

VSCA SUMMER ACADEMY VI REGISTRATION

"SOS - Saving OurSelves! School Counselor Self-Care"

JULY 14 & 15, 2010

At the beautiful Wyndham at Virginia Crossings in Richmond!

Name _____

Address _____

Phone(s): _____ / _____ E-mail: _____

Registration: \$75 VSCA members/ \$90 Non-members

Includes: Continuous break & breakfast both days, buffet lunch in The Glen Restaurant on Thursday, and all materials.

**Only 150 Spaces Available- Registration must be received by July 2, 2010.
No refunds after June 30, 2010.**

Hotel Reservations – Special rate of \$92.00 + tax per night

There are a limited number of rooms on Tuesday night, more available on Wednesday night
Contact the hotel directly at 804-727-1477 and ask for the VSCA block. Check out the hotel on-line at
<http://www.wyndhamviriniacrossings.com> for information and directions.

SCHEDULE

Wednesday, July 14

8:00 – 9:00 Registration

9:00-10:30 Opening Session – Dr. Charles McLeod

10:30 – 11:00 Break

11:00 – 12:30 Session 1**

12:30 – 1:30 Buffet Lunch

1:30 -3:00 Session 2**

3:00 – 4:00 General Session : RAMP Camp

Thursday, July 15

8:00 – 9:00 Breakfast

9:00 – 10:00 Mental Self Awareness & Self Defense

10:00 – 11:30 Session 3**

11:30-12:30 Closing Session- Let's Get Physical

***Everyone will be assigned to one of three sessions. We will rotate sessions in the afternoon and then again on Thursday a.m. Everyone will attend all sessions.*

Academy participants are eligible for up to 9 recertification points, based on attendance.

Register on-line with a credit card at www.vasca.org

OR mail this registration form with payment (check payable to VSCA) to:

Dr. Tammy Davis, 10596 Shady Creek Court, Manassas, VA 20112

ALL PAYMENTS MUST BE RECEIVED PRIOR TO THE EVENT!

We are not accepting Purchase Orders for this event but will be happy to provide a receipt for reimbursement!

SOS: SESSION DESCRIPTIONS

Wednesday, July 14, 2010

9:00 a.m. - Opening Session: ***“Put YOUR oxygen mask on you first...”*** (Dr. Charles McLeod, Ed.D.) Before you can take care of others, you must first take care of yourself. Learn to re-focus on you and ways to relax and refocus. You will laugh; you will cry you will wonder why? you never did this before. Come ready to “get yourself in gear”.

General Sessions: *Participants will be assigned an order to attend the three training workshops. The workshops will be repeated so that everyone will attend all three over the two days.*

Workshop A: “Positively Taken”

Make your office a serene environment for your students and yourself. Surround yourself with positive thoughts! Come to this session and create a positive affirmation to take home with you to hang in your office. “Be creative, Be positive, Be the office of serenity”.

Workshop B: *Oh The Places You Will Go—the Journey to Career Success* – Dr. Rita Schellenberg

Participants will immerse themselves in Dr. Seuss’s book ***Oh The Places You Will GO***, emerging with ways that the text can be used to provide career guidance at all levels whether focusing on career awareness, career exploration, or career planning. Come ready to draw, come ready to tape, come ready to co-labo-rate! Oh The Places We’ll Go!

Workshop C: *Duck, Duck, Goose: Games and Fun with Gibby!* - Teresa Gibbons, School Counselor

Remember how much fun it was to play games when you were growing up? Learn games to play with 2-200. Fun times will be had by all. Learn to PLAY and use the games to teach lessons.

3:00 – 4:00 - General Session: RAMP CAMP (Drs. Banks, Davis, & Grothaus)

Regardless of where you are in the RAMP process, come work with VSCA leaders to take your school counseling program to the next level! One way we self-care is through improved professional development.....RAMP CAMP will help you do that!

Thursday, July 15

9:00 a.m. – General Session: *Mental Self Awareness & Self Defense*

The most important in your life if you! If you don’t care of yourself, then you can’t take care of others! Taekwondo Instructor and Third Degree Black Belt, Instructor Bill Gross will teach us to take care of ourselves and to maximize our lives through mental self awareness. He will also teach us some self defense moves to protect ourselves. Don’t miss out on this session and be ready to move!

Closing Session

Let’s Get Physical - dance your way home + Door Prizes.... Must be Present to Win.