

# 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

## Sunday, April 22

- 8:00–9:30 am Breakfast – *Vancouver Island Ballroom, Hotel Grand Pacific*  
**Official Conference Start and Welcome:** CISC National Conference **BC**2018 Chair, Rick Rodrigues & CISC President, Eryn Hessian;  
**Presentation:** Vancouver Island University & Capilano University
- 9:50 am Board coaches
- 10:00 am Depart the Hotel Grand Pacific for University of Victoria
- 10:30 am **Welcome to University of Victoria** – *Main Dining Room, University Club*
- 10:40–11:55 am **Professional Development Session #1** – *University Club*
- 12:00–1:25 pm Lunch – *Main Dining Room, University Club*  
**Presentation:** University of Victoria Admissions & Recruitment;  
**Student Panel**
- 1:30–3:00 pm Campus Tour
- 3:00 pm Board coaches
- 3:15 pm Depart University of Victoria for Brentwood College School
- 4:15 pm **Welcome to Brentwood:** Bud Patel, Head of School; **Panel Discussion:** U.S. University Admissions Representatives – *Killy Theatre, T. Gil Bunch Centre for the Performing Arts*
- 5:10–6:25 pm **Professional Development Session #2** – *Centre for the Arts & Humanities; Ross Academic Building*
- 6:30–8:30 pm **Networking Drinks & Dinner:** Counsellors and University Representatives – *McNeill Centre, Crooks Hall*
- 8:30 pm Board coaches
- 8:40 pm Depart Brentwood College School for Hotel Grand Pacific
- 9:30 pm Arrive at Hotel Grand Pacific

## **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*

**Workshop Location: Salal Room, University Club**

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***

**Workshop Location: Fireplace Lounge, University Club**

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*

**Workshop Location: Wild Rose Room, University Club**

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

**Workshop Location: Snowberry Room, University Club**

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*

**Workshop Location: Honeysuckle Room, University Club**

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.

---

## **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*

**Workshop Location: Lecture Theatre, Ross Academic Building**

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 counsellors 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*

**Workshop Location: A253, Centre for Arts and Humanities**

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*

**Workshop Location: A255, Centre for Arts and Humanities**

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*

**Workshop Location: A257, Centre for Arts and Humanities**

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

**Workshop Location: A259, Centre for Arts and Humanities**

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

**Workshop Location: A261, Centre for Arts and Humanities**

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 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.