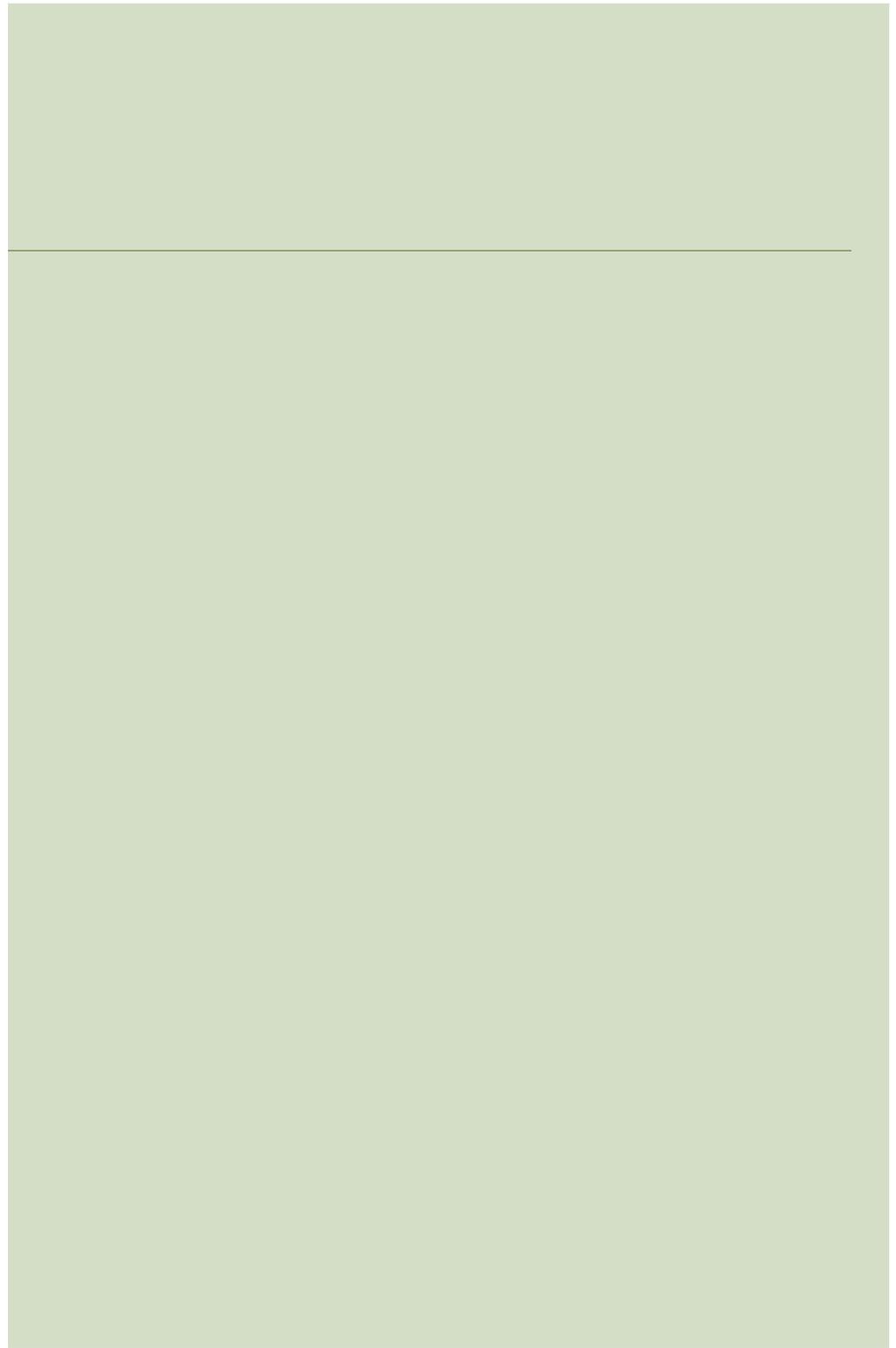


# COLLABORATING FOR K-16 SUCCESS

LINKING TOGETHER FOR SEAMLESS TRANSITIONS



**K-16 COUNSELOR CONFERENCE**  
**FRIDAY, NOVEMBER 19**  
**UTAH VALLEY UNIVERSITY**



## Notes

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### From President Holland



November 19, 2010

Dear Counselors,

We are excited to welcome you to Utah Valley University. In March of this year, we hosted many of you at our first counselor conference sponsored by the UVU K-16 Alliance. We received tremendous feedback from you on ways that we could improve connections between UVU and our local schools. One of the suggestions was to host the conference in the fall, which we have done this year. Another suggestion was to include UVU advisors in an effort to develop seamless handoffs between counselors and advisors. You will notice that we have many UVU advisors with us today. Finally, many asked that we stay committed to the K-16 Alliance. I am happy to report that our service area superintendents meet with me regularly to discuss vital K-16 issues that will enhance your ability to help students.

The conference theme this year is "Collaborating for K-16 Success: Linking Together for Seamless Transitions." The workshop presenters and speakers will address both the social issues our students are facing as well as the college preparation details vital for their success throughout the K-16 educational journey.

I am thrilled that you have the opportunity to hear from an expert in the field of teenage decision-making, and good friend, Sean Covey. As a token of appreciation for your attendance, we are supplying each of you a copy of Sean's book, "The Leader in Me." I look forward to hearing from Sean and know we are in for a treat.

Thank you for all of your efforts to help our wonderful students. You are truly making a difference in the lives of so many.

Sincerely,

A handwritten signature in black ink that reads "Matthew S. Holland". The signature is fluid and cursive, with a long horizontal line extending from the end of the name.

President Matthew S. Holland  
Utah Valley University

## Conference Schedule

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### 7:30-8:20

#### Registration and Continental Breakfast

Centre Stage Lobby	Conference Attendees
SC213B	Presenters, Facilitators and Superintendents
SC213C	Superintendent Presentation

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### 8:30-9:30

#### Welcome and Keynote Address

Ragan Theater	President Matthew Holland
	Sean Covey

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### 9:45-10:45

#### Roundtable Discussions

Centre Stage

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### 11:00-11:45

#### Breakout Session I

SC206a	Millennial Generation
SC206b	Sexual Boundaries
SC206c	Motivating Students
SC206gh	UVU Seniors/Alumni Panel
SC213b	Utah Futures
Centre Stage Lobby	UVU Campus Tour

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### 12:00-1:00

#### Networking Luncheon

Centre Stage

## Binders

Binders are provided for high school counselors in attendance and contain information on UVU programs, departments and services.

## Continuing Education Units (25)

Continuing Education Units (CEUs) are available for \$25. Forms are included in your registration packet and must be submitted to the registration desk by the end of the conference. Participation forms are also included in the registration packet and may be filled out by attendees. Please make checks payable to UVU Conferences and Workshops.

## Conference Evaluations

Please complete the Conference Evaluation Form and give it to the facilitator of your last session, or drop it by the registration table before you leave today. We value your feedback and utilize your recommendations in planning upcoming conferences.

## Website

Conference handouts and Powerpoint presentations will be posted online within two weeks of the conference at [www.uvu.edu/advising/k-16conference](http://www.uvu.edu/advising/k-16conference).

## Drink Refills

Enjoy free soda/water refills throughout the day at UVU's Scoops convenience store (located near the bookstore) with your counselor conference water bottle provided with your registration materials.

## Nametags

Please drop your nametag in the recycle bin at the registration desk before you leave.

## Registration Payments

Please make checks payable to UVU Conferences and Workshops.

## Mountainland Region K-16 Alliance

Matthew S. Holland, UVU President  
Ian Wilson, UVU VP Academic Affairs  
Briant Farnsworth, UVU Dean School of Education  
Shad Sorenson, UVU AVP Student Advisement and Support Services  
Kyle Reyes, UVU Special Assistant to the President  
Carolyn Merrill, Principal/Trustee  
Clay Christensen, MATC Campus President  
Cheryl Hardy, Director CTE Wasatch District  
Vern Henshaw, Superintendent Alpine District  
Chris Sorensen, Superintendent Nebo District  
Steve Carlsen, Superintendent North Summit District  
Ray Timothy, Superintendent Park City District  
Randy Merrill, Superintendent Provo District  
Barry Walker, Superintendent South Summit District  
Terry Shoemaker, Superintendent Wasatch District

### Conference Committee Members

Justin Keetch, Alpine  
Joann Tuttle, Nebo  
Niko Jensen, Park City  
Jared Ferguson, Provo  
Kristi Davis, Provo  
Becky Dees, South Summit  
Carl Nielson, UCAS  
Whitney Olsen, UVU  
Sherry Harward, UVU  
Shad Sorenson, UVU  
Michelle Taylor, UVU  
Kirk Young, UVU  
Kyle Reyes, UVU  
Cheryl Hardy, Wasatch  
Colleen Cummings, Wasatch

Registration provided by UVU Conferences and Workshops  
Conference program designed by Natalie Peirce  
Website assistance provided by Sindy White  
Campus Tours provided by Prospective Student Services Student Ambassadors

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### 1:15-2:00

#### Breakout Session II

SC2o6a	Student Demographics in the Educational Pipeline
SC2o6b	Strategies for Students Achieving Success
SC2o6c	Crucial Conversation for Advisors
SC2o6gh	Special Education Transitions (504/ADA)
SC213b	Engaging Students through Web Tools
Centre Stage Lobby	UVU Campus Tour

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### 2:15-3:00

#### Breakout Session III

SC2o6a	Professional Learning Communities
SC2o6b	Advisor Burnout
SC2o6c	Importance of School Involvement
SC2o6gh	Sexual Activity/Abstinence
SC213b	An Attitude of Service
Centre Stage Lobby	UVU Campus Tour

## Session Descriptions

### Keynote

Ragan Theatre

Sean Covey

### Building Leaders...One Student At A Time



Sean Covey is Executive Vice President of Global Solutions and Partnerships for FranklinCovey and has led the development of most of FranklinCovey's organizational offerings, including: Focus, Leadership, The 4 Disciplines of Execution, The Leader in Me, and The 7 Habits of Highly Effective People. Sean oversees all of Franklin Covey's International partnerships which cover over 140 countries.

Sean is also FranklinCovey's Education Practice Leader and is devoted to transforming education around the globe through bringing leadership principles and skills to as many kids, educators, and schools as possible.

He is a New York Times best selling author and has written several books, including *The 6 Most Important Decisions You'll Ever Make*, *The 7 Habits of Happy Kids*, and *The 7 Habits of Highly Effective Teens*, which has been translated into 20 languages and sold over 4 million copies worldwide.

He is a seasoned speaker to kids, teens, and adults and has appeared on numerous radio and TV shows.

Sean graduated with honors from BYU with a Bachelor's degree in English and later earned his MBA from Harvard Business School. As the starting quarterback for BYU, he led his team to two bowl games and was twice selected as the ESPN Most Valuable Player of the Game.

Born in Belfast Ireland, Sean's favorite activities include going to movies, working out, hanging out with his kids, riding his dirt bike, and writing poor poetry. Sean and his wife Rebecca live with their children in the Rocky Mountains.

For more information on Sean, visit [www.seancovey.com](http://www.seancovey.com).

### Roundtable Sessions

Centre Stage

#### Admissions

Ryan Burton, Director

#### Concurrent Enrollment

Spencer Childs, Program Manager

#### Student Health Services

Bill Erb, Senior Director

#### Latino Initiatives and Latino Educators of Tomorrow

Yudi Lewis, Counselor

SC2o6GH

### Frank Wojtech

Health & Physical Education Specialist, Utah State Office of Education

#### Law and Policy: Human Sexuality Instruction

Sex education is a small but important part of the secondary health education core curriculum. The scope of instruction varies from school to school and district to district in Utah. Teachers, counselors and administrators need to be well informed of Utah law and local guidelines regarding human sexuality curriculum. This presentation illustrates the legal parameters of human sexuality instruction in Utah.



Frank Wojtech has served as the Health and Physical Education Curriculum Specialist at the Utah State Office of Education for the past 6 years. He was a teacher, coach, and athletic director at Olympus High School for over 22 years and the Director of Health, Physical Education, and Athletics for 10 years for Granite School District. Frank received a Master's degree in Physical Education and English from University of Northern Iowa and a Bachelor's degree in Physical Education and Health from the University of Utah.

SC213B

### Wade Oliver

Director of Advisor Training & Development, Utah Valley University

#### Dude, Advise Me! Engaging Others With An Attitude of Service

Advisors and counselors are constantly faced with situations that require the utmost skill, tact and, diplomacy. How we choose to respond to these situations is directly linked to the choices we make regarding our attitude. An individual with a proper attitude sees and finds opportunities for success while others may not. This presentation will discuss, in a fun way, how having an attitude of service is linked with success. Examples will be shared as well as a number of suggestions to help us fine-tune our attitude and create a winning situation for the student, advisor/counselor and the institution.



Wade Oliver is the Director of the Advisor Training and Development department at Utah Valley University (UVU) in Orem, Utah where he supports and serves the many wonderful academic advisors as they in turn support and serve UVU students. Before coming to UVU, Wade spent several years on the East coast of Virginia as the Director of Academic Advising at Christopher Newport University (CNU), a highly selective Liberal Arts and Sciences University. Prior to his time at CNU, he spent six years at Utah State University as the Assistant Director of University Advising and Transition Services and five years before that at Salt Lake Community College where he coordinated the First Step Orientation program and managed the national award-winning Answer Center. Wade has been actively involved in state, regional and national academic advising associations and presents regularly at state, regional and national advising conferences on several topics. In 1999, Wade organized the development of the Utah Advising and Orientation Association (UAOA) and served as the charter president of that organization. The UAOA is still going strong and is perhaps the most successful state advising organization in the country.

SC2o6B

**Bill Erb**

Sr. Director, Student Health Services

**Who Counsels the Counselor? Chocolate Therapy**

Relaxation is a science involving complex mental systems that control both stress production and stress reduction. Relaxation is also an art, where creativity is used to create a sense of peace. In "Chocolate Therapy" we will take a look at both the art and science of relaxation. The presentation takes a look at some of the complex systems involved in stress, tension, fight or flight response and memory. We then use the very mental systems reviewed in a live relaxation session. Participants will leave more informed on how the mind works and how to use its systems to achieve relaxation.



*Bill graduated from the University of Utah with a bachelor's degree in psychology. He continued on to receive his graduate degrees from Brigham Young University in counseling and school psychology. He is a licensed professional counselor (LPC) and a nationally certified counselor (NCC). Bill has worked for UVU for 10 years. He worked within Career and Academic Advising for 2 years then moved to Student Health Services Mental Health Unit. Bill became Sr. Director of Student Health Services in 2005. Occasionally, Bill teaches Abnormal Psychology or Group Psychotherapy for the Behavioral Science Department. Bill also runs a private practice specializing in individual therapy, complicated grief, relationships and psychological assessment.*

SC2o6C

**Kris Coles**

Program Coordinator, Office of Student Involvement, Utah Valley University

**School Involvement: A Key to Success**

Understand the benefits of involved students through a research perspective and from students who have benefitted from being involved through extracurricular school activities.



*Kris gained a love for higher education through personal involvement in student government at UVU. He currently serves as the Program Coordinator in the Office of Student Involvement at UVU. Kris received a bachelor's degree from UVU in Behavioral Science and Psychology and is currently working on a Masters in Educational Leadership at the University of Utah and projected to graduate in April, 2011.*

**Multicultural Programs/Opportunities**

Gwen Anderson, Director

**NCAA Regulations**

Megan Kennedy, Associate Director of Athletics

**Orientation**

Andrew Stone, Program Director

**Regents/New Century Scholarships**

Annette Pukahi, Academic Advisor for Concurrent Enrollment

**Scholarship Information**

Ty Lister, Financial Aid Counselor

**Student/Peer Mentoring Programs**

Marinda Ashman, Assistant Director

**Student Success Strategies**

Michelle Kearns, Program Director

**In-house Tutoring Resources**

Kathy Van Wagoner, Manager - Math Lab

**Private Tutoring Resources**

Liz Andrus, Program Director - SCUP

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**Breakout Session I 11:00-11:45 am**

Centre Stage Lobby

**Campus Tours**

Prospective Student Services will be providing tours of the campus during the conference. If you have not seen the unique campus or want to see some of the recent changes, plan to attend one of the tours provided during the breakout sessions. Tours will be lead by UVU Student Ambassadors.

SC2o6A

**Beka Grulich**

Director, Student Activities

**Millennials...Why Are They So Different?**

You have been working with students for years, why is this group so different? And now these Millennials are more than your students...they are your new coworkers. For the first time in history we have four generations in the workplace. Find out how they are different and some techniques for working with them and providing environments for their strengths to flourish.



*Beka Grulich has been employed at Utah Valley University for 14 years. Beka is a certified "7 Habits" and "Focus Facilitator," and enjoys teaching student leadership development. Beka has been involved with student organizations for the last 15 years. In her opinion, student clubs, in general are the most underutilized and untapped energy on campus. Away from the college world, Beka loves family time. While volunteering at the 2002 Winter Olympics she met fellow volunteer and now husband Gary. Beka and Gary have two children, Kyle and Diana. When they are not spending time with college students they love to travel, take photos, and collect baseballs.*

SC2o6B

**Jared Vernon**

Detective, Summit County Sherriff's Office

**Sexting, Cybering & eBullying**

This presentation will focus on trends, concerns, laws and responsibilities regarding Sexting, Cybering and eBullying.



*Jared Vernon has been a detective for the Summit County Sherriff's Office for 7 years working almost exclusively with juvenile sex crimes. He has over 5 years of experience as a School Resource Officer and is housed on location at South Summit School District. He is a member of the Sex Offender Registry Task Force, a member of the Summit County Summit Emergency Response Team, and the National Institute of Child Health and Human Development. Jared is certified in Child Forensic Interviewing, Explosive Breaching, SWAT Procedures, Incident Response to Terrorist Bombings and numerous other forensic trainings.*

SC2o6C

**Amy Baird**

Academic Standards Counselor, Utah Valley University

**Who Cares? Techniques and Strategies for Motivating Students**

Motivation is one of the primary reasons that students struggle in school. This presentation will include discussion on the roots of motivation and how counselors and advisors can help students become invested in their education as well as methods, strategies, and resources for fostering student motivation. Opportunities will be provided for sharing and discussion.



*Amy Baird helps students who are struggling academically return to good standing at Utah Valley University. She enjoys helping students uncover their potential and develop the confidence to succeed. In addition to working as an Academic Standards Counselor, Amy teaches a Career Exploration class at UVU. She is heavily involved in retention efforts on campus including the creation of learning communities and the development of a First Year Experience for students and parents. She has a great deal of respect for school counselors and school psychologists and the difficult work they do, partially because her husband works as one for Nebo School District.*

**Breakout Session III 2:15-3:00 pm**

SC2o6A

**Justin Keetch**

Panel Moderator

**Randy Evans**

Counselor, Lakeridge Junior High

**Garrick Peterson**

Principal, Lakeridge Junior High

**Theron Murphy**

Principal, Timpanogos High School

**Carrie Whitney**

Lead Counselor, Timpanogos High School

**Professional Learning Communities**

As the Professional Learning Communities model is being adopted in more school districts across the nation, counselors and administrators are asking the question "How do counselors fit into this model?" The panel will include administrators and counselors from a junior high and high school to discuss the counselor's role in a PLC school, how counselors can effectively use collaboration time, and the relationships between PLC's and the Utah State Comprehensive Counseling & Guidance model.



*Lakeridge Junior High School has been recognized nationally for their work as a Professional Learning Community. They were recently highlighted in Rick and Becky DuFours new book "Raising the Bar Closing the Gap: Whatever it Takes." The school has twice been named "Best of State." They have found that the collaborative model is the best way to empower educational professionals to transform education so more students learn at high levels.*



*Timpanogos High School has been nationally recognized by Newsweek Magazine as, "One of the Top High Schools in the Country." – largely due to a culture and tradition of academic excellence. Faculty and staff have developed a shared vision to help all students become competent in every area of their educational experience, and move toward the goal of excellence. The THS Student Success Team, comprised of administrators and counselors, supports quality teaching in every classroom, is implementing a flex program to provide additional support to students who need it, and systematically places students into intensive interventions.*

SC2o6GH

**Ed Martinelli**

Accessibility Services Director, Utah Valley University

**Transitioning from the Secondary to Post-Secondary Setting**

This presentation will focus on transition issues for students with disabilities as they move from the K-12 setting to the college environment. The differences between the two settings, along with suggestions to successfully navigate the transition will be discussed. Documentation needs, accommodation possibilities, and the opportunity for questions and answers will be provided.



*Ed Martinelli is a licensed psychologist in the State of Utah and has broad experience in learning disabilities, ADD/ADHD, psychiatric disabilities, and post-secondary disability provision. He is a graduate of Auburn University and has worked in the disability field for nearly 8 years. He currently works as the ADA Coordinator and Director of Accessibility Services at UVU. He has presented and published on a variety of topics related to disability service provision and advising in the college setting. He maintains a private practice doing therapy and psychoeducational assessments for adolescents and adults.*

SC213B

**Wade Oliver**

Director, Advisor Training & Development, Utah Valley University

**Web 2.0 – Engaging Students Online**

The term “Web 2.0” is commonly associated with internet applications that facilitate interactive information sharing in contrast to traditional websites where users are limited to the passive viewing of information that is provided to them. Examples include well-known applications such as Facebook, Twitter and Blogging among an ever-increasing number of others. This session will provide both an introduction and an understanding of the advent and importance of Web 2.0 applications and how they influence the lives of students in particular.



*Wade Oliver is the Director of the Advisor Training and Development department at Utah Valley University (UVU) in Orem, Utah where he supports and serves the many wonderful academic advisors as they in turn support and serve UVU students. Before coming to UVU, Wade spent several years on the East coast of Virginia as the Director of Academic Advising at Christopher Newport University (CNU), a highly selective Liberal Arts and Sciences University. Prior to his time at CNU, he spent six years at Utah State University as the Assistant Director of University Advising and Transition Services and five years before that at Salt Lake Community College where he coordinated the First Step Orientation program and managed the national award-winning Answer Center. Wade has been actively involved in state, regional and national academic advising associations and presents regularly at state, regional and national advising conferences on several topics. In 1999, Wade organized the development of the Utah Advising and Orientation Association (UAOA) and served as the charter president of that organization. The UAOA is still going strong and is perhaps the most successful state advising organization in the country.*

SC2o6GH

**What I Wish I Knew Before Graduation!**

This presentation will include advice from UVU seniors and recent graduates regarding what resources, programs, mentors, activities, etc. they utilized during their educational experience and advice they wish they would have received from their high school and college advisors.



*Clint Pulver is from Heber City, Utah and has been a student at UVU for three years. He graduated from flight school with his pilots license and is now working on a bachelors degree in speech communication. Clint is very active as a presidential leader and the current Executive Vice President of UVUSA.*



*Trevor Tippetts is from Las Vegas, Nevada and is in his junior year of study in Political Science at UVU. Trevor will be graduating in the fall of 2011 and will be starting law school in the fall of 2012. For the past two years Trevor has been working as an Ambassador for Utah Valley University in the office of Prospective Student Services. He is also a UVU Intramural champion in volleyball. Trevor looks forward to starting a career in corporate law after he graduates.*



*Gretchen Lynch is currently attending UVU and is majoring in Psychology and is a Student Life Intern. Gretchen is scheduled to graduate in April, 2011 and then plans to attend the University of Utah to obtain a master's degree in Educational Leadership and Policy. Gretchen was a UV Mentor for several years and was the UV Mentor Liaison in Student Government. Gretchen indicates the leadership opportunities she has had at UVU has helped her prepare for her future career as well as the rest of her life.*



*Rosey Bassett grew up in West Valley City and attended Granger High School. With the help of several teachers as well as academic counselors, she was able to get a full-tuition scholarship to UVU, where she immediately met with counselors who helped her find her perfect major...Social Work! Rosey served as a UV Mentor for two years at UVU before graduating with a Bachelor's degree in Behavioral Science with an emphasis in Social Work. Rosey is now in Graduate school at BYU studying Social Work and hopes to one day begin her own mentoring program for at-risk youth.*



*Jocelyn Noorlander is from Coalville, Utah. She attended UVU for 4 years and graduated with a bachelor's degree in Psychology. She is planning to further her education to become a school psychologist.*

SC213B

**Randon Olsen**

MAED, Work-Based Learning Coordinator, Provo High School

**To Technology and Beyond: Pilot Project Connecting Students To Higher Education With The Electronic SEOP**

Based on a year of learning and planning, the partnership of Provo School District and Utah Valley University is primed to select and work with a diverse sample of 10th graders to make the step from high school to college more meaningful and less stressful. By sharing information in the eSEOP and increasing opportunities for interactions and engagement, the objective is to help youth be more involved and committed to long term planning that focuses on their specific educational interests.



Randon Olsen began his career at Dixon Middle School as a History and Life Skills teacher where he taught for 13 years. After a tour in Saudi Arabia during Desert Storm, he earned a Master's Degree in Counseling and became a counselor at the same school. In 2006 he became a Work-Based Learning Coordinator at Pleasant Grove High School setting up internships for students and overseeing students in the Word Experience Program. Randon enjoys teaching Critical Skills Seminars to help students see the "nitty-gritty" details of what they may come across in the workplace.

**Breakout Session II 1:15-2:00 pm**

SC206A

**Kyle Reyes**

Special Assistant to the President, Utah Valley University

**High Expectations and High Support: Building Inclusion Excellence Among Changing Demographics**

This presentation focuses on the need for counselors to be navigational professors with a focus on Inclusive Excellence. Participants will be updated on latest national models, research, and practices to improve the ways we raise expectations of all students while providing targeted support for those who have not traditionally had access to opportunities.



Kyle Reyes has worked at Utah Valley University for the past seven years in the development of programs and services that create access to higher education for underrepresented communities (low-income, first generation, multicultural, etc.). He has worked in programs like Upward Bound, Educational Talent Search, GEAR UP, and the Multicultural Center where he created and directed the UVU Latino Initiative. In 2009, Kyle received the Civically Engaged Staff Member award from the Utah Campus Compact, the Award of Excellence from UVU, and the Adjunct Faculty of the Year award—an award given by students. After a brief stint as Director for Student Success and Retention in the summer of 2009, Kyle was appointed by new UVU President Matthew Holland to be his Special Assistant. He teaches Public Speaking, Interpersonal Communications, and Intercultural Communications at UVU. Kyle received his Master's in Education Leadership and is currently working toward his Ph.D. in Education Leadership and Policy from the University of Utah. He has a beautiful wife and four active children.

SC206B

**Pat Nelson**

Learning Strategies Support Services Manager, Utah Valley University

**Denise Fullmer**

Academic Advisor, Utah Valley University

**Achieving Academic Success**

This presentation deals with the importance of course choices in preparation for major and career selection and will include ten easy steps for students to achieve good grades.



Pat Nelson is the manager of Learning Strategies Support Services at UVU and assists students in developing self-awareness of their learning challenges and how to utilizing resources to create and implement self-improvement plans to become active and independent learners and achieve academic success. Pat holds a Bachelor's degree in Math and a Master's in Instructional Design with an emphasis in Distance Education from Utah State University.



Denise Fullmer has been a college counselor in the Career & Academic Counseling Center at Utah Valley University for the past 3 years. She has been an adjunct faculty member in the UVU Behavioral Science Department for 10 years and a part-time educational counselor for 4 years. Denise holds a Master's Degree in Educational Counseling and a Bachelor's degree in History Education with a minor in English.

SC206C

**Colleen Sorenson**

Testing Services Director, Utah Valley University

**What is Your Communication Style?**

Conflict happens with the best of intentions. The problem is, many people never take the opportunity to clarify intentions, so relationships can be affected in negative ways. This session is designed to help you uncover your own conflict/communication style, as well as those you interact with. Once you understand your own style and those around you, communication opens up to so that issues can be resolved with honesty and integrity.



Colleen Sorenson is the Director of Testing Services at Utah Valley University. She is also an adjunct professor at and a facilitator for the 7 Habits of Highly Effective People and ScreamFree Living, an organization committed to helping people resolve conflicts calmly. Colleen is also a trained mediator in the state of Utah. She deals with conflict on a regular basis between co-workers, clients, faculty, staff, parents, and students. It is her lifelong mission to help people understand one another so that conflicts can quickly be resolved and deeper relationships can be formed.