

WELCOME

to the Canadian Independent School Counsellors National Conference **BC2018**



Rick Rodrigues, Brentwood College School
Chair, CISC National Conference **BC2018**

Welcome to beautiful British Columbia!

When I proposed taking on the task of being Chair of the next CISC National Conference in the lead-up to Halifax in 2016, I did not fully understand just how significant and important a project it would be. Over the course of the last two years, I came to appreciate how much it means to our CISC Member Counsellors to have the opportunity to connect with friends and colleagues from across the land. I came to understand the true purpose of this kind of event: to celebrate what we all cherish—Connections.

Whether they are the connections with our students and school faculty and staff, or the connections with our counselling colleagues across Canada, we are better professionals, better counsellors, for cultivating, nurturing and celebrating the connections we make. So, during **BC2018**, take a moment—in fact, take several—to seek out connections with new friends and colleagues you are meeting for the first time, and to cherish the connections with old friends by celebrating the opportunity you have to do so in person.

I have been humbled by the enthusiasm of our members for **BC2018** and the encouragement that so many of you have given me as I have planned this event. Now that we are all here, it is my sincere hope that **BC2018** delivers on your expectations, affords you many opportunities to be energized by the connections you make with your colleagues, and allows you to return to your schools richer for the experience.

I want to take a moment here to thank the person who has essentially been my co-Chair in planning **BC2018**, Joyce Tang of Mulgrave School. Although she was a bit distracted recently—she welcomed her first child, Ethan, into the world in March—**BC2018** would have been nothing without her tireless efforts. I am deeply thankful to Joyce and wish her well!

A handwritten signature in black ink that reads "Rick Rodrigues". The signature is written in a cursive, flowing style.

Rick Rodrigues



Eryn Hessian, Stanstead College
President, CISC

Welcome to the CISC National Conference!

It is hard to believe that it has already been two years since we last met in Halifax. We have all been looking forward to the opportunity to make new connections and to reconnect with colleagues from across the country.

I want to say a special thank you to Rick Rodrigues and his team for all their hard work, as well as the independent schools and universities that have graciously opened their doors to host us, share with us, and work alongside us in support of the CISC Mission: *"To promote collaboration and professional development for Canadian Independent School Counsellors."*

If you are joining the conference for the first time, I am confident you will find it a rich and rewarding opportunity to connect with counsellors from across the country. If you've experienced a CISC National Conference before, then I am sure you will lead the way in the conversations that will enhance the important work we all do with our students.

I am looking forward to learning and sharing with you over the course of the National Conference.

Welcome to **BC2018**!

A handwritten signature in blue ink that reads "Eryn Hessian".

Eryn Hessian



Bud Patel, Head of School, Brentwood College School

A Warm Welcome!

Brentwood is honoured to host part of the 2018 Canadian Independent School Counsellors National Conference **BC2018**. In a world of augmented reality and e-conferencing, face-to-face gatherings like these remind us of the most important brick in our foundation as educators – relationships. Your work here is, perhaps, even more important at a time when ultra-global competitiveness poses new questions about the value of post-secondary education. The sharing of ideas over the next few days will enable us to elevate the counselling experience for our students.

On behalf of all of us as Brentwood, thank you for your commitment to your students and each other.

A handwritten signature in black ink that reads "Bud Patel".

Bud Patel



John Wray, Head of School, Mulgrave School

It is my great pleasure to join with others to welcome you to the 2018 Canadian Independent School Counsellors National Conference **BC**2018. You all play a key and increasingly important role in ensuring that students in our schools receive outstanding advice and guidance and are appropriately placed in universities and colleges across the world. The pace of change is accelerating, the world is becoming ever more complex, and the nature of life 'working' life and traditional jobs even more uncertain, often raising further anxiety amongst our students and their parents. Along with others, your mission is to help our young people make sense of all of this, to help them maximise the value of the excellent education that will have received and to empower them to make good choices and take control of their destinies. I hope that you have a wonderful Conference and use the opportunity to share your ideas and practice in this most noble of causes.

A handwritten signature in black ink that reads "John Wray". The signature is written in a cursive, flowing style.

John Wray

Monday, April 23

6:45–7:30 am	Continental Breakfast – <i>Vancouver Island Ballroom, Hotel Grand Pacific</i> Announcement: CISC Executive 2018-2020 Election Procedures
6:45–7:45 am	Hotel check-out
7:45 am	Load luggage and board coaches
7:55 am	Depart the Hotel Grand Pacific for BC Ferries Terminal at Swartz Bay
8:30 am	Counsellors dropped off at Swartz Bay <i>Counsellors will be boarding the BC Ferries ship Coastal Renaissance on foot. Counsellors may either carry their luggage on board or check it, a free service provided by BC Ferries that covers a limited number of luggage items.</i>
9:00–10:35 am	Ferry from Swartz Bay to Tsawwassen
10:45 am	Load luggage and board coaches
10:55 am	Depart BC Ferries Terminal at Tsawwassen for Simon Fraser University
11:45 am	Arrive at Simon Fraser University, Burnaby
12:00–1:00 pm	Lunch – <i>Diamond Alumni Centre: Dining Room</i> Welcome to Simon Fraser University and Admissions Presentation: Registrar & Director of Admissions
1:00–1:45 pm	Brief Campus Tour
2:00–2:50 pm	Professional Development Session #3 – <i>Diamond Alumni Centre & Halpern Centre</i>
3:00–3:45 pm	Special Presentation: Tony Botelho, Director of Career & Volunteer Services – <i>Diamond Alumni Centre: Dining Room</i>
3:50 pm	Board coaches
4:00 pm	Depart Simon Fraser University for Mulgrave School
4:30 pm	Arrive at Mulgrave School, West Vancouver
4:40–5:00 pm	Welcome to Mulgrave: John Wray, Head of School – <i>Linda Hamer Theatre</i>
5:00–6:00 pm	Professional Development Session #4 – <i>Mulgrave classrooms</i>
6:00–8:15 pm	Networking Drinks & Dinner: Counsellors and University Representatives – <i>The Great Hall & Skybridge</i>

8:15 pm Board coaches
8:25 pm Depart Mulgrave for Westin Bayshore Hotel
8:50 pm Arrive and check-in at Westin Bayshore Hotel

OzTREKK and all of our Australian universities colleagues warmly invite all CISC National Conference BC2018 Attendees to:



"Australia Night in Vancouver"



9 pm | Lift Bar & Grill

Just outside the Westin Bayshore on the water – a 2-minute walk!

Attire is casual, and plenty of food and drink will be provided!

Professional Development Session #3: Presentation Offerings

Simon Fraser University: 2:00–2:50 pm

Counsellor Conversations: Trends in University Counselling

Workshop Location: Dining Room, Diamond Alumni Centre

As part of the Counsellor Conversations Series, this will not be a presentation but rather a generative conversation amongst counsellors on the listed topic. Come prepared to offer your insights on trends you are observing in the practice of University Counselling and the innovative strategies being employed to effectively respond to those trends.

Developing an Academic Advising Curriculum for Grades 9–12

Kimberly Tulloch Wynn, Director of University Advising & Margaret Owen, Academic Advisor – Lower Canada College, Montréal, QC

Workshop Location: Room 126, Halpern Centre

This presentation will review the goals, philosophies and pedagogical approaches and techniques of the LCC Academic Advising program for Grades 9-12. The Lower Canada College Academic Advising program was developed through backwards design methodology and Universal Design for Learning principles. Presenters will use the LCC program as a vehicle for demonstrating communication strategies, workshop ideas and approaches, tools for preparing students for college and university and supporting a cohesive culture of academic advising within the entire high school through connections with Faculties and relevant administrative departments.

Mindfulness and Well-Being

Mark Bunten, *LINCWell Guidance Counsellor – St. Clement's School, Toronto, ON*

Workshop Location: Fraser Room, Diamond Alumni Centre

This workshop will serve as an introduction to mindfulness, offering insight from recent research on mindfulness and effectiveness in promoting well-being and discussing the applicability to youth and school counselling (both group and individual modalities). It will include: sample practices such as guided meditation, successful case studies, and resources for practitioners.

Strengths-Based Counselling: Tips and Tools for Delivering a Comprehensive Program

Laura Poce, *Head of Student Services & Kim Mitchell*, *Student Services Counsellor – The Bishop Strachan School, Toronto, ON*

Workshop Location: Thompson Room, Diamond Alumni Centre

Teaching students to recognize their strengths and leverage them in school significantly empowers them to make healthy choices about post-secondary pathways. It is not unusual for students to feel superior or inferior to others around them depending upon their strengths and weaknesses. As counsellors, we can play an instrumental role in helping students recognize their personalities and build upon their weaknesses, while utilizing their strengths. In doing so we offer to help them take ownership of themselves, face their fears, plan for their future, which collectively mitigates competition.

Join our workshop where we will introduce a strengths-based approach to counselling. We will embed tips and tools for strengths-based practices by reviewing our approach to counselling at BSS.

University Programs in English Around the World

Carrie Ngo, *University Counsellor – Lycée Français School, Toronto, ON*

Workshop Location: Room 126, Halpern Centre

There are a number of wonderful programs and universities around the world that are offered in English. This workshop will cover universities from Europe (IE University in Spain, Sciences Po in France, etc.) to Asia (Keio University in Japan, University of Hong Kong in Hong Kong, etc.) and discuss their programs, admission/application requirements, and the type of students that would fit into the schools' environments. The key objectives and outcomes are for counsellors to be aware of these universities and to identify which students would benefit from the programs they offer.

Professional Development Session #4: Presentation Offerings

Mulgrave School @ 5:00–6:00 pm

How Do I Find “The One”?: How to Help Your Students Find a UK University That’s the Perfect Match

Gary Coulter, *International Market Development Manager, North & Latin America – Bristol University, UK*

Sarah Jamieson, *Regional Officer, North America – University of Warwick, UK*

Nick Skeavington, *Regional Manager, North America – The University of York, UK*

Sian Steggles, *Country Development Manager, North America – University of Southampton, UK*

Beth Sutcliffe, *Regional Manager, North America – Durham University, UK*

Workshop Location: Room 0121

The BEST of U consortium of six Russell Group universities (Bristol, Durham, Newcastle, Southampton, Warwick, and York) hope this combined workshop will help you advise your students on finding the UK university that’s the perfect match for them. There’s lots of information students should review when deciding which UK university is best for them. We hope to provide attendees with a toolkit for directing students to great sources of information and the critical understanding to assess the information they find appropriately.

We will focus on finding and evaluating the following:

- The Research Excellence Framework (REF) and Teaching Excellence Framework (TEF)
- National and international university and subject rankings
- Social media, forums and blogs, both official and unofficial
- Employability & the DLHE survey
- Fees and funding information for Canadian students including loans and scholarships
- The student experience, living costs and social life

Maximizing Successful Admissions to United Kingdom Health Courses

Adam Winteron, *Teaching Fellow, Health and Rehabilitation – Keele University, UK*

Workshop Location: Room 0180

This workshop will aim to highlight the key skills and attributes required to demonstrate when applying via UCAS to maximize success in accessing health courses within the United Kingdom (UK). Virtually all

UK health courses now interview students prior to any offer for a place being made; this workshop will not only cover material about what UK health courses are looking for within the personal statement but also to give the audience a real-life experience of how UK institutes re interviewing students as well.

Studying Medicine & Dentistry Abroad and Returning Home to Practice: How Do Students Make It Happen

Chris Nolan, Director of Recruitment & ***Kati Gorbachyova***, Territory Manager,
Western Canada – OzTREKK Educational Services

Workshop Location: Senior School Academic Centre

The decision to pursue professional degrees in medicine overseas is one of the biggest that students and their families can make. This workshop will cover issues related to what it takes for graduates in medicine and dentistry to successfully transition back to living and practicing in Canada. Topics that will be covered include: medical licensing and the steps required to practice back in Canada; recognition of foreign credentials; what it takes to secure residency spots in Canada and how to improve the chances of doing so; other pathways to consider to practice medicine; dental licensing and the steps required to return to Canada with a foreign dental degree; and communicating information to students and parents.

The UCAS Personal Statement and Reference: How to Best Support Your Students in the UK Application Process

Catherine Eames, International Student Recruitment Manager – Imperial
College London, UK

Lauren Murphy, Senior International Relations Manager – University of
Nottingham, UK

Workshop Location: Room 0173

With undergraduate places at UK universities ever more competitive, the UCAS Personal Statement and Reference have become increasingly important to admissions tutors as they try to distinguish between qualified candidates from around the world. This workshop will examine what makes an effective UCAS Personal Statement, as well as highlighting UK university expectations in terms of the UCAS Reference. It will explore how to best counsel students in not only writing and reviewing their personal statements, but also guide them in pursuing activities and readings which may help them to stand out in the selection process. The workshop will delve deeper into areas beyond the pure mechanics of the UCAS application and offer practical tips and workshops suggestions for counselors who are both new to UK admissions, as well as those seeking to enhance their knowledge and techniques. Following the workshop, Counsellors should feel more confident in their knowledge of what to include in both the Personal Statement and the UCAS Reference and how the UCAS application can help to inform and shape the applicant journey.

US College Admissions: A Closer Look

Tashia Smith, Regional Director – Princeton Review

Workshop Location: Room 0181

This workshop will outline and review the US college admissions process and elaborate on college entry exams such as the SAT and the ACT. Elements of the process of choosing and preparing for a college in the US will be examined. As well, the importance of and the preparation for the SAT and/or ACT will be elaborated on extensively.

(Note: this is an encore of the workshop from Sunday evening.)