

## **Counselor Initiative & Student Support Services Professional Development**

### **Campus/District Offerings Serving Region 10 Schools 2010 - 2011**

All titles are available on-site and by request as of 07/01/10  
to members of the Region 10 CISSS Cooperative

### **Counselor Support and College & Career Readiness**

#### **Achieve Texas**

Achieve Texas is an education initiative designed to prepare all students to achieve excellence. The initiative will include career preparation, advancement, meaningful work and active citizenship. This initiative uses the 16 federally defined career clusters as the foundation for restructuring how schools arrange their instructional programs.

#### **Chapter 37/PEIMS 425**

For anyone seeking clarification concerning discipline, law and order under the Texas Education Code, and related Federal requirements, this important training is for all administrators who make decisions about discipline as well as those who review the Discipline Data Indicators including PEIMS Coordinators.

#### **College Readiness... Are your students ready? *NEW***

How effective is your year by year breakdown for implementing a robust college readiness program at your high school? Learn ways to implement a four year college readiness plan. Discussion topics will include Parent Nights, Test Prep, College Fairs, Financial Aid Information, Testing Timelines, and other tools.

#### **Counseling 101... Doing it all and making it work!**

This training will be an opportunity for counselors to network with each other and receive quality training to help keep counselors feet grounded. The training will provide a variety of topics to help the new counselor with organization skills, tracking students, update on legislative changes, and ways to provide success for all students.

### **Safe School Services**

#### **Alcopops and Alcoholic Energy Drinks: Sweet Drinks with Sour Results**

Participants will learn facts about the negative impact of alcoholic energy drinks. These alcoholic energy drinks now serve as a bridge from soft drinks to alcohol use for many of our youth. Tips and tools will be shared with attendees to define, recognize and prevent youth from using alcopops. Awareness materials will be provided during this workshop.

#### **Bullying 101**

This workshop is designed to introduce the facts and research on school bullying which is one of the most prevalent behavior problems in America's schools. Participants will engage in discussions and activities to identify effective strategies for responding to bullying, teasing and other related behaviors that disrupt teaching and learning. A variety of tools and techniques will be shared to prevent school bullying and create a positive atmosphere where teachers can teach and students can learn.

### **Current Trends in Substance Abuse**

Participants attending this session will become aware of a variety of prescription drugs and other current drug trends that exist at the national, state, and local levels. Campus presentations may include additional topics such as Signs and Symptoms of Drug Abuse, Drug Paraphernalia, Club Drugs, Raves, Gang Awareness, Cheese Heroin, and Methamphetamine.

### **Internet Safety & Cyber-bullying**

Cyber-bullying is the next generation of bullying and equally harmful to our school children. This workshop will inform participants on the latest statistics, trends and solutions to this problem. We will also examine the current legal and school policy issues that arise due to the anonymity and widespread use of the Internet outside school property. Participants will leave the workshop with a greater knowledge of this trend as well as ways to combat cyber-bullying in school and at home.

### **Suicide Prevention: The Silent Epidemic**

Did you know that suicide is the 3rd leading cause of death for ages 15-24? This informative and insightful workshop is designed specifically for school personnel to learn to recognize potential signs of suicidal ideation in individuals. Participants will obtain various resources that can be used if and when the need arises.

## **Supporting Student Resiliency**

### **40 Developmental Assets - Building Blocks for Success *NEW***

This session is designed to introduce research-based strategies for creating caring schools by building positive relationships among students, teachers, administrators, and parents/community members. Participants will explore and receive a variety of resources and activities to promote safe and respectful learning environments.

### **Building Character: What Do You Stand For? *NEW***

This session will focus on building character for the middle school and high school students. Participants will learn strategies to light the fires of students' minds through questioning and activities that facilitate character development.

### **Customer Service 101: Connecting Families and Schools for Student Success *NEW***

This session is designed to share tools and information to support schools in building positive relationships with parents through effective communication and partnerships for student learning. School teams will discover research-based strategies for making positive connections with parents to engage them as asset builders in the school community. Participants will receive a wealth of resources and ideas to create a positive school climate that welcomes parents to participate as valuable customers in education who can make a difference in student learning and success in school.

### **FISH for Schools: Teambuilding for Success *NEW***

This session is designed to engage school teams in a variety of activities to promote positive relationships in a caring and respectful learning environment. Participants will discover effective teambuilding strategies using the 4 FISH practices - Choose your attitude, Be there, Play, and Make their Day. Additionally, school teams will work together to develop action plans for creating student-friendly schools with teaching and learning in mind.

### **Improving School Climate**

This session will focus on strategies and ideas for creating a safe and respectful school climate for teaching and learning. Participants will explore a variety of resources and tools for strengthening relationships, improving communication, and promoting positive attitudes to impact student growth and success in school.

### **True Colors *NEW***

This awareness session is designed to highlight the importance of recognizing and encouraging respect

and compassion for ourselves and others through the True Colors model. Participants will discover strategies for improving staff communication and ways to strengthen relationships that will promote respectful and caring school communities.

## **Student Presentations**

### **Spit-It-Out Lounge Tobacco Prevention (7-12)**

This is an interactive tobacco prevention presentation to increase students' knowledge about the harsh reality of tobacco use. Students will experience activities to empower them to avoid tobacco use. The Spit-It-Out Lounge can be set up at your school in a classroom, cafeteria or corridor. Students will have the opportunity to visit the Spit-It-Out Lounge throughout the day and visit with a youthful, experienced tobacco facilitator who will provide an insightful anti-tobacco message in a casual and inviting manner.

### **Stranger Danger: Student Presentation (K-2)**

Students will engage in this interactive session to learn stranger safety tips and ways to be cool, smart and safe. A stranger safety video produced by the Safe Side Company will be shown to empower students to make super-smart decisions to avoid dangerous situations with people they don't know.

### **Student Leadership/Resiliency Skills: Student Assemblies**

A student presentation/assembly may be requested for students on such topics as peer pressure, bullying, self-esteem, drug prevention, and character education. Each assembly is designed to be interactive and developmentally appropriate for students. The primary goal of each assembly is to promote the development of positive leadership and resiliency skills in students so they are able to make good choices and avoid risk behavior.

### **The Duck Tells It All: Tobacco Education (1-6)**

This is an exciting interactive tobacco prevention presentation created especially for elementary aged students. The Duck Tells It All can be an assembly presentation, or it can be presented in a classroom setting. Students will receive up to date information regarding the hazards of tobacco use while having a great time learning from the Duck (tobacco education mascot).

## **Prevention Topics for Parent Groups**

### **Bullying: What Parents Need to Know**

Parents will receive information and resources for addressing bullying behavior. They will learn strategies for preventing this growing challenge in school. Parents will discover how they can support schools in reducing violence to create caring schools where students show respect and compassion in a bully-free environment.