

ALSCA Regional Workshop Fall 2020 (virtual)

Real and Relevant for Right Now: Applicable Best Practices for Current Times

Russell A. Sabella, Ph.D. **Bonus session with Laura Ross, Ed.S. – 2020 ASCA School Counselor of the Year**



September 18, 2020 • Virtual Workshop on Zoom

DESCRIPTION: Schools are dealing with increasingly complex matters pertaining to students' mental health and social/emotional well-being. Through the delivery of a comprehensive school counseling program, with equitable access for all students, school counselors can be influential in promoting student resilience and positive mental health outcomes. Given school counselors' instrumental role in mental health crisis prevention and intervention, it is essential they possess the knowledge and tools necessary to identify and respond to the many issues students are facing in these uncharted, modern times. **School counselors, counseling coordinators, school and system administrators, school based therapists and social workers, school nurses, teachers, counselor educators, counseling students, and other stakeholders are encouraged to attend**, as collaboration with all stakeholders is an essential building block of a comprehensive school counseling program.

SCHEDULE

TIME	ACTIVITY	HOST	Details
8:00-8:10am	Welcome & Information	ALSCA Board Member & Russell Sabella, Ph.D.	Be sure to log in by 8:00am, to join our welcome and information for the day's sessions, as well as to hear answers to our FAQs.
8:10-9:40am	Session 1 Credit: 1.5	Russell Sabella, Ph.D.	Solution Focused Brief Counseling, Consultation, and Parent Conferences (Part 1) Solution focused brief counseling (SFBC) is an elegant and powerful approach to helping students and other stakeholders make positive changes. Learn a practical approach that can be used in individual counseling, small groups, parent conferences, teacher consultations, classroom lessons, leadership, or program development. The SFBC approach helps students/parents build on their strengths and abilities as a way to achieve more effectively and efficiently, while overcoming weaknesses or deficits. This goal or action-oriented model helps our students and families to feel more empowered to get back on track and have more problem free days.
9:40-9:50am	Break		
9:50-11:05am	Session 2 Credit: 1.25	Russell Sabella, Ph.D.	Solution Focused Brief Counseling, Consultation, and Parent Conferences (Part 2)
11:05-11:40am	Lunch		
11:40am-12:40pm	Session 3 Credit: 1.0	Russell Sabella, Ph.D.	Technology Tech, Tips, and Tricks Learn about the most powerful features of various applications, including word processing, spreadsheet, multimedia, and social media. Dr. Sabella shares his most coveted tips, tricks, and shortcuts to help you become more productive and have more fun in your work!
12:40-12:50pm	Break		
12:50-1:50pm	Session 4 Credit: 1.0	Russell Sabella, Ph.D.	eLearning with Zoom (How to Reach and Teach Remotely) Learn more about how to effectively use tools for delivering interactive e-learning via video conference platform (e.g., Zoom)
1:50-2:00pm	Break		
2:00-3:00pm	BONUS: Session 5 Credit: 1.0	Laura Ross, Ed.S.	Be a School Counselor on Purpose: Remember Your Why to Fuel Your What As school counselors, we know what we are called to do. We design and deliver school counseling programs that support all students in the areas of academic success, social/emotional development, and college and career readiness. We create system change through advocacy, collaboration and leadership. But what is the why behind the what? When school counselors remember their why, they can be purposeful in their advocacy and collaboration. When school counselors remember their why, they are empowered to address inequity, bias and access within their school. Join 2020 ASCA School Counselor of the Year Laura Ross as she shares her why and how it has informed her work as a school counselor leader, advocate, collaborator and change agent.

This workshop has been approved for **5.75 NBCC hours (5.75 hours of professional development)**.

See *NBCC Hours Application Form* on ASCA States Conference App for more information.



The Alabama Counseling Association "ACEP #2001" is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

Russell A. Sabella, Ph.D.

Professor, Florida Gulf Coast University



Dr. Russell A. Sabella is currently a Professor in the Department of Counseling in the Marieb College of Health & Human Services, Florida Gulf Coast University and President of Sabella & Associates. His concentration of research, training, consultation and publication includes:

- Individual and group counseling;
- Counseling technology & tech-literacy;
- Comprehensive school counseling programs;
- Peer helper programs and training;
- Helping students with stress and anxiety;
- Solution focused brief counseling and parent/teacher consultation;
- Cyberbullying; and
- Developing, maintaining, and repairing your digital reputation.

Dr. Sabella is the author of numerous articles published in journals, magazines, and newsletters. He is *co-author* of four books including *School Counselor Side Hustle* (Sabella & Associates), *Stress Management* (Faulkner Press, 2017), *Confronting Sexual Harassment: Learning Activities for Teens* (Educational Media, 1995) and *Counseling in the 21st Century: Using Technology to Improve Practice* (American Counseling Association, 2004). He is also *author* of two books including *SchoolCounselor.com: A Friendly and Practical Guide to the World Wide Web* (2nd edition; Educational Media, 2003), *GuardingKids.com A Practical Guide to Keeping Kids Out of High-Tech Trouble* (Educational Media Corporation, 2008) and well-known for his *Technology Boot Camp for Counselor* workshops conducted throughout the country. Dr. Sabella is Past President of the American School Counselor Association (2003-2004) and the Florida School Counselor Association (2013-2014).

Laura Ross, Ed.S.

2020 ASCA School Counselor of the Year

Laura Ross is the 2020 ASCA School Counselor of the Year, Georgia School Counselor of the Year and the lead school counselor at Five Forks Middle School in Lawrenceville, Georgia. Her team of one other full time and one part-time school counselor provide services to the suburban school's 1,268 students, grades 6-8. "I believe in the importance of connecting students to their education and the critical role school counselors play in creating those connections," she said. "We are leading, advocating and collaborating to change a system so all students feel connected." Ross's prior work as a counselor at an adult men's correctional facility fueled her passion for restorative justice in her current role at Five Forks.

Ross received her education specialist degree in school counseling and her master's and bachelor's degrees in social work from the University of Georgia. She also holds Georgia educator certificates in school counseling and social work. She is a member of ASCA, the Georgia Department of Education Counselors Advisory Council, and the Georgia School Counselor Association, where she is the metro director of the executive board and the leadership team social media editor. She serves as a cadre trainer for the Dove Self-Esteem Project, facilitating presentations about teen body confidence to educators. She is also her school district's Counseling Steering Committee middle school chair. Source: [ASCA Media Release LRoss2020SCOY](#)

