

## **Professional Development Session #1: Workshop Offerings**

University of Victoria: 10:40-11:55 am

### ***Coaching Conversations in University Counselling***

**Alison McCallum**, *Director of University Counselling - St. Michaels University School, Victoria, BC*

The workshop aims to provide an introduction to a student-centred model using a coaching approach to frame conversations with students about their future plans and aspirations. Outcomes will include: developing a set of questions that can be used in the conversation; learning to enhance student engagement in the process; and having the chance to practice using the model with a partner.

### ***“Counsellor Conversations”: Best Practices in University Counselling - Resources/Strategies***

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 Best Practices that you have employed in University Counselling at your school. What are you doing really well? What do you want to do better? What do you want to learn from your colleagues in order to ensure that you are at the top of your game?

### ***Future University Design 2.0***

**Troy Hammond**, *Director of University Counselling - Bayview Glen Independent School, Toronto, ON*

Building upon the successful launch of the Future University Design workshop at CISC 2016, this one will provide counsellors the opportunity to learn about further development of the workshop that addresses how to empower students with the ability to choose a university or program based upon personally defined criteria and not upon perception. By designing the ideal university, students draw parallels between their goals and desires and actual options that exist, while eliminating bias and external influences from the process. A panel of counsellors will share the ways they implemented FUD into their schools, and offer suggestions for further modification and improvement. The information presented will be applicable to counsellors of all levels of experience, including those who may not be familiar with Future University Design.

## ***Solution-Focused Counselling***

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

This workshop will serve as an introduction to positive psychology and a solution-focused approach to counselling and their applicability to youth and school counselling. Topics such as empathy, goal-setting, and the introduction and practice of strategy development tools will be covered.

## ***Supporting Elite Student Athletes: How, What and Why?***

**Rosa Moreno-Zutautas**, *University Guidance Counsellor – St. Mildred's-  
Lightbourn School, Oakville, ON*

**Matthew Bowie**, *Director of Guidance – Ridley College, St. Catharines, ON*

This workshop will focus on issues related to supporting athletes as they navigate the recruitment process with universities. It will cover two important themes: to identify and detail the steps and key processes student-athletes undergo as they become eligible and start the recruitment process; and to highlight the importance of a strong supporting system to ensure their psychological well-being.

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## **Professional Development Session #2: Presentation Offerings**

Brentwood College School: 5:10-6:25 pm

### ***Complexities and Challenges of the US Application Process: A Candid Conversation***

**Stefanie Niles**, *Vice President for Enrollment Management – Dickinson  
College, Carlisle, PA*

While multiple options have made the process of submitting applications to US institutions easier than ever before, there are still many questions that remain for students and counselors regarding what institutions expect or hope to see on those applications. Come engage in a candid conversation on topics such as holistic review, demonstrated interest, the high school profile, compelling college essays, and more.

In this workshop, participants will gain knowledge on a variety of topics related to the US admission process that will enable them to provide better advice and guidance to students seeking clarity and alleviate student/parent concerns.

## ***Dispelling the Hotel School Myth: It's Not Just About Hotels***

**Mark Reimer**, *International Admissions Manager - Ecole hôtelière de Lausanne, Switzerland*

The perception that a hospitality degree limits one to working in hotels is outdated: in reality, hospitality is the world's largest service sector and one of the fastest growing industries worldwide. It bridges customer service, operations, technology, marketing, financial management, real estate, and more. Given its global reach, hospitality offers extraordinary career opportunities to students who can navigate across cultures. In this workshop, we'll look at the contemporary view of the breadth of hospitality and related service industries, and the qualities, interests and aptitudes of students who can flourish in such an environment.

## ***Helping Students Find Their Fit***

**Jennifer McDonald**, *University Guidance Advisor - Balmoral Hall School, Winnipeg, MB*

This workshop will explore strategies that will help your students to find the right fit when it comes to their university choice. The aims of the session are to better equip you in helping your students to know their learning styles, know the factors to consider when choosing a university, and know if the programs they are considering are right for them by comparing programs within and amongst universities.

## ***The Great Leap - Preparing for University in Australia***

**Jaime Jobson**, *Regional Manager, International Student Recruitment - Monash University, Melbourne, Australia*

This workshop will provide information about admissions, application requirements, style of learning, qualifications recognition and degree options including double degrees for study in Australia.

## ***US College Admissions: A Closer Look***

**Tashia Smith**, *Regional Director - Princeton Review*

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.

## ***Why Study Outside of Canada?***

***Stuart Floyd***, *International Regional Manager – Bond University, Gold Coast, Australia*

This workshop will be a discussion of the benefits, downsides and things to consider when advising students to look at study outside of Canada for their undergraduate and/or graduate studies. It will aim to educate advisers and counsellors on the types of students that might be best suited to international study, and the things students should be made aware of when they are looking at international options. Options for accessing resources to assist them in advising students will be presented, along with ways of engaging students in considering overseas universities. The workshop will aim to demystify overseas study options, and debunk the myth that international study is just for those who can't get into their program of choice in Canada.

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## **Professional Development Session #3: Presentation Offerings**

Simon Fraser University: 2:00-2:50 pm

### ***“Counsellor Conversations”: Trends in University Counselling***

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*

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*

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*

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*

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*

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*

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 as to 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*

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*

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 serve to delve deeper into areas beyond the pure mechanics of the UCAS application and to 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 terms of 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

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

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## **Professional Development Session #5: Presentation Offerings**

Robert H. Lee Alumni Centre: 1:05-1:55 pm

### ***“Counsellor Conversations”*: Essays, Essays, and More Essays - Resources/Strategies for Supporting Students in Writing Application Essays and Supplements**

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 and strategies on assisting students with the process of developing and refining their essay and supplemental writing skills.

## ***Ethics and University Guidance***

***Craig Brown***, Director of University Guidance - Shawnigan Lake School,  
Shawnigan Lake, BC

With documents like the NACAC Statement of Principles of Good Practice becoming more utilized by secondary and tertiary institutions outside of the United States, is this document applicable to what we do in our schools? Outside of this document, what are current ethical issues and questions you are facing in your offices? This workshop will facilitate a discussion of the ethical dilemmas at our schools and how we can best tackle these issues.

## ***PSE 2025: the Future of Post-Secondary Education***

**David Hanna**, *Director of University Counselling - The York School, Toronto, ON*

What is the perceived purpose of PSE from the perspective of the families of kids who attend out independent schools? What are our students seeking in a PSE for themselves? Given the anxiety young people and their families are feeling about the ever-changing landscape of higher education and work in the future, it is important for us to consider these questions for deeply. This workshop will facilitate a discussion about how we, as counsellors, can collectively respond to these questions, meet the changing needs of our students, and address their concerns and those of their families.

## ***Soft Skills: Critical Thinking and Reflection for Career Preparation***

**Robin Barton**, *University Advisor* & **Tina Chang**, *University Advisor - St. John's School, Vancouver, BC*

This workshop is designed to spark a conversation and provide resources for educators to facilitate the matching of student ability and interests in the use of Critical Thinking and Reflection to create a deeper student understanding of experiential learning. We hope to highlight and equip counsellors with the understanding of the benefits and rewards of work for your students, as well as an overview of what can be accomplished for students from Grade 10 through to Grade 12.

## ***University Counselling in Round Square Schools***

**Troy Hammond**, *Director of University Counselling - Bayview Glen Independent School, Toronto, ON*

This workshop will be of interest to counsellors working in Round Square schools and university representatives wanting to learn more about the value of the Round Square association. More specifically, this workshop will offer counsellors insight into: how to integrate the Round Square IDEALS with university planning; the benefits of a Round Square education and the related lessons needed to succeed in a post-secondary setting; and advising students about how best to promote their Round Square experiences in university applications. A discussion forum will be included to address the creation of a Round Square profile for university applications and the development of a specialist network of university counsellors in Round Square schools.