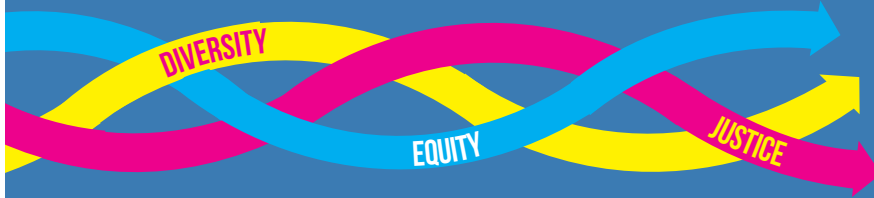


PATHWAYS TO THE FUTURE

FOSTERING CHANGE AND INCLUSION



APRIL 5-6, 2021



SPRING CONFERENCE



SPONSORED BY



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ARMY ROTC



The Pre-Conference Learning Sessions include additional opportunities for more professional development and PDP 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. Sessions are at a minimal fee.

If you are interested in viewing more than one session, you will be charged the fee for each session. All Pre-Conference sessions are being shown live at the same time. Watch one Pre-Conference session live and then watch the other recorded Pre-Conference sessions later.

You can now view more than one Pre-Conference session!

Watch one session live and catch the rest later! Sessions are available to view online through **May 31, 2021**

Fee applies per each session. See registration form.

Monday, April 5, 2021 | 9:00 am – 12:00 pm

1. Trauma Responsive Educational Institutions in a Post-Pandemic World: We Need Them Desperately

Dr. Karen Gross

This pre-conference session will address this reality: the vaccines will allow us to reopen schools and greatly narrow the risk of physical illness. But, the reality is that we will need to address the trauma our students and educators have and are experiencing pre, during and post Pandemic. This session will focus on strategies for creating trauma responsiveness within institutions, addressing changes needed at the macro level. Topics will include changes in institutional culture, use of space, communication approaches and new hire orientations. Concrete strategies will be provided and they can be adapted to schools that serve differing student populations. The proffered ideas, while grounded in theory, are based on in-the-trenches experiences with institutional transformation. Please bring one cup or saucer you are willing to break (yes really) and glue and nail polish (ideally gold). We will be using these items for an exercise.

Monday, April 5, 2021 | 9:00 am – 2:30 pm

2. School Counselors and Diversity, Equity, Inclusion, and Justice: Learning and Leading Together

Manjula Karamcheti, Dr. Julianna Stockton, Dr. Anjali Deshpande & Dr. Des Floyd

This pre-conference session will introduce participants to design thinking, teaching for justice as a competency, and the ASCA Racism and Bias standards as ways to promote diversity, equity and inclusion in schools. Our team will introduce tools and exercises that promote identity development, examining conscious and unconscious bias, and strategies for using data to identify systemic oppression in school programs and policies. Topics including, but not limited to structural and systemic racism, white supremacist culture, and racial justice will be explored. Participants will be asked to bring a problem of practice regarding diversity, equity and inclusion (DEI) in their school, community or other setting and will have the opportunity to work through that problem individually or in a small group with a team.

Monday, April 5, 2021 | 9:30 am – 1:30 pm

3. Transitioning from Graduate Student to School Counselor: Tips, Tricks, & Insights

Dr. Megan Krell & Kayla Schutte

Calling all graduate students! This session is designed as a pre-conference Graduate Student Institute to help prepare for the job application process and transition to the role of a school counselor. Topics will include: resume and cover letter best practices, interviewing techniques and practice, navigating the licensure and continuing education process, and a panel conversation with new school counselors and administrators from recently hiring districts.

Opening Workshop Session

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. She is the author of *Why Smart Kids Worry*, *Worry Says What?*, and *Marcy Is Having All the Feels*. 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.



WATCH LIVE!

Monday, April 5, 2021
3:00 pm – 6:00 pm

Or, catch it later!

This session will be recorded
and available for viewing until
May 31, 2021.

Keynote Address

Mental Health Literacy: Raising Awareness to Provoke Change

Julia Taylor

SPEAKER BIO: Dr. Julia V. Taylor is an assistant professor at the University of Virginia. She was previously the Dean of Student Services for the Wake Young Women's Leadership Academy, a public, all girls' school located in Raleigh, NC. Originating from the Washington, DC area, Julia received her undergrad degree in Exercise Science with a concentration in Health Education from George Mason University. She received her masters in Psychology with a concentration in School Counseling from Marymount University. Julia received her doctorate from Virginia Commonwealth University in Counselor Education and Supervision.

Julia is the author of many books: *The Body Image Workbook for Teens*, *The Bullying Workbook for Teens*, *Salvaging Sisterhood*, *G.I.R.L.S: Group Counseling Activities for Enhancing Social and Emotional Development*, and a children's book, *Perfectly You*. She frequently presents her research and experiences with educators, parents, and students at the national level.

ABOUT THIS SESSION: Join Julia as she presents *Mental Health Literacy: Raising Awareness to Provoke Change*. Current research indicates that 1 in 5 students will experience a mental illness before the age of 25, with symptomology beginning during adolescence. The lifelong trajectories for these conditions can be greatly improved with early identification and intervention. School counselors are ideal to provide Tier 1 programming to reduce stigma, promote help-seeking behavior, and enhance mental health literacy for youth. This session will provide an overview of current research and best practices to address the topic, along a plethora of suggestions and advocacy resources.

Expected session outcomes:

- Participants will examine stigma-reducing strategies associated with mental health conditions.
- Participant will learn how to improve help-seeking behavior among youth and bystanders.
- Participants will understand early identification strategies to share with parents/caregivers, teachers, administration, and other educational stakeholders.
- Participants will learn how to utilize connections with community service boards and outside mental health providers.

Julia will also present a breakout session titled, *Strengthening Sisterhood: Empowering Girls to Resist Societal Pressures, Fight Unrealistic Media Standards, and Develop a Healthy Body Image*.

Today's standards of beauty are unrealistic and unattainable. It's not a coincidence that body image disturbances are widespread, contagious, and toxic. Girls are inundated with confusing messages that often interfere with their ability to learn, lead, and develop authentic relationships. This session will address these important issues, with a focus on helping girls develop leadership skills to combat and revive a generation that has become exhausted by body bashing, social media saturation, and the myth of perfection.

Expected session outcomes:

- Participants will have a clear understanding of body image, media literacy, and the pressures girls face on a daily basis.
- Participants will learn how to creatively assist girls and their families in developing leadership skills that promote a healthy and balanced life.
- Participants will learn specific counseling techniques to empower girls to rise above our cultural standards of success.
- Participants will learn tools to teach girls to assertively advocate for themselves.
- Participants will be provided with a plethora of resources that can easily be integrated into a comprehensive school counseling program.



WATCH LIVE!

Tuesday, April 6, 2021
8:00 am – 9:15 am

Or, catch it later!

This session will be recorded
and available for viewing until
May 31, 2021.

CONFERENCE SCHEDULE



Monday, April 5, 2021

- 9:00 am – 12:00 pm Pre-Conference Session
Trauma Responsive Educational Institutions
- 9:00 am – 2:30 pm Pre-Conference Session
School Counselors and Diversity, Equity, Inclusion, and Justice
- 9:30 am – 1:30 pm Pre-Conference Session
Transitioning from Graduate Student to School Counselor
- 3:00 pm – 6:00 pm Opening Workshop Session
Allison Edwards
- 6:30 pm – 7:30 pm MASCA Virtual Social Hour

Tuesday, April 6, 2021

- 8:00 am – 9:15 am MASCA President's Welcome and Keynote Address
Julia Taylor
- 9:15 am – 9:30 am Break
- 9:30 am – 10:20 am Live Breakout Session #1
- 10:20 am – 10:40 am Break
- 10:40 am – 11:30 am Live Breakout Session #2
- 11:30 am – 11:45 am Break
- 11:45 am – 12:45 pm Virtual Awards Ceremony and Update from the MA
Commissioner of Education
- 12:45 pm – 1:00 pm Break
- 1:00 pm – 1:50 pm Live Breakout Session #3
- 1:50 pm – 2:05 pm Break
- 2:05 pm – 2:55 pm Live Breakout Session #4
- 2:55 pm – 3:00 pm Transition Break
- 3:00 pm – 4:00 pm MASCA General Session Meeting

MASCA Online offers both live and recorded sessions!

Pre-Conference, Keynote, General, and breakout sessions will be broadcast live. About one week following the conference, the live sessions will be available to watch if missed on the 5th-6th. Plus, more than 15 prerecorded breakout sessions covering multiple topics will also be available. **These sessions will be available to view until May 31, 2021.**

ONLINE CONFERENCE REGISTRATION



Become a Member of the MASCA Today!

Before registering for the conference, please visit www.masca.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 _____

ATTENDEE EMAIL (REQUIRED FOR CONFIRMATION) _____

WORK ADDRESS _____ COUNTY _____

CITY _____ STATE _____ ZIP _____

WORK PHONE () _____ CELL PHONE () _____

A. Main Conference (April 5-6, 2021)

Member* (per person)			Non-Member** (per person)		
Professional	Student	Retiree	Professional	Student	Retiree
\$105	\$60	\$20	\$150	\$75	\$35

* Membership must be good through April 6, 2021 to qualify for these rates.
 ** By registering for MASCA as a non-member, you will receive a complimentary MASCA membership.

(Total A) \$ _____

B. Pre-Conference (April 5, 2021)

You can view multiple sessions! View one live and watch the others before May 31, 2021! Fee applies per each additional session. See below.

	Member* (per person)			Non-Member (per person)		
	Professional	Student	Retiree	Professional	Student	Retiree
1. Trauma Responsive Educational Institutions – Gross	\$30	\$30	\$30	\$75	\$75	\$75
2. School Counselors and Diversity, Equity, Inclusion, and Justice – Karamcheti, Stockton, Deshpande & Floyd	\$30	\$30	\$30	\$75	\$75	\$75
3. Grad Student to School Counselor – Krell & Schutte	\$10	\$10	\$10	\$25	\$25	\$25

(Total B) \$ _____

Total Due (A + B) \$ _____

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/mascac
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 March 5, 2021. All cancellations before March 5, 2021 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. The sponsors of the conference receive registrant contact information.

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).