

The Career Advisor

Guiding students...together.



careertech

DATE: March, 2016

Hello, Everyone! It's here! The Counselors Only Conference is next week! There are some great sessions and you will love the Reed Center. The most difficult decision will be choosing which sessions to attend! The latest at-a-glance agenda is located on the registration link below. Check it out and we'll see you there! *Tommi*

COUNSELORS ONLY CONFERENCE

The Counselors Only Conference will be held **March 10, 2016, at the Reed Center**, 5800 Will Rogers Rd, Oklahoma City, OK. (Website: reedcenter.com) This venue is near several hotels and restaurants and has plenty of free parking. The conference will feature sessions for elementary, middle school/junior high, high school and tech center counselors. This is a free conference. There will be a concession area where you can purchase beverages and snacks. We are looking forward to seeing you!

REGISTRATION LINK: <http://counseloronly2016.eventbrite.com>



Oklahoma's Premier Online Career Development

System Have you heard about the recent additions to OK Career Guide? Are you looking for training on OK Career Guide? Follow this link for the latest and greatest: <http://www.okcareertech.org/educators/career-and-academic-connections/career-information>

- ✿ **6 Mistakes That Will cost You a Scholarship** – from Zinch
<http://www.morethanatestscore.com/2013/04/10/6-mistakes-that-will-cost-you-a-scholarship/>
- ✿ **How to Study and Take Notes from a Textbook** – from For HS Counselors
<http://www.5minutesformom.com/95020/how-to-take-notes/>
- ✿ **What College Brochures Don't Say: Developing Skills for College** – from For HS Counselors
<http://bit.ly/1mTIMVc>
- ✿ **Why thinking you are ugly is bad for you** – from TED Talks
http://www.ted.com/talks/meaghan_ramsey_why_thinking_you_re_ugly_is_bad_for_you
- ✿ **The top 10 iGEN and GEN Z questions answered** – from The Center for Generational Kinetics
<http://genhq.com/igen-gen-z-generation-z-centennials-info/>
- ✿ **Parent Toolkit: Growth Charts (all grades)** – Track and support your child's academic and personal growth and development with these growth charts. <http://bit.ly/1EFDVry>

In case you didn't know... A Snapchat Explainer for Non-Millennials | Re/code – from schoolcounselor.com
<http://recode.net/2014/08/18/a-snapchat-explainer-for-non-millennials/>

Also see <http://www.businessinsider.com/how-to-use-snapchat-2015-2>

Nationwide School Counselor Ratios by District - includes Oklahoma
<http://www.nacacnet.org/issues-action/policy/Pages/SchoolCounselorRatios.aspx>

Teen's Moving Video Makes You Really Think About Cyberbullying – from Huffington Post
Luke Culhane shows the torment may be virtual, but the pain is very real. <http://huff.to/1KCJ0du>

- ✿ **It's Not About Food: Eating Disorders Awareness** – from For High School Counselors Blog
<http://bit.ly/1VzxJeU>
- ✿ **Cutting, Eating Disorders and Confidentiality** – from ASCA School Counselor
<http://bit.ly/1KEcKag>
- ✿ **S.A.F.E. Alternatives Self-Injury Self-Assessment** – a tool for self-evaluation
<http://www.selfinjury.com/forms/Self%20Assessment%2014March2014.pdf>
- ✿ **Dating Violence** - from Deseret News
<http://bit.ly/1T1JbIP>
- ✿ **7 Basic Signs of Toxic Relationships** – from HealthyPlace
<http://www.healthyplace.com/blogs/livingablissfullife/2014/06/08/signs-and-wonders-of-toxic-relationships/>

Great lesson! 6 Creepy Sentences that I wish always had these surprise endings – from Upworthy
<http://www.upworthy.com/6-creepy-sentences-that-i-wish-always-had-these-surprise-endings?c=evf1&q=2>

Don't Make These Mistakes During SAT, ACT Prep – from HS Counselor Week and US News
When it comes to scoring well on the ACT or SAT, there is no easy path to success. Students must put in a great deal of time, effort and research to meet their target scores – but even the brightest of students can get tripped up by common mistakes.....

Teens And Depression – from HS Counselor Week and Westchester Magazine
Christina B. recalls a happy childhood in Cortland Manor—until her parents divorced when she was 12. “That’s when everything started to unravel,” she says. In high school, Christina juggled a sterling list of activities—dance, volleyball...

And just for you!
Counselor Freebie ! <http://bit.ly/1VzSszc>

Creating labels: People divide us up... <http://bit.ly/1T22885>



If you have questions or comments, please contact me:
Tommi Leach, M.Ed
Academic Coordinator
Oklahoma Department of CareerTech
1500 W. 7th Ave.
Stillwater, OK 74074
tommi.leach@careertech.ok.gov
405-743-5524

Follow us:

[ODCTECAC](#)  [@TommiLeach](#) 

Career & Academic Connections 