



CONNECTICUT
SCHOOL
COUNSELOR
ASSOCIATION

ANNUAL CONFERENCE

Inspire
EMPOWER
embrace

Mohegan Sun • Uncasville, CT May 28-29, 2020

SPONSORED BY



ARMY ROTC



**College Board
Opportunity
Scholarships**

- Keynote Speaker
- Pre-Conference Learning Session
- 30+ Breakout Sessions
- Exhibit Hall
- Lunch Provided on Monday
- Door Prizes

KEYNOTE SPEAKER

Friday, May 29 Opening Keynote Session Speaker

Julia Cook

Julia Cook is a national award winning children’s author, counselor and parenting expert. She has presented in thousands of schools across the country and abroad, regularly speaks at national education and counseling conferences, and has published children’s books on a wide range of character and social development topics. The goal behind Cook’s work is to actively involve young people in fun, memorable stories and teach them to become lifelong problem solvers. Inspiration for her books comes from working with children and carefully listening to counselors, parents, and teachers, in order to stay on top of needs in the classroom and at home. Cook has the innate ability to enter the worldview of a child through storybooks, giving children both the “what to say” and the “how to say it”.



Join Julia as she presents *Got Hope? NOPE!: Understanding the Importance of Hopefulness*. The most tragic thing a person can lose is their hope. Without hope, despair takes over. Without hope... a child becomes hopeless. Hopeless children don’t try, have poor relationships with others, and feel helpless. In terms of resilience and well being, hope is a critically important predictor of success. Research tells us that by the time children are 10 years old, they have maximized the amount of hope instilled in their minds. This poses two very unique challenges for parents, teachers, and counselors...How do we help children increase their amount of hope prior to the age of 10, and how do we help them maximize their hope potential after the age of 10. In this research-based, humor infused keynote, Julia Cook explores the components of hope, discusses the results of the Hope Scale for Children, defines the differences between hope and optimism, and presents a blueprint for maximizing hope growth and potential in children, teens and adults.

“Hope us our children’s window for a better tomorrow!” Ready...Get “MIND SET”...GROW!

Julia will also present a breakout session titled, *Reboundaries and Resilience: Enhancing Skills that Foster Boundary Recognition, Determination and GRIT!*

How do we accomplish the great task of teaching our kids the BIG LIST of everything they need to know and succeed in life when they believe that all of their needs are being met through screen time? How do we teach our kids online safety? How do we allow technology to add to our children’s life as opposed to taking from it? How do we create an environment where kids genuinely “want it” more than we want it for them?

Julia takes a look at how creative world-class parents and educators are answering these questions and helping children thrive with strength and confidence in their ever-changing world!

Thursday, May 28, 3:00 p.m. - 6:00 p.m.

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

Allison Edwards

SPEAKER BIO: Allison Edwards LPC, RPT is an affiliate professor in the Human Development Counseling department at Vanderbilt University, the author of *Why Smart Kids Worry* and *Worry Says What?* and the creator of *Anxiety Tracker*, an iPhone app that helps track anxiety. 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.

ABOUT THIS SESSION: Join Allison as she presents *15-Minute Counseling Techniques that Work: What You Didn't Learn in Grad School*. Feel like you don't have enough time to do counseling? Participants will learn 15 counseling techniques that can be implemented in less than 15 minutes from when a student walks into your office. The program can be suited to elementary, middle, or high school counselors (or a combination of all) and participants will not only learn the strategies but will be doing them alongside Allison as she teaches how to implement them. Get out your Play-Doh! This hands-on, experiential program will revolutionize your counseling department and help kids leave feeling empowered.

Allison will also present a breakout session titled, *Approaching Anxiety: How (and When!) Educators Can Intervene*.

Anxiety is the #1 mental health disorder in the country and affects nearly 30% of students. Each day students walk into classrooms with upset stomachs, sweaty palms and minds spinning with fear-based thoughts. Learn how to recognize anxiety in children, how to support anxiety in neurologically diverse classrooms, and how to talk to parents about student anxiety. Educators will leave the session with confidence to identify issues to address inside the classroom and how to work with outside professionals to help anxious children begin to thrive.

Visit 30+ Exhibitors at the Conference!



Thursday, May 28, 2020

- 2:00 p.m. – 6:00 p.m. Registration and Information Center Open
- 2:00 p.m. – 6:00 p.m. Exhibits Open
- 3:00 p.m. – 6:00 p.m. Pre-Conference Workshop Speaker – Allison Edwards
- 6:00 p.m. – 8:00 p.m. Awards Reception

Friday, May 29, 2020

- 7:00 a.m. – 9:00 p.m. Registration
- 7:00 a.m. – 3:30 p.m. Exhibits Open
- 7:00 a.m. – 8:00 a.m. Breakfast
- 7:45 a.m. Chairman of the Board's Welcome
- 8:15 a.m. – 9:15 a.m. Opening Keynote Session – Julia Cook
- 9:15 a.m. – 9:30 a.m. Exhibitor Break
- 9:30 a.m. – 10:20 a.m. Morning Learning Session 1
- 10:20 a.m. – 10:40 a.m. Exhibitor Break
- 10:40 a.m. – 11:30 a.m. Morning Learning Session 2
- 11:30 a.m. – 11:45 a.m. Exhibitor Break
- 11:45 a.m. – 12:45 p.m. Luncheon
- 12:45 p.m. – 1:15 p.m. Exhibitor Break
- 1:15 p.m. – 2:05 p.m. CT Frameworks Session
- 2:05 p.m. – 2:25 p.m. Coffee Break with Exhibitors
- 2:25 p.m. – 3:15 p.m. Afternoon Learning Session
- 3:25 p.m. – 3:45 p.m. PD/CE Certificate Distribution, Door Prizes and Giveaways

Become a Member of the CSCA Today!

Before registering for the conference, please visit www.CSCA.wildapricot.org/join-us and become a member or renew your annual membership.

REGISTRATION FORM (PLEASE PRINT CLEARLY)

NAME (as it should appear on name badge) _____

JOB TITLE - (REQUIRED PLEASE) _____

ORGANIZATION/SCHOOL DISTRICT _____

EMAIL (REQUIRED FOR CONFIRMATION) _____

WORK ADDRESS _____

CITY _____ STATE _____ ZIP _____

WORK PHONE (_____) _____

To help us plan better, please check the appropriate box.

I will be attending the following: Pre-conference Session Awards Reception

I am a (Please Check One): Professional Member Student Member Non-Member Retiree Member

Full Conference – Attend both days, Includes Pre-Conference (May 28-29)

- Early Registration***** (by March 31, 2020)
 Regular Registration (after March 31, 2020)

	MEMBERS*			NON-MEMBERS**	
	Professional*	Student*	Retiree*	Professional**	Student**
Early Registration***	\$135 per person	\$75 per person	\$75 per person	\$200 per person	\$110 per person
Regular Registration	\$150 per person	\$85 per person	\$85 per person	\$215 per person	\$120 per person

* Must be a CSCA member

** By registering for the CSCA full conference, you will receive a complimentary CSCA membership

*** To qualify for the Early Registration Rate, your registration form AND payment must be received or postmarked by the Early Registration cutoff date.

Total Due \$ _____

REGISTRATIONS CANNOT BE PROCESSED WITHOUT PAYMENT. PLEASE SEND PAYMENT AND REGISTRATION FORM(S) TOGETHER.

How and Where Do I Pay?

	WEBSITE	EMAIL	FAX	PHONE	MAIL
CREDIT CARD	✓	✓	✓	✓	✓
PURCHASE ORDER		✓	✓		✓
CHECK					✓

WEBSITE: www.ncyi.org/ct-scac

EMAIL: registrations@ncyi.org

FAX: 423-899-4547

PHONE: 866-318-6294

MAIL: National Center for Youth Issues
 P.O. Box 22185
 Chattanooga, TN 37422-2185

Please make your check or purchase order payable to: **National Center for Youth Issues.**

A W-9 is available on the website.

PAYMENT METHOD

- PURCHASE ORDER** A COPY OF THE PURCHASE ORDER IS REQUIRED.
 (ADDRESSED TO NATIONAL CENTER FOR YOUTH ISSUES, P.O. BOX 22185, CHATTANOOGA, TN 37422-2185)
- CHECK ENCLOSED** (MADE PAYABLE TO NATIONAL CENTER FOR YOUTH ISSUES)
- CREDIT CARD** PERSONAL CORPORATE

CARD NO. _____ EXP. DATE CID# _____

NAME ON CARD (PLEASE PRINT) _____

CREDIT CARD BILLING ADDRESS _____

CITY _____ STATE _____ ZIP _____

AUTHORIZED SIGNATURE _____ EMAIL _____

CANCELLATION POLICY: There will be no refunds after May 8, 2020. All cancellations before May 8, 2020 will be refunded less a \$25 handling fee. The association is not responsible for and cannot give refunds due to problems beyond its control, such as weather and school closings.

PLEASE NOTE: The attendee will receive a confirmation to the email address provided when their registration is processed (make sure to check Junk/Spam folders). Please allow ample time for processing.



The Mohegan Sun

1 Mohegan Sun Blvd, Uncasville, CT 06382

Make Hotel Reservations Early! Limited Availability!

The Mohegan Sun, the Conference's host hotel, has a conference rate of **\$149 per night, plus tax**, which remains valid for reservations made by **May 14, 2020**, while rooms are available. Please note the conference room rate is only good for the night of **Thursday, May 28, 2020**.

To make hotel reservations:

Call: (866) 708-1340. Please be sure to tell the hotel the group code is "CTSCA20."

Register Online:

Go to www.ncyi.org/ct-scac.

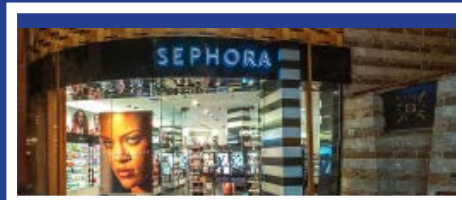
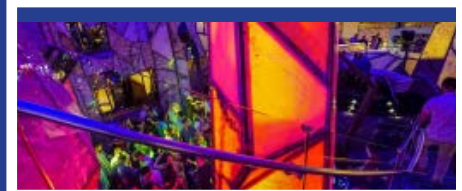
Under the "Accommodations" section follow the instructions for the hotel's reservation system.



Come Work and Play!

The Mohegan Sun is home to 42 restaurants and bars and 34 shops. Get some retail therapy at places like Sephora, Chico's, Yankee Candle, and more! Or eat dinner at Ballo, Johnny Rockets, Michael Jordan's Steakhouse, or Tao. You can experience the excitement of a high-energy DJ at Avalon or Vista, bowl and sing karaoke at Game On, or test your skills on a bull at Comix Roadhouse. The Mohegan Sun has a variety of options for your entertainment.

For more information go to www.ncyi.org/ct-scac. Under the "Accommodations" section click the link to visit the Mohegan Sun.



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!