



WORKSHOPS – 3 SESSIONS



SESSION 1 – 10:30AM-11:30AM

Dr. Laurel Bongiorno – Keynote Speaker

Title: Applying the Principles of Appreciation Inquiry

Geared towards: All Grades

Description: This workshop will build on the morning's keynote which introduced the principles of Appreciation Inquiry. Participants will explore the principles more deeply.

Ruling Our eXperiences (ROX) - Nancy Willis **This workshop is full*

Title: Selfies, Snaps, Sexts and Self-Esteem: How Technology is Transforming Girls' Lives & What We Can Do to Help

Geared towards: Elementary, Middle, Secondary

Description: Social media has transformed the lives of adolescents in profound ways and has a documented disparate impact on girls - on their relationships, mental health, decision-making, confidence, participation and aspiration. As the world becomes increasingly complex, the impact of 24/7 screen time is impacting classroom interaction, school climate and student relationships. Hear what girls are saying (and doing!) online and learn how to provide support.

Advance Vermont - Tom Cheney, Serve Learn Earn - Kate Gluckman

Title: MyFutureVT: Connecting Students with Career and Education Resources

Geared Towards: Middle, Secondary, Post-Secondary

Description: MyFutureVT.org is the only comprehensive online resource providing Vermonters with information to make informed and empowered decisions about their education and career pathways. This free online tool from the non-profit Advance Vermont showcases entrance points to the top 500 jobs in Vermont, the education and training programs to access these jobs, and a comprehensive collection of resources to help support Vermonters along their career and education journey. This session will introduce participants to MyFutureVT and explore how they can use it with students and families. For an example career pathway, attendees will see how the site supports students considering a career mitigating climate change and will learn about youth-focused programs from Serve Learn Earn.

Navigate 360 - Tracy Howe and Kim Wilson **This workshop is full*

Title: Supporting Student Wellness & Success Through Restorative Practices

Geared Towards: Middle, Secondary

Description: Join Navigate360's Tracy Howe and Kim Wilson for a transformative workshop session: "Supporting Student Wellness & Success Through Restorative Practices." Drawing on the latest research, participants will explore the profound impact of restorative practices in fostering positive learning environments and enhancing student well-being. Through insightful discussions, case studies, and practical tips, attendees will gain valuable insights into effectively implementing restorative practices within their schools. Don't miss this opportunity to empower your educational approach and contribute to the holistic success of your students. Key Takeaways: Dive into the transformative potential of restorative practices, discovering how they shape positive learning environments and amplify student well-being. Uncover actionable strategies that can pave the way for seamless integration of restorative approaches within your school. Elevate your educational approach with the expert-led session, propelling holistic student success and fostering a culture of growth and inclusivity.

SESSION 2 – 1:10PM-2:10PM

Justin Pinard – South Burlington High School **This workshop is full*

Title: Mind Mapping: A Restorative Tool for Processing with Students (K-12).

Geared towards: Elementary, Middle, Secondary

Description: Abstract: Do restorative responses to discipline yield more holistic outcomes for youth than traditional measures? Learn how this hypothesis led to a collaborative pilot study, key takeaways, and the adaptation of a Mind Mapping tool grounded in restorative principles. Apply this strategy in small groups and reflect on how it can support your own practice. Applicable to all ages! Learning Objectives: 1.) Acknowledge the impacts of both punitive and restorative approaches to discipline. 2.) Develop a deeper understanding of how the Mind Mapping tool is steeped in restorative principles and can lead to beneficial student outcomes in disciplinary situations. 3.) Practice using the Mind Mapping tool and leave with a practical resource for future application.

The Center for Health and Learning - Kathleen Kilbourne

Title: Umatter Suicide Prevention and Awareness training

Geared Towards: Middle, Secondary, Post-Secondary

Description: Know basic information about suicide prevention * Reduce Stigma and learn myth busters * Identify protective factors, risk factors, and warning signs * Learn the 3-step intervention process and practice it * Increase confidence and competence to respond Understand your role in suicide prevention either in your school, organization, or community *Take home free resources, materials, and tools to share broadly.

Changing Perspectives - Sam Drazin **This workshop is full*

Title: The Intersection between inclusion and SEL

Geared Towards: Pre K, Elementary, Middle, Secondary, Post-Secondary

Description: Too often in schools, we silo the work and initiatives being undertaken in the areas of inclusion and SEL. In fact, SEL can serve as a strong foundation for inclusive practices at any grade level. This workshop investigates the many points of connection between inclusion and SEL and the benefits of integrating these two areas of work intentionally. Participants will consider various ways to easily begin integrating these two critical areas into a coordinated effort that maximizes the benefits of both for the entire school community.

Vermont Agency of Education - Ryan Parkman

Title: Integrating Frameworks: School Counseling, Personalized Learning, and Flexible Pathways

Geared Towards: Middle, Secondary

Description: Members of the AOE's Personalized Learning team will identify ways in which personalized learning plans and flexible pathways can integrate with the Vermont School Counselor Comprehensive Model. This workshop will assist school counselors – uniquely qualified and positioned to bring multiple areas of student-centered learning alive – in using AOE resources in their daily work with students and staff. This thoughtful integration will advance the goals of the school counseling model and student-centered learning – to support every student in becoming productive community contributors, competent and satisfied in their future careers, and socially/emotionally healthy individuals throughout their lifespan.

ASCA - Deidra Hawkes

Geared Towards: All grades and ages

Title : Advocacy 101

Description: School counselors work to maximize student success, promoting access and equity for all students. This requires advocacy know-how and ability to endure and overcome challenges that create barriers for doing this necessary work. Attend this session to learn new and best practices in advocating for the profession and for students in the schools, district, state and national levels.

SESSION 3 – 2:25PM-3:25PM

Stefanie Seng – Warren School

Title: Guided Visualization: For Whole Class and Small Groups

Geared towards: Elementary, Middle

Description: Help students access a deeper connection to their personal gifts and inner wisdom through guided meditation. This includes tips for including movement or videos for children under 8, as well as recommendations for kids who struggle with visual imagery. This workshop covers the elements for guided meditation and follow up activities.

CCV - Katie Mobley, UVM – Jay Jacobs, VT State College – Maurice Ouimet

Title: Turning the curve: UVM, VTSU and CCV's role in changing VT's college continuation rates

Geared towards: Secondary, Post-Secondary

Description: Vermont has one of the highest high school graduation rates in the country and yet our post-secondary continuation rates continue to remain stubbornly low. Come hear from UVM, VTSU and CCV's enrollment leaders to learn more about the programs each institution is offering to impact these rates and the partnerships between these schools that are creating easy pathways for VT high school students. This session will also offer an opportunity to ask questions and provide feedback.

SAU67 & Balanced Card Sort - Beth Corkum

Title: Sort Yourself Out! Using card sorts to clarify what they need to be happier, healthier & more engaged!

Geared Towards: Secondary, Post-Secondary

Description: Today's students and educators are stressed and burned out, and their mental health and well-being are suffering...Give them tools to help them thrive. Balanced Card Sorts offers simple, interactive card sort tools that help your students and educators sort out what they need to take care of themselves and take meaningful action toward their wellness and career goals, while offering your institution actionable, timely data insights to inform your programs and interventions.

Safer Society - David Prescott

Title: How School Counselors Can Help Prevent Problem Sexual Behaviors

Geared Towards: Secondary

Description: School Counselors play a vital role in preventing and stopping problem sexual behaviors. This workshop will provide attendees with an overview of current knowledge about effective interventions with adolescents who are exhibiting problematic sexual behaviors. It will review what we do and don't know about co-occurring problems such as substance use disorders and the need for trauma-informed care. The workshop will review the principles that excellent treatment programs follow and the characteristics of effective professionals. Although no discussion of abuse is ever entirely easy, Mr. Prescott is an expert in the field who creates safe spaces for these discussions. Key topics include: • The origins of harmful and self-harming behaviors, such as problem sexual behavior, physical violence, and substance use disorders. • The role of families in preventing problem sexual behaviors. • Examples of effective and ineffective approaches to intervening. • How stigma acts as a barrier to effective interventions.