Breakout Session 7 9:35 am – 10:25 am		Presenter(s)
#CAP: Alpha Kappa Alpha's Initiative for College Admissions		Krystal Clemons & Bianca Gregory & Fallon Dodson
Connecting, Processing, and Advocating with ZINES!		Sarah Henry
Counseling Refugee Students		Leila Warraich & Adrienne Backer & Nathaniel Mason
Elementary Small Group Counseling Smackdown		Julia Taylor & Kathleen An & Andrew Davis & Cheryl Drew & Abbey Lawhorne & Irene Lee & Katie Lowry
Focus-Driven Education		Steven Coyle
G.A.P.S.: Going Against Persistent Skepticism		Amirah Bohler
Keep Calm and FAFSA on		Paula Robinson
Level Up		Loretta Speller & Laura Bradley & Darnell Erby
Strategies for Implementing Mentorship Programs		Patrick Mullen
This Girl Can Club		Kimberly Jones & Carolyn Sharpe
What's Important to Our Kids? Keys to Exploring Values with Children		Matt Shenker
Friday, October 18 Breakout Session 8 11:00 am – 11:50 am		Presenter(s)
Achieving Student Engagement During Classroom Lessons		Allison Anderson & Amy Conrad & Shannon Price
Building Healthy Relationships in High School		Ashton Guza
College Inquiry Unit		Christina Buckingham
Health & Wellness Initiative		Jaime Alvis & Melissa Mentzel
The Hidden Secrets: Landing the Job & Surviving Your First Year		Kelsey Richardson & G. Iesha Lee
Hopes and Hurdles: Positive Psychology and Resilience in Counseling		Tammy Davis
Implementing Advisory Programs as a Pathway to Student Success		Annie Chowns
Restorative Practices: Connecting Your Work on a Deeper Level		Marcia Jackson & Gregory Baldwin
School Counselors Roles In School-Based Trauma Informed Care		Adrienne Backer
Virginia Career VIEW High School Resources		Michele Seibert
Yeti or Not Yeti???		Tamarah Stanley & Charles Grausz