

NEOA's Annual Student Support Services Professional Development Day AgendaNovember 6, 2015

Welcome to Johnson State College

9:00 to 10:00: Registration with light refreshments

10:00 to 10:45: Opening activities and logistics

11:00 to 12:30: Morning Sessions

Workshop #1: Anxiety, Depression and Stress in the SSS College Population, Part 1

Location: To be determined Moderator: Gaelyn Hastings

For a variety of reasons, college students have increasingly arrived on campus with mental health challenges. In this two-part workshop, we will examine anxiety and depression, and how stress management, coping skills and resilience can improve student mental health, academic outcomes and retention. In Part 1, participants will learn strategies that can benefit all students, however, emphasis will be placed on the following populations: first-generation, low income, and those with disabilities. In Part II, we will focus on the positive impact of self-care for professionals, not only for themselves, but for their students as well.

[Tammie Colburn Consejo](#), MA in College & Clinical Mental Health Counseling, is a Licensed Clinical Mental Health Counselor and owner of Healthy Minds: Counseling, Consultation & Education. She also earned a Ph.D. in Education: Leadership for Higher Education. Dr. Consejo was an administrator and faculty member for 17 years at public and private colleges in Vermont and Massachusetts, and was a TRIO and ADA coordinator for some of this time. She has great passion for both mental health and higher education.

Workshop #2: Promoting Student Resilience

Location: To be determined Moderator: Kelley Beckwith

Dr. McEnerny will share excerpts from her new book "A Teacher's Journey to Adolescence" which focuses upon her work with young adolescents in Vermont public schools. Research in positive psychology, brain-based learning, and authentic practice will be explored, and she will lead a lesson that involves movement in the classroom. Counselors and administrators will take away insights regarding innovative teaching techniques and the importance of environment, language, and self-care in today's classrooms. Central themes will include understanding, purpose, perseverance, and hope.

[Dr. Monica McEnerny](#) became a full-time faculty member in Castleton's education department in 2012 after more than a decade teaching at the middle level. She is highly qualified by the Agency of Education, holds a license in secondary education, and holds a middle level endorsement. Her research interests include literacy, resilience at the Middle Level, and brain-based teaching and learning.

12:30-1:30: Lunch, JSC Cafeteria - in the side dining rooms

1:30 to 3:00: Afternoon Sessions

Workshop #3: Anxiety, Depression and Stress in the SSS College Population, Part 2

Location: To be determined Moderator: Gaelyn Hastings

For a variety of reasons, college students have increasingly arrived on campus with mental health challenges. In this two-part workshop, we will examine anxiety and depression, and how stress management, coping skills and resilience can improve student mental health, academic outcomes and retention. In Part 1, participants will learn strategies that can benefit all students, however, emphasis will be placed on the following populations: first-generation, low income, and those with disabilities. In Part II, we will focus on the positive impact of self-care for professionals, not only for themselves, but for their students as well.

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Workshop #4: Students living in Foster Care and Students Experiencing Homelessness

Location: To be determined Moderator: Karen Madden

Each New England state has a range of statewide services and supports designed specifically for youth experiencing foster care and/or homelessness. This moderated panel will discuss services and resources available throughout New England to these populations of students, including financial aid options. Presenters will review barriers to accessing post-secondary education for homeless and foster youth and strategies for navigating through to graduation.

[Panelists' bios](#)