OSCA Conference 2019

Constructing a Bright Future:
Avenues for Career & Personal Decision-Making

Conférence ACOSO 2019

Construire un avenir brillant:
pistes de réflexion pour l’exploration de carrière et la prise de décisions personnelles

University of Toronto - Mississauga
3359 Mississauga Rd, Mississauga, Ontario L5L 1C6

October 17 and 18, 2019

www.osca.ca
@OSCA_ACOSO
#osca19

Presented in partnership with / Présenté en partenariat avec:
NEW Conference Location / NOUVEAU lieu de la conférence
OSCA/ACOSO is excited to announce our new partnership with the University of Toronto Mississauga. This year’s conference will take place on the picturesque grounds of the U of T - Mississauga Campus on Thursday, October 18 and Friday, October 19, 2019.

Conference Subthemes / Sous-thèmes de la conférence

Mental Health and Well-being
Ontario students come to us from diverse backgrounds and with a complex set of experiences and needs. We have seen a rise in the number of students who are dealing with social/emotional issues, and Mental Health promotion is a focus for school boards across the province. Meeting the needs related to Mental Health and Well-Being will be the focus of these workshops designed to assist counsellors in understanding and supporting today’s learner. Share how you have informed, engaged and supported all types of learners in fostering positive Mental Health and Well-Being practices.

Modern Pathways
The landscape of the workplace is changing rapidly. Future Ready students will need strong leadership and global competencies to be competitive as they meet the expectations of this new environment. Share how you are engaging students in their future pathways with knowledge of labour market information, innovation, creativity, and entrepreneurship.
Keynote Speakers / Conférenciers

Thursday, October 17th - Dr. Kwame McKenzie, Wellesley Institute
Dr. Kwame McKenzie is CEO of the Wellesley Institute. He is an international expert on the social causes of illness, suicide and the development of effective, equitable health systems. He serves as a commissioner on the Ontario Human Rights Commission, a Professor of Psychiatry at the University of Toronto and Director of Health Equity at the Centre of Addiction and Mental Health.

For more information on Dr. McKenzie, please visit: https://www.wellesleyinstitute.com/about/staff/kwame-mckenzie/. Thank-you to School Mental Health Ontario for sponsoring this keynote.

School Mental Health Ontario
School Mental Health Ontario (SMHO) is a provincial implementation support team designed to help Ontario school boards to promote student mental health and well-being using evidence-based approaches. This team of school mental health professionals, senior administrators and implementation scientists works alongside the Ministry of Education to provide leadership and guidance, ongoing coaching support, a suite of resources, and a community of practice for all Ontario school boards and remote school authorities.

Friday, October 18th - Jamie McMillan, KickAss Careers
Jamie has been working across Canada as a journeyman ironworker in the construction industry since 2002. In an effort to expand her knowledge and increase her opportunities, she recently began a secondary journey as a boilermaker. In 2006, she began to volunteer as a mentor at networking events to encourage young women to consider careers in skilled trades through Skills Canada – Ontario. Currently, Jamie continues to work on various construction sites across the country during summer and winter months but concentrates on school and community outreach during the spring and fall under her company KickAss Careers.
Please visit https://kickasscareers.org/jamie-mcmillan/ to learn more about Jamie and her messaging.
Workshops

**October 17th - Mental Health and Well-Being**

- Supporting Mentally Healthy Students Across the Curriculum and Beyond
- Mindfulness in the Guidance Office
- Supporting a Student Experiencing Mental Health Struggles - How Can an Educator Help?
- Managing Anxiety
- All Stressed Up With Nowhere to Go
- Building Resilience in High School Students Through a 4 Year Program
- In the driver's seat of my emotions! And anxiety in rear-view mirror!
- Guidance Toolkit
- The Connection Between Cognitive Distortions and Anxiety
- Introduction to Mental Health Literacy
- Building a B.R.I.G.H.T Mental Health & Wellbeing Classroom
- Supporting Students Who Experience Depression
- Eating Disorder
- L'influence de l'identité francophone sur le bien-être psychologique
- Problem Solving With Teens
- Dealing With "That Parent"
- Non-Suicidal Self Injury
- Cannabis Use
- Indigenous Youth and Cultural Responsiveness
- Purposeful Transitions: 3 keys to Positive Education and Career Development

**October 18th - Modern Pathways**

- Revised Career Studies Course
- What's Your Plan?
- Mise à jour du Ministère
- Engaging Youth in Careers in Agriculture
- Online Learning Strategies
- Supporting All Pathways for All Students
- Engaging girls in STEM career options
- Guidance Programming That Supports Education and Career/Life Planning
- Scholarship Success: Practical Ways to Support Students
- Supporting Education & Career/Life Planning Through STEM Careers Exploration
- How Technology and Creativity Can Build a Multifaceted, Entrepreneurial Career
- Constructing A Skilled Trades Pathway
- Preparing for Ontario's new Careers curriculum
- #Neverstoplearning with TVO
- Labour Market Information to Support Student Career Choices
- Who Do I Want to Become?
- Votre programme d'orientation à l'instar du cadre conceptuel du PPACV
- Ways to Pay for Post-Secondary
- Working with the Immigrant/ Refugee Child- the importance of knowing the stories of our cross-cultural students
- Promoting Student Voice: A Mental Wellness and Transitions Toolkit for Educators
Conference Registration Information
Informations d’inscription à la conférence

OSCA/ACOSO encourages delegates to join our association. You can obtain or renew your subscription at www.osca.ca before registering for the conference to get the discounted conference rate. Rates for the 2019 Conference are:

<table>
<thead>
<tr>
<th>One-Day Registration Fees</th>
<th>Two-Day Registration Fees</th>
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<tbody>
<tr>
<td>Member</td>
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<tr>
<td>$175</td>
<td>$340</td>
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<tr>
<td>Non-Member</td>
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<td>$240</td>
<td>$420</td>
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Conference registration also posted on [www.osca.ca](http://www.osca.ca) for registration updates!
For real-time updates follow us on Twitter @OSCA_ACOSO #osca19.

Conference Hotel Options
Options d’hôtel de conférence

**Holiday Inn Express & Suites Mississauga Toronto Southwest**
2125 North Sheridan Way, Mississauga, ON L5K 1A3
Cost per night $ 129 + tax and fees if reservation is made by September 16th
After this date, please call the hotel directly for availability
METHOD OF RESERVATIONS – Individual Call-in 905-855-2000 or via booking link- OSCA Conference 2019
Indicate you are part of the Ontario School Counsellor Association.

**Fairfield Inn by Marriott Toronto/Oakville**
2937 Sherwood Heights Drive, Oakville, ON, L6J 7L3
Cost Per night $ 129 +tax and fees if reservation is made by October 1st
After this date, please call the hotel directly for availability
METHOD OF RESERVATIONS – Individual Call-in 905-829-8444 or email fdfloakville@gmail.com
Indicate you are part of the Ontario School Counsellor Association.
# Tentative Conference Schedule

## Calendrier provisoire de la conférence

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<tr>
<th><strong>OSCA/ACOSO Conference Schedule 2019</strong></th>
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<tr>
<td><strong>Thursday, October 17th, 2019</strong></td>
<td><strong>MENTAL HEALTH AND WELL-BEING</strong></td>
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| 7:00 a.m. – 8:00 a.m. | Exhibitor Set-Up  
Installation des exposants |
| 7:45 a.m. – 8:30 a.m. | Registration & Continental Breakfast  
Inscription au congrès et petit-déjeuner continental |
| 8:30 a.m. – 8:45 a.m. | Conference Opening Address  
Discours d’ouverture du congrès |
| 8:45 a.m. – 9:45 a.m. | Keynote Address: Dr. Kwame McKenzie, Wellesley Institute  
Conférencier d’honneur: Dr. Kwame McKenzie, Wellesley Institute |
| 9:45 a.m. – 10:45 a.m. | Refreshment Break & Exhibitor Showcase  
Pause de rafraîchissement et galerie des exposants |
| 10:45 a.m. – 11:45 a.m. | Workshop Session #1  
Séance des ateliers #1 |
| Noon – 1:15 p.m. | 2019 OSCA Awards Luncheon  
Gala des prix de l’ACOSO 2019 |
| 1:30 p.m. – 2:30 p.m. | Workshop Session #2  
Séance des ateliers #2 |
| 2:30 p.m. – 3:00 p.m. | Refreshment Break & Exhibitor Showcase  
Pause de rafraîchissement et galerie des exposants |
| 3:00 p.m. – 4:00 p.m. | Workshop Session #3  
Séance des ateliers #3 |
| 4:15 p.m. – 5:15 p.m. | Annual General Meeting  
Assemblée générale annuelle |

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Pause de rafraîchissement et galerie des exposants |
| 10:45 a.m. – 11:45 a.m. | Workshop Session #4  
Séance des ateliers #4 |
| 12 noon – 1:00 p.m. | Lunch  
Déjeuner |
| 1:00 p.m. – 2:00 p.m. | Workshop Session #5  
Séance des ateliers #5 |
| 2:00 p.m. - 2:30 p.m. | Refreshment Break & Exhibitor Showcase  
Pause de rafraîchissement et galerie des exposants |
| 2:30 p.m. – 3:30 p.m. | Workshop Session #6  
Séance des ateliers #6 |

**Conference location:** University of Toronto- Mississauga

**Keynote/ Workshop Location:**  
Communication Culture and Technology Building-CC

**Lunches:** Innovation Complex Building - KN  
-in the Rotunda  
-this building houses the Office of the Register

**Map Link:** [http://map.utoronto.ca/utm/building/329](http://map.utoronto.ca/utm/building/329)
OSCA Awards / Prix OCOSO

Thursday October 17th, 2019 - lunch

The Ontario School Counsellors’ Association has a long-standing tradition (over 40 years) of recognizing and awarding those who distinguish themselves in the field of Guidance and Career Education. Each year, at our conference, OSCA/ACOSO recognizes individuals and/or organizations that have made a significant contribution to Guidance and Career Education in Ontario.

CURRICULUM AND RESOURCES
The Elmer Huff Award for Guidance and Career Education Resources
In honour of our first OSCA President, presented in recognition of outstanding contributions to the career development of young people through the creation, development and delivery of high quality Guidance and Career Education Resources.

COUNSELLOR PROFESSIONAL DEVELOPMENT
The Russ Seltzer Award for Contribution to Counsellor Education in Ontario
Presented to honour contribution to Counsellor Education in Ontario, including teaching Guidance and Career Education Additional Qualification courses.

The Howard R Beattie Award for Contribution to Counsellor Professional Development
Presented to a member who has created new and beneficial ideas and techniques for professional use and communicated these through such means as workshops, local leadership and the organization of a conference or guidance professional development activities.

ELEMENTARY GUIDANCE
The Marion Axford Award for Elementary Guidance
In honour of former OSCA President Marion Axford, presented in recognition of outstanding contribution to elementary guidance in Ontario.

PEER HELPING
The Daryl L. Cook Peer Helping Award
Presented to one elementary and/or one secondary school in Ontario in recognition of its exemplary peer-helping program.

CONTRIBUTION TO GUIDANCE AND CAREER EDUCATION
Career/Lifeskills Resources Award
Presented in recognition of outstanding contribution to career development. This award is presented by Career/Lifeskills Resources.

Certificate of Appreciation Award
Presented in recognition of outstanding contribution to Guidance and Career Education in Ontario by individuals/groups who are community partners.
Olive Deifenbaker Award
Recognizes retiring individuals who have contributed to the Counselling and Guidance Profession in Ontario.

The Phil Hedges Award
Presented to recognize the contribution to Guidance and Career Education by dedicated counsellors in the Province of Ontario. An award will be given to one qualifying nominee from each of the six educational regions in the province, or up to a maximum of six qualifying nominees from across the province.

**Please refer to http://www.edu.gov.on.ca/eng/parents/offices.html to determine the region in which each school board is located.

The Morgan D. Parmenter Memorial Award
Presented to recognize a person who has made a most significant contribution to Guidance and Career Education in Ontario

Nominate a colleague at www.osca.ca
Deadline Wednesday, September 13, 2019