



Teaching & School Administration

Plus Counseling/Coaching, Special Education, & More

- One-day Seminars
- Conferences
- Certificate Programs
- Customized On-Site Training



■ SEMINARS & WORKSHOPS

General Topics of Interest
Computers
Counseling & Coaching
Early Childhood
Grantwriting & Fundraising
Language Arts/Literacy
Math & Science
Paraprofessional Training
Physical Education
Special Education
World Languages

■ SPRING CONFERENCES & SPECIAL PROGRAMS

- Conference on Conflict, Collaboration & Communication
- Conference for Managers & Supervisors: The Transformational Leader
- Applied Leadership 3-day program

PORTSMOUTH
DURHAM
MANCHESTER



Professional Development & Training

Spring & Summer 2016 Noncredit Offerings for Teachers, Administrators, Counselors & Related Professionals

Durham • Portsmouth • Manchester

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ONE-DAY CONFERENCE

CONFLICT, COLLABORATION & COMMUNICATION

One-day Conference for Educators & Related Professionals

Wednesday, May 11, 2016

Portsmouth Harbor Events & Conference Center

100 Deer Street, Portwalk Place, Portsmouth, NH

8:50 a.m.-3:05 p.m. (check-in, 8:15 a.m.), .5 CEUs, \$189 (\$225 if registered after April 27), CRN 154555

Keynote Address: Transforming Conflict— Finding the Hidden Gifts

Students What if we could see our conflict and communication challenges as energy to be received, transformed, and redirected into something useful, while maintaining a calm and composed presence? The concept is appealing, but how do we actually do it?

Based on concepts from the martial art Aikido (“The Way of Harmony”) and well-recognized texts and practices in the field of purposeful communication, this skill-based, interactive keynote introduces strategies for dealing with conflict and interpersonal communication challenges typical of educational systems. You’ll practice mental, behavioral, and verbal skills to help you feel more confident expressing yourself, understanding others, and finding the hidden gifts in daily conflict.

Keynote Speaker: Judy Ringer

4 Breakout Sessions

Breakouts are repeated. Attend one in the morning and one in the afternoon.

Collaboration Beyond School Walls: Social Media for Professional Development

We talk so often about personalizing learning for students, but what about educators? In this workshop, you will learn how to use the network of educators that exists on Twitter, Facebook, blogs, and even Pinterest to personalize your professional development, gain resources, and have the conversations that enhance teaching and learning.

Educators in any role — administrators, specialists, classroom teachers, even parents who homeschool — who are looking to build a professional learning network, gather skills and resources for making connections beyond school walls, or are simply curious about the use of social media for professional development should attend.

Devices are a necessity for this workshop. Much of the work can be done with a smartphone or tablet, but the combination of a mobile device and laptop is preferred to explore the variety of ways we can use social media for professional development.

Presenters: Jaclyn Karabinas

Let’s Talk: How to Foster Honest, Open, Non-Defensive Dialogue about Difficult Issues

Educators often have conversations with parents, supervisors, and team-mates that require open, non-defensive communication. This breakout session will provide you with practical ideas and techniques for addressing important issues and sensitive subjects in a way that increases another person’s willingness to listen openly and engage in a constructive conversation. Discover how to answer challenges and deliver feedback in a way that is constructive and minimizes defensiveness. Keep difficult conversations on track and moving toward a productive conclusion with these strategies.

Whether you are a leader facilitating performance reviews, a curriculum coordinator coaching staff, a teacher communicating with parents, or an educator in a supporting role, you will learn how to:

- resolve difficult issues before they trigger defensiveness or combativeness;
- answer challenges and deliver feedback in a way that is constructive and minimizes over-sensitive responses to perceived criticism;
- confront sensitive issues in a way that strengthens relationships;
- keep difficult conversations on track and moving toward a productive conclusion; and
- reduce your overall stress level by resolving issues rather than letting them fester.

Presenter: David Lee

Characteristics of Strong Teams: What Makes Effective Teams Tick?

Teams are an essential component of 21st century education. Educators often find themselves working in teams to solve complex problems, implement plans that require cooperation from others, and apply cross-functional expertise to education plans and curriculum. What makes successful curriculum design committees, special education/behavioral problem solving teams, or vertical/grade level teams? In this workshop, you’ll look at each team member’s ability to quickly form productive working relationships; the significance of inclusive and empowering team membership and leadership; and the importance of shared goals, healthy conflict, and trust. You will leave with ideas to address issues at the center of your team effectiveness and efficiency.

Presenter: Gerri King

Emotionally Intelligent Leadership: Open Minds, Positive Outcomes

Administrators and principals are recognized as leaders in education, but they are not the only leaders. Teachers lead in grade-level team meetings, curriculum development teams, and meetings with parents. Discover leadership strategies that will promote positive outcomes, improve morale, motivate others effectively, and get others on board with your goals. Encourage cooperation that taps into the hearts and minds of coworkers and parents. You will also gain insight into personal blind spots that may sabotage your own leadership efforts. This workshop will provide a foundation of skills for educators considering leadership roles and additional insights for seasoned leaders.

Presenter: Amy Wood

Presenters’ biographies on pg.16-18.

Download a brochure and register online at:

www.learn.unh.edu/communication

CUSTOMIZED COACHING & TRAINING SERVICES



WE OFFER CUSTOMIZED COACHING AND TRAINING SERVICES

No time to organize the training and coaching opportunities you know your team needs?

Choose a topic and a training date, and UNH Professional Development & Training will do the rest —and deliver a professional and expert program right to your school or district.

We will partner with you to provide customized coaching and/or teacher training services to groups of teachers, district administrators, and other school professionals. Content is based on your specific needs or on the following topics we cover in our public seminars:

- Leadership and teambuilding
- Communication skills
- Classroom management
- Subject-specific content
- Curriculum development
- Teacher effectiveness

An instructor experienced in K-12 teaching and coaching will facilitate up to six hours of interactive instruction designed to fit your school's needs. You may customize the experience to benefit your teachers by grade level and/or content area. One popular model includes joint coach/teacher lesson planning; a classroom visit with a focus predetermined by the teacher; and follow-up meeting. We can also recommend an instructor to facilitate school-based in-service days and grade-level meetings.

In addition to the wide range of off-the-shelf or custom topics, we can provide training by subject. Featured subject areas include literacy and language arts, mathematics, and technology.

Literacy and Language Arts Instructors: Multiple available. Please ask for details. Literacy instructors are affiliated with UNH's Learning Through Teaching program, the NH Literacy Institutes, and the UNH Department of English.

Mathematics Instructors: Susan Deese and Suzy Gagnon. Mathematics instructors are affiliated with the Learning Through Teaching: Mathematics in Context, sponsored by the UNH Department of Mathematics and Statistics.

Technology Instructors: Denise Dayton and Jaclyn Karabinas. UNH Professional Development & Training instructors identify effective use of iPads, tablets, apps, social media, and mobile devices to strengthen and enhance instruction across content areas.

Pricing: Negotiated based on hours and number of participants.

For more information about the services we provide, contact UNH Professional Training & Development Program Developer Jen Baker at 603-862-1739 or jennifer.baker@unh.edu.

GENERAL TOPICS

Writing, Illustrating and Publishing Children's Picture Books

Manchester/88: CRN 199216, Saturday, March 5, 10 a.m.-4:30 p.m.
.6 CEUs, \$149, lunch included

Children's books are fun and this workshop reflects that. This overview of the children's picture book field is designed for aspiring writers and illustrators of children's picture books: librarians; teachers and other educators; parents and grandparents interested in creating a picture story for their child or grandchild; and anyone simply with an interest in children's picture books. The goal is to meet each group's needs, so each workshop may vary. Based on the instructor's experiences, content will be devoted to three areas: writing the seemingly simple picture book using examples of various styles; illustrating with artwork or photographs, using many examples of both; and publishing in today's marketplace. Throughout the class examples of various types of picture books, including the instructor's, will be examined, analyzed, and explained. If you have a work-in-progress, bring it with you. At least three former workshop participants have been published nationally.

Instructor: Bruce McMillan

Differentiating Instruction: Meeting the Needs of All Students

Portsmouth/Pease: CRN 201216, Wednesday, March 9, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Giving each student what he/she needs in order to be successful can be a daunting task for any teacher. The focus of this training is to provide teachers with skills and strategies that will help them provide for each student without having to write individual lesson plans. Differentiated instruction addresses what good teaching looks like, and how students can achieve their potential and be engaged in their learning.

Instructor: Cynthia Stacy-Sevigny

New! Competency-based Education: Overview and Action Steps (K-12)

Portsmouth/Pease: CRN 205216, Tuesday, March 22, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

What is competency-based education? How is it different from what most schools are presently offering? Competency-based education is a transformative model of instruction and assessment focused on learning outcomes. Students are assessed by demonstrating competence on stated proficiencies. In this workshop you will understand the history and purpose of the Carnegie Unit and NH's journey toward competencies. You'll leave with knowledge of the who, what, when, where, and how's of Competencies. Strategies for urging a move towards competency-based instruction and learning will be shared, along with ways to include all stakeholders in the process. During the workshop, you'll have time to create a basic plan and timeline for implementation in your classroom, school, or district. Come prepared with materials such as your district's Competency documents. Suggested reading: "Off the Clock: Moving Education From Time to Competency" by Rose Colby and Fred Bramante.

Instructor: Nancy Parsons

New! Conflict Resolution and Effective Communication in Educational Settings

Portsmouth/Pease: CRN 315216, Wednesday, March 23, 9:30 a.m.-4 p.m.
.6 CEUs, \$189, lunch included

Conflict is not inherently negative and is rarely about the issue contested. Rather, it's about how it's handled. Whether it's with parents, students, or colleagues, conflict can be unsettling. However, when responded to constructively and respectfully, solutions emerge and relationships are

enhanced, even under the most difficult circumstances.

This workshop looks at the dynamics of miscommunication and conflict and teaches a creative resolution process that acknowledges emotional and power issues, encourages the sharing of individual points of view, and works cooperatively toward developing and implementing solutions.

Instructor: Gerri King

New! Mindfulness Education and Positive Youth Development

Cosponsored by UNH Cooperative Extension

Portsmouth/Pease: CRN 209216, Friday, April 1, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

This workshop will provide an overview of the emerging field of mindfulness education as it relates to positive youth development. You will cover recent research and positive impacts on young people as well as adults who teach, guide and work with them. An integrated perspective that connects mindfulness education to social/emotional learning, including self-regulation, attention, healthy choices, empathy and compassion will be presented. In addition, strategies for implementing mindful awareness activities in various school and youth program environments will be discussed. You will also experience a few mindfulness activities for use with children, and a variety of available resources (audio, video, apps, etc.) will be shared. Come away with plan for implementing a mindful moment and mindful teaching in your school, program or practice with children and youth every day! A limited number of scholarships may be available for this offering. To request consideration of a scholarship, please contact Rick Alleva at rick.alleva@unh.edu. Scholarships are based on a "first come, first served" basis.

Instructor: Rick Alleva

New! Authentic Leadership for School Administrators: Staying True while Serving the Needs of Students and Staff

Portsmouth/Pease: CRN 317216, Wednesday, April 6, 9:30 a.m.-4 p.m.
.6 CEUs, \$189, lunch included

This workshop dispels myths associated with effective leadership and provides common sense approaches administrators can apply and integrate into their personal styles. You will examine when it is best to facilitate rather than make decisions. You will also discuss how to deal with resistance to change and how to help veteran staff and new employees coalesce. Finally, the art of balancing the needs of parents and the community with the expectations of the system will also be explored. Time will be devoted to building effective teams, dealing with the so-called "imposter syndrome," and sharing power in a way that encourages staff to help leaders succeed.

Instructor: Gerri King

Teacher Liability and Ethical Considerations

Manchester/88: CRN 214216, Wednesday, April 13, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

This workshop explores liability and ethical issues that affect teachers, coaches, nurses, and other school personnel who provide direct services to students. This practical discussion will focus on current cases in the NH courts and outline ways to minimize the risk of student injury and reduce potential liability. You'll consider examples of safety liability in the schools and discuss the duty of school personnel to supervise students and prevent student-to-student injury. You'll also learn about: the practical limitations of releases and permission slips under state law; the need for proper record keeping; and issues concerning insurance and governmental immunity. There will be an opportunity to ask questions and share relevant experiences.

Instructor: Jay Boynton

Proactive Workshop for Better Classroom Management: Finding Solutions to Challenging Behaviors (K-6)

Portsmouth/Pease: CRN 221216, Wednesday, April 20, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

When trying to find solutions to challenging behaviors in a K-6 classroom, it is important to start by asking the question, "Who is this child?" Discovering the child's natural temperament, strengths, preferences, communication style, needs, and motivations is essential in determining how to structure your relationships and the environment to meet the needs of all children. This workshop will be a mix of self-reflection, discussion and presentation. You'll explore how you can adjust your temperament/environment to benefit all children. You'll leave with new behavior management tools that can be individualized to each student, and you'll increase your skills in helping children grow and learn new ways to handle their emotions and behaviors.

Instructor: Megg Thompson

New! The Right Mix: Making Collaboration Come Alive

Portsmouth/Pease: CRN 291216, Thursday, May 5, 9:30 a.m.-4 p.m.
.6 CEUs, \$175, lunch included

Teachers are faced with many initiatives, including Response to Intervention (RTI) and Positive Behavioral Supports (PBS). Class sizes are growing and there are more students who are in need of the basics and students with Individual Education Plans (IEPs) who require many accommodations. At the same time, many specialists, including special education case managers, occupational therapists, physical therapists, and speech language pathologists, are facing increasingly large caseloads without additional resources. In this seminar, we will examine what true collaboration could be for specialists and teachers. As you collaborate, you may find you deepen your own appreciation for each other's views and approach. Working from common ground, all participants will learn how to work smarter, not harder, to improve overall curriculum delivery and student outcomes. Come ready to problem solve, plan, and prepare ways of integrating and lightening the load for all.

Instructor: Tere Bowen-Irish

Integrating Movement and Music into the Elementary Classroom (Gr. 1-6)

Manchester/88: CRN 999149, Friday, July 29, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Music and movement can be powerful tools. In this workshop you'll learn about using them to support and deepen your students' understanding of concepts presented in the elementary classroom. Specific content addressed includes integration of music and dance into the study of people, places, cultures, animals, American History, science and storytelling. Be prepared to sing, dance, and play instruments.

Instructor: Erin Zaffini

3-day Program

APPLIED LEADERSHIP INSTITUTE

February 25, March 10, and March 31
Portsmouth/Pease, Portsmouth, NH

\$750, 1.8 CEUs, CRN 505216

www.unh.edu/leadership

See Instructor Bios on pages 16-18

Just Breathe! Incorporating Yoga, Relaxation, Visualization, and Movement into Your Classroom

Manchester/88: CRN 999150, Tuesday, August 9, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

As a teacher, you may feel like your creativity is being put on the back burner with the emphasis on just teaching the curriculum content. Come to this workshop to enhance your student's ability for comprehension, writing, participation, and self-regulation. In this workshop, there will be a demonstration of kinesthetic, visualization, and relaxation strategies that will promote not only a calmer classroom, but will tap into innovative learning strategies that include a variety of learners. Learn and apply some simple one- to two-minute techniques to reduce anxiety and quiet and calm your class to optimize learning.

Instructor: Tere Bowen-Irish

New! Juggling the Demands as a School-based Therapist

Manchester/88: CRN 207216, Thursday, March 24, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

If you are providing consultative, collaborative, or direct therapy in a school setting, this workshop is for you. Do you find yourself constantly juggling a demanding schedule? We need to change the way we think about our role in the educational system. In this workshop, we will discuss: creative consultation, team service delivery ideas, scheduling, and other suggestions to help you become more efficient and effective in your practice; workloads, best practice models, school philosophy, and your role as specialist; and educational initiatives that we can piggyback to create a more common language with teachers. A roundtable format will be utilized for all participants to share specific issues, concerns, triumphs, and challenges. Whether you are an occupational therapist, physical therapist, or speech language pathologist, this course will help you work smarter, not harder, within the context of school system delivery.

Instructor: Tere Bowen-Irish

Educator's Guide to Psychiatric Medications

Manchester/88: CRN 999152, Friday, August 12, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Oftentimes you may feel as though you are working in a pharmacy. Youth are taking an array of prescription drugs for everything from ADHD to PTSD to PDD. In this workshop you'll learn about the most common psychiatric disorders seen in the school system, the acronyms for these illnesses, and the drugs used to treat them. The workshop will include the indications for these medications, how they affect the brain, their desired effects, and their possible side effects. You will learn to observe behaviors that might be a response to medication and the language to use to describe the symptoms so that prescribers and parents can best respond to the needs of the student/youth.

Instructor: Christine Miller

Conference for Managers, Supervisors, Project & Team Leaders

THE TRANSFORMATIONAL LEADER

Friday, February 19, 2016

Wentworth-by-the-Sea, New Castle, NH

\$295, .6 CEUs, CRN 155555

This conference will include several concurrent sessions focusing on leadership, team building, and ways to increase peak performance within an organization as well as the bottomline.

www.learn.unh.edu/managers

COMPUTER & TECHNOLOGY

(For descriptions, go to: www.learn.unh.edu/training/seminars)

Intro to Microsoft Excel

Durham/Kingsbury N134: CRN 328216, Tuesday, March 15
9 a.m.-4 p.m., .6 CEUs, \$215, lunch included

Intermediate Excel

Durham/Kingsbury N134: CRN 329216, Wednesday, March 16
9 a.m.-4 p.m., .6 CEUs, \$215, lunch included

New! Advanced Excel

Durham/Kingsbury N134: CRN 330216, Thursday, March 17
9 a.m.-4 p.m., .6 CEUs, \$215, lunch included

Adobe InDesign—Beginning

Durham/Kingsbury N134: CRN 326216, Saturday, March 5
9 a.m.-4 p.m., .6 CEUs, \$215, lunch included

Design Basics Using Adobe InDesign

Durham/Kingsbury N134: CRN 331216, March 19
9 a.m.-4 p.m., .6 CEUs, \$215, lunch included

Adobe Illustrator—Introduction

Durham/Kingsbury N134: CRN 334216, Saturday, April 16
9 a.m.-4 p.m., .6 CEUs, \$215, lunch included

Photoshop—Beginning

Durham/Kingsbury N134: CRN 344216, Saturday, April 23
9 a.m.-4 p.m., .6 CEUs, \$215, lunch included

Adobe InDesign—Advanced

Durham/Kingsbury N134: CRN 345216, Saturday, April 30
9 a.m.-4 p.m., .6 CEUs, \$215, lunch included

Intermediate Photoshop—Tips & Tricks

Durham/Kingsbury N134: CRN 346216, Saturday, May 7
9 a.m.-4 p.m., .6 CEUs, \$215, lunch included

Creating Web Pages I—Basics of HTML

Durham/Kingsbury N134: CRN 325216, Saturday, February 27
9 a.m.-4 p.m., .6 CEUs, \$215, lunch included

Creating Web Pages II—Basics of CSS

Durham/Kingsbury N134: CRN 327216, Saturday, March 12
9 a.m.-4 p.m., .6 CEUs, \$215, lunch included

Creating Web Pages III—Advanced CSS and the Box Model

Durham/Kingsbury N134: CRN 332216, Saturday, April 2
9 a.m.-4 p.m., .6 CEUs, \$215, lunch included

Using Dreamweaver I

Durham/Kingsbury N134: CRN 333216, Saturday, April 9
9 a.m.-4 p.m., .6 CEUs, \$215, lunch included

Principles of Web Design

Durham/Kingsbury N134: CRN 342216, Saturday, May 14
9 a.m.-4 p.m., .6 CEUs, \$215, lunch included

Photoshop for the Web

Durham/Kingsbury N134: CRN 348216, Saturday, June 4
9 a.m.-4 p.m., .6 CEUs, \$215, lunch included

New! Technology and Best Practices for Creating Online Courses and Presentations: Using SnagIt, Captivate, MovieMaker, and More!

Cosponsored by UNH Cooperative Extension

Online: CRN 237216, March 28 (Intro Week), April 4-22 (Self-paced 9-Hour Course), .9 CEUs, \$149

This noncredit class will be self-paced and offered online. You will learn how to create a course, presentation, or training module for online delivery using a variety of tools including SnagIt, Audacity, Articulate, MovieMaker, and more. You will see examples of different software,

discuss what technology might work best for you, and learn best practices for structuring presentations that are engaging and effective for your audience. The course will take approximately 9 hours to complete and you will be able to work on it anytime, 24/7. There will be weekly assignments and online asynchronous discussions with the instructor and other class members. Prior to the start of the course you will be emailed an outline. During the week of March 28, you will be asked to log into the class to make sure you can access UNH's Canvas online teaching system. The course will actually start on Monday, April 4, and you must complete it by Friday, April 22. Once you finish the course, you will receive a Letter of Completion and .9 CEUs attesting to your professional development. This course is suitable for teachers, business trainers and presenters, and anyone interested in putting together online courses or presentations. (DP)

Instructor: Faye Cragin

COUNSELING AND COACHING

Anxiety and Depression in Adolescent Girls

Approved by NASW, NH Chapter, for 6 Cat. 1 CE Credits, Auth. #2186

Portsmouth/Pease: CRN 204216, Friday, March 18, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Drug abuse, self mutilation, sexual acting out, panic attacks, truancy, sadness, social isolation and suicidal ideation can all be manifestations of clinical anxiety and depression in adolescent females. This workshop will address how to differentiate mood disorders from “normal” adolescent moodiness and oppositional behavior. Descriptions of treatment tailored to this developmental period will be explored. This workshop is appropriate for people working in schools, group homes, and other related settings. (CCT)

Instructor: Christine Miller

Strategies for Coaching Children and Teens with ADHD

Approved by NASW, NH Chapter, for 5.5 Cat. 1 CE Credits, Auth. #2740

Manchester/88: CRN 316216, Friday, March 25, 9:30 a.m.-4 p.m.
.6 CEUs, \$189, lunch included

An emergent body of research shows that coaching is more powerful in addressing symptoms of ADHD than other forms of support such as psychotherapy. Coaches are specifically trained to help children with ADHD learn to manage time, break down daunting tasks into manageable steps, keep themselves organized, think proactively, use mindfulness techniques, and learn to check their thinking/acting at intervals. This workshop will define the difference and delineate the effective techniques unique to coaching children and teens with ADHD. The content of the coaching plan is contrasted and merged with the process of coaching throughout the workshop. This is an experiential workshop where you will work with one another to learn and practice ADHD coaching strategies. (ADHD)

Instructor: Anita Remig

Nervous and Unhappy: Teen Anxiety and Depression

Approved by NASW, NH Chapter, for 5.5 Category 1 CE Credits, Auth. #975

Manchester/88: CRN 210216, Friday, April 1, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Anxiety and depression are the two most common adolescent mental health disorders. In this workshop you will look at the history, types, symptoms, causes, screening instruments, and diagnosis related to these disorders. The focus will be on the adolescent and self-harming behaviors, suicide, and drug use as they pertain to anxiety and depression. Effective treatments, self-help, how friends help friends,

and the impact on a teen's life for each of these disorders will also be discussed. (CCT)

Instructor: Mike Hague

New! Care for the Caregiver

Submitted to NASW NH Chapter for CE Credit Approval

Portsmouth/Pease: CRN 212216, Thursday, April 7, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Working with others in a caregiving role carries the potential for great rewards, but also leads inevitably to burnout and stress. In this workshop, you will explore the factors that lead to caregiver burnout, build an understanding of the way this work transforms our experience, and develop strategies to care for the caregiver through the use of experiential exercises focused on mindfulness, guided writing, gratitude, and meditation. You will discuss the processes known as caregiver burnout, countertransference, and vicarious traumatization. You will identify factors that contribute to burnout and more importantly explore and develop self-care techniques to nurture and revive yourself.

Instructor: Corinne Holbrook

Fundamentals of Coaching Children and Teens: Principles, Practice and Power

Approved by NASW, NH Chapter, for 6 Cat. 1 CE Credits, Auth. #2557

Portsmouth/Pease: CRN 318216, Friday, April 8, 9:30 a.m.-4 p.m.
.6 CEUs, \$189, lunch included

Coaching is a relatively new concept referred to in a variety of ways such as Life Coaching, ADHD Coaching, and Professional/Career Coaching. Principles of coaching are evolving, and various writers and practitioners have begun to elaborate guidelines and strategies for the understanding and practice of coaching. This seminar will focus on coaching children and teens. Some basic fundamental aspects of coaching this age group will be discussed, and emphasis will be on coaching to find their unique strengths and power. The relationship between coaching and child/adolescent empowerment throughout development will be examined, with the goal of maximizing critical periods in cognitive and emotional growth. A variety of coaching exercises are built into the seminar to provide you with practical skills. (ADHD)

Instructor: Anita Remig

Non-Suicidal Self-Injury and Suicide: Assessment and Intervention

Approved by NASW, NH Chapter, for 5.5 Cat. 1 CE Credits, including 2 Hours of Ethics, Auth. #2687

Portsmouth/Pease: CRN 218216, Friday, April 15, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Suicide is the second leading cause of death among adolescents and young adults and the tenth leading cause of death nationwide. It is the most preventable cause of death among adults and older adults. Non-suicidal self-injury has increased dramatically in recent years among adolescents and young adults. This workshop will provide an overview of the major patterns and types of non-suicidal self-injury and suicidal behavior. Biopsychosocial risk factors that increase the probability of suicidal actions and the protective factors that serve to reduce the likelihood of suicidal behavior will be reviewed. DSM-V neuropsychiatric conditions that are associated with elevated rates of suicidal behavior will be discussed. Best practices for assessment will be reviewed: History Taking; Interviewing Strategies and Psychological Screening Tests. The role of emergency services departments at community mental health centers in New Hampshire and other interventions for persons considered to be at elevated risk for self-harm will be clarified. If time permits, discussion will also include circumstances that can trigger ethics complaints to licensing boards and/or malpractice suits against mental health clinicians

in cases of attempted or completed suicide. Risk management strategies following such outcomes will be outlined.

Instructor: Jerrold Pollak

Self-Coaching as a Path to Coaching Children and Teens

Approved by NASW, NH Chapter, for 6 Cat. 1 CE Credits, Auth. #2614

Manchester/88: CRN 319216, Wednesday, April 20, 9:30 a.m.-4 p.m.
.6 CEUs, \$189, lunch included

The powerful, energizing techniques of life coaching can be applied to oneself very effectively, and this workshop does just that. The goal is to not only provide stimulus for your own growth, but to also enhance your skills as a coach to others. You will emerge from the day with a crystal clear sense of your deeply held values, a series of resolutions setting the stage for personal change and growth, a "Why Bother List" that informs and propels that change, and a specific action plan with checkpoints and techniques to stay on the path. The workshop is taught with an eye towards inspiring you to live the grandest version of the greatest vision of yourselves, and to learn that only by reaching towards that vision and modeling that kind of courage, can you help children and teens in the most powerful of ways. Be prepared to do quite a bit of self-exploration and "self-coaching" in this workshop both as ways to fully understand the coaching process and to maximize your own effectiveness in your work. (CCT)

Instructor: Jeff Levin

Practical Techniques and Strategies for Coaching Children and Teens

Approved by NASW, NH Chapter, for 6 Cat. 1 CE Credits, Auth. #2558

Manchester/88: CRN 320216, Friday, April 29, 9:30 a.m.-4 p.m.
.6 CEUs, \$189, lunch included

Building a coaching practice involves practical arrangements of time, place and context. This is a "how-to" seminar where the techniques of coaching will be placed within the context of a coaching practice. You'll look at specific strategies and techniques such as: listening, goal-setting, opening, expanding and focusing discourse, questioning techniques, transfer of training, relapse prevention, consultation and termination. You'll review record-keeping systems and forms such as coaching information sheets, parental consent, and session notes. You'll discuss assessment of child and parent needs, goal-setting and re-setting, and making and remaking agreements for how to work together. Ethical issues will also be addressed. (ADHD)

Instructor: Anita Remig

New! Adolescent Substance Abuse and the Brain: the Pathways to Addiction

Manchester/88: CRN 224216, Friday, May 6, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

The recent increase in heroin-related deaths and marijuana use highlights the need to revisit substance abuse prevention and treatment among adolescents. Risk taking, such as experimenting with alcohol and other drugs, is ingrained in the teen brain. While the teen brain is still developing, it is more vulnerable to the harmful effects of substance abuse. Some teens are at even greater risk because of genetics, family history, trauma, and mental health or behavioral problems. This workshop will explore the scientific territory of addiction and the importance and challenges of prevention. You will also learn how to identify signs and symptoms of abuse. Relevant issues relating to the recent increase in opiate use will be discussed.

Instructor: Mike Hague

Model for Treating Anxiety, Depression and Low Self-Esteem with Brief Treatment Techniques

Approved by NASW, NH Chapter, for 5.5 Cat. 1 CE Credits, Auth. #2689

Manchester/88: CRN 225216, Friday, May 6, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

The integration of treatment techniques for clients with anxiety, depression and low self-esteem has been proven to help make treatment both effective and rapid. In this workshop, you will learn to integrate motivational skills, bibliotherapy, cognitive, behavioral and interpersonal models of therapy to effect therapeutic change. Individuals who previously required months of therapy can now experience significant improvement in just a few sessions. An opportunity for both observation and hands-on practice will be available. (CCT)

Instructor: Christine Miller

Grief Counseling: Coping with Loss and Uncertainty

Approved by NASW NH Chapter for 6 Category 1 CE Credits, Auth. #3161

Portsmouth/Pease: CRN 226216, Thursday, May 12, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Coping with loss is a universal human experience that is present throughout the life cycle. In this workshop, we will explore how grief affects quality of life at various developmental stages. You will become familiar with clinical interventions to address the needs of children, individuals, and families coping with grief as a result of various types of loss. You'll address not only grief associated with death, but also focus on loss in relationships (divorce, breakups, betrayal), jobs, sudden disasters, and chronic illnesses. Techniques for coping with loss will be examined through lecture, interactive activities, case review, and small group discussion, and you'll take away added insight and tools to enhance your professional work.

Instructor: Corinne Holbrook

Strategies to Lower the Risk of Ethics Complaints and Malpractice Actions

Approved by NASW, NH Chapter, for 5.5 Cat. 1 CE Credits in Ethics, Auth. #2771

Manchester/88: CRN 230216, Friday, May 20, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

This workshop for mental health clinicians reviews practical preventative strategies to reduce the probability of having ethics complaints made to licensing boards and/or malpractice suits filed against you. The risks of such actions are discussed in the context of sociocultural trends including the practices of managed care companies and the overall decline and weakening of the mental health care system nationwide. In this workshop you will learn about erroneous assumptions/beliefs about ethics complaints and malpractice actions which can increase the likelihood of clients going forward with such actions. Discussion will also focus on ways to mitigate the negative impact of these actions once undertaken. The similarities and differences between ethics complaints filed with state mental health licensing boards and malpractice suits will be clarified.

Instructor: Jerrold Pollak

The Practicum Experience in Coaching Children and Teens

Approved by NASW, NH Chapter, for 6 Cat. 1 CE Credits, Auth. #2559

Portsmouth/Pease: CRN 322216, Friday, June 10, 9:30 a.m.-4 p.m.
.6 CEUs, \$189, lunch included

In this hands-on seminar you will discuss methods and tools for empowering children and teens through coaching, and then practice the skills learned. Principles of the coaching process will be reviewed while the

practice of coaching and promoting growth in children and teens is emphasized. Rationales and systems for assessment, problem solving, goal setting, and making, implementing, evaluating, and reorganizing plans will be outlined. Human growth exercises, decision-making skills, empowerment techniques, listening strategies and consultation methods will be offered. You will also examine challenging cases and share experiences with difficult problems. Person-to-person coaching, group processing, brainstorming, and solution-focused interactive communication will be used. (ADHD)

Instructor: Anita Remig

Female Hormones: The X Factor in Mood Disorders

Approved by NASW, NH Chapter, for 6 Cat. 1 CE Credits, Auth. #2509

Manchester/88: CRN 234216, Friday, June 10, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Research is increasingly documenting the effects of reproductive hormones in the diagnosis and treatment of anxiety and depression. Is it PMS, anxiety, or both? In this workshop we will explore these kinds of differential diagnoses. You will learn how efficacy of medication in females depends on the stage of the reproductive life cycle and how moods are affected by hormones in the adolescent female brain. You will also learn how methods of treatment should differ for women because of hormonal effects on the brain. Those disorders specific to women, such as post-partum mood disorders, PMDD, and more will be included in the discussion.

Instructor: Christine Miller

Adolescent Psychological/Neuropsychological Assessment and Testing

Approved by NASW, NH Chapter, for 6 Cat. 1 CE Credits, Auth. #896

Manchester/88: CRN 236216, Friday, June 24, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

This workshop reviews normal and abnormal aspects of adolescence. Also discussed are changes in psychiatric diagnosis germane to the evaluation of adolescents which are contained in the Diagnostic and Statistical Manual- 5/DSM-5- American Psychiatric Association. Indications and contraindications for psychological/neuropsychological testing with adolescents and how to make an effective referral for testing will be outlined. Tests will be reviewed that are useful in differential diagnosis and psychoeducational planning: These include the Wechsler Intelligence Scales and brief "screening" measures for anxiety, depression, prodromal psychosis, mild autistic spectrum disorder and non-suicidal and suicidal self-harm. If time permits, the Minnesota Multiphasic Personality Inventory (Adolescent Version/MMPI-A) will also be reviewed. Participants will be encouraged to discuss their experience with adolescent clients who have had testing as well as those who may benefit from testing.

Instructor: Jerrold Pollak

Coaching Children from Dysfunctional Families

Approved by NASW, NH Chapter, for 5.5 Cat. 1 CE Credits, Auth. #2694

Manchester/88: CRN 999359, Friday, July 8, 9:30 a.m.-4 p.m.
.6 CEUs, \$189, lunch included

While mental health issues must be treated by licensed professionals, coaching also provides a means of teaching and supporting children from dysfunctional families. Many coaching strategies focus on improving communication, setting goals, problem solving and guiding imagery which benefit children who experience dysfunctional family life. Coaching empowers, educates and encourages children to understand their potential and make step-wise movements to learn skills, improve function and aspire to new heights. This workshop will address the dysfunctional family and related literature: conditional parenting (Edward L. Deci), disciplinary style, perfectionism, anxiety-generating styles, conflict-based

approaches, dismissive and permissive parenting styles. Coaching techniques that support children with particular types of dysfunctional parenting styles are described. (CCT)

Instructor: Anita Remig

EARLY CHILDHOOD

Attention Deficit Disorder: Creating Connections to Curriculum (K-3)

Portsmouth/Pease: CRN 194216, Thursday, February 4, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Although your routine and rituals are concise and predictable, students with ADD may not be able to consistently participate. Come to this workshop and look at this diagnosis through an occupational therapist's eyes. These students are developmentally delayed in the pre-frontal lobe skills of organization, anticipation, emotional control, self-awareness and other executive skills. You will walk away with ideas for learning reinforcement, breaking down tasks to help students become more accountable, and with scenarios to help promote independent work. Learn to connect to students with ADD everyday and not every once in a while.

Instructor: Tere Bowen-Irish

Music and Movement in Early Childhood (Infants-K)

Portsmouth/Pease: CRN 196216, Wednesday, March 2, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Research shows that children's aptitude for music varies and mostly develops from birth to about six years of age. Come learn some fun, engaging techniques to include music and movement into your early childhood curriculum. This workshop will focus on activities geared to children between six weeks and six-years-old. Activities include singing, dancing, playing instruments, bounces, finger-plays, tickles and wiggles. Specific methodologies including Edwin Gordon's Music Learning Theory, Orff-Schulwerk methods, and John Feierabend's early childhood music curriculum will be featured.

Instructor: Erin Zaffini

New! Center Teaching that Builds Academic, Executive, Developmental and Social Skills (PreK-2)

Manchester/88: CRN 215216, Thursday, April 14, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Today's 3- to 5-year-olds all come to the classroom with a variety of needs. At no time in their education will a teacher see so many levels of abilities. Much of the curriculum and concepts that need to be covered often need to be taught in a differentiated manner. Center teaching can provide a solid base for those students who need to refine motor skills or for others who need to cooperate and share. Teaching independent learning, including organization, planning and completing tasks can also start in centers at a basic level and expand as the year continues. Come to this seminar to take home new ideas and explore creative ways of center teaching!

Instructor: Tere Bowen-Irish

New! Ready or Not Here I Come! (Pre K-K)

Manchester/88: CRN 231216, Wednesday, May 25, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

In 2000, "all children will enter school ready to learn" became a national mandate. The National Education Goals Panel adopted this mantra and defined school readiness as mastery of a pre-determined set of skills.

Current neuro-scientific research has found that readiness begins in the womb and is determined in large measure by the early life experiences

and environment. This workshop examines school readiness from conception to the period of school adjustment, focusing on the 3-to 5-year-old child in a preschool or child care environment. Readiness does not happen at the same time or in the same way for all children.

Instructor: Megg Thompson

Emerging Mathematicians: Early Math Instructional Design, Activities and Assessment (PreK-2)

Manchester/88: CRN 235216, Friday, June 10, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Building a strong math foundation can begin early, but how? Early math evolves out of the many activities embedded in an early childhood classroom such as sorting, classifying and comparing. In this workshop you'll discuss how to engage young children in activities that build number sense and numeracy skills, and you'll identify a trajectory of math skills to use in designing lessons. You'll identify high quality math materials, including technology-based math materials such as educational websites and apps. Through a mix of presentation, hands-on material exploration, video viewing, group discussion, and material design, this workshop will bring your skills to the next level as you learn new ideas to design your day, plan your activities, and assess your students.

Instructor: Brandie Bolduc

New Certificate! Promoting Social Emotional Competency and Managing Challenging Behavior in Young Children

Cosponsored by UNH Cooperative Extension

Manchester/88: CRN 157555, 4 Saturdays, March 5, April 2, May 7, June 4, 9:30 a.m.-4 p.m., 2.2 CEUs, \$400, lunch included

Grounded in the research-based "Pyramid Model" developed at the Center on the Social Emotional Foundation of Early Learning (CSEFEL), this series of four one-day workshops will provide a thorough framework of strategies to support social emotional competence in young children.

Social competency can seem mysterious. Some kids get along with everybody and others seem to struggle to fit in. Social and emotional competence involves a child's ability to regulate and express emotions and form close and secure relationships. It involves skills such as self-confidence, curiosity, motivation, persistence, and self-control. At the end of the workshops, you will have a working knowledge of a systematic, evidence-based framework that promotes the social emotional development of all young children and helps prevent and address challenging behavior.

Early care and education teachers and directors, early childhood teachers, and family support professionals will benefit from the training. The workshop meets four Saturdays and includes an optional program/classroom technical assistance visit by the instructor.

A limited number of scholarships may be available for this offering. To request consideration of a scholarship, please contact Thom Linehan at thom.linehan@unh.edu. Scholarships are based on a "first come, first served" basis.

Instructor: Thom Linehan

GRANTWRITING

Grantwriting: the Fundamentals

Portsmouth/Pease: CRN 284216, Friday, February 19, 9:30 a.m.-4 p.m.
.6 CEUs, \$175, lunch included

This grantwriting workshop provides an overview of the fundraising cycle. You will prepare an internal case for your organization in preparation to apply for grants. The process of researching and applying

for grants from federal, state, and foundation funding sources will be covered. You will learn how to develop a creative idea, locate the right funding source, and write an effective proposal that includes an introduction, problem statement, objectives, timeframe, and evaluation. Come with an idea for funding. The workshop is specially suited to fundraisers, teachers, non-profit administrators, and related professionals. This workshop is designed for those raising or wishing to raise funds for nonprofit organizations with a 501c3 designation in hand or in process. (GW)

Instructor: Sarah Gnerre

Grant Management Techniques for Nonprofits

Manchester/88: CRN 286216, Wednesday, March 16, 9:30 a.m.-4 p.m.
.6 CEUs, \$175, lunch included

Successful grants management is one of the greatest challenges in the nonprofit world. This workshop will help you to understand the entire grant cycle—from concept to closeout. You'll learn tips on how to satisfy your funders as you accomplish your program objectives. The workshop will also review sample grant monitoring systems. You'll discuss the roles and responsibilities of actors in the grants management process, current trends in the grant world, sources of income and contracts, internal and financial management, and grant monitoring systems. You will learn grant management tips and strategies for different funding sources and identify grant resources on the web. Who should take this class? Experienced grant managers who are looking for practical insights into grants management, nonprofit staff and board members who would like a broader understanding of nonprofit operations, and individuals from start-up organizations who are managing their first grants will all benefit from this workshop. (GW)

Instructor: Jack Smith

New! Working with Boards

Portsmouth/Pease: CRN 290216, Friday, April 15, 9:30 a.m.-4 p.m.
.6 CEUs, \$175, lunch included

Improve your performance working with boards or as a board member. This workshop explores the many roles of board members, the characteristics of successful boards, staff and board relationships, by-laws, and group decision-making.

We will discuss the different types of boards, the ideal composition of a board, the four major roles of board members, how to review agency budgets and by-laws, the role of collaboration, Roberts Rules of Order, and legal responsibility in successful board meetings. Anyone who currently serves as a board member, works with board members, or aspires to be a board member should attend this workshop.

Instructor: Jack Smith

New! Web Resources for Grant Seekers

Portsmouth/Pease: CRN 293216, Wednesday, May 25, 9:30 a.m.-4 p.m.,
.6 CEUs, \$175, lunch included

Grants totaling millions of dollars are available to nonprofits, but how do you find them and identify the organizations most likely to be interested in your proposal? In this workshop, you will: review research skills to target grant funds; increase your ability to search effectively online; explore cutting-edge grant technology; identify patterns of foundations, corporations, and private trusts; and—begin your own grant research.

Please bring a laptop computer or tablet/iPad if you have one. (GW)

Instructor: Jack Smith

Grantwriting: Advanced

Manchester/88: CRN 295216, Friday, June 3, 9:30 a.m.-4 p.m.
.6 CEUs, \$175, lunch included

This advanced grantwriting workshop is “hands on” and each person will complete a proposal for funding. There will be an opportunity to critique

several proposals and identify foundations for funding. You'll learn about resources and strategies, budget presentation, and how to contact funding sources. Materials will be available to assist you in identifying a foundation and writing the grant proposal. Come with an idea for a funding project. Prerequisite: “Grantwriting: the Fundamentals” or some experience in grantwriting. (GW)

Instructor: Sarah Gnerre

Annual Fund Development

Manchester/88: CRN 999309, Friday, August 5, 9:30 a.m.-4 p.m.
.6 CEUs, \$175, lunch included

In this workshop you will discuss how to identify the base of support for your nonprofit organization to establish or increase its annual fund. You will learn how to get the board members and insiders to participate in the annual fund process. You will also identify eight strategies for building annual support and strategies to keep your annual fund donors contributing each year. Finally, get the most out of your annual fund by learning how to identify donors who could give more, much more!

Instructor: Sarah Gnerre

Making Your Business Writing More Effective—Including Email!

Manchester/88: CRN 422216, Tuesday, May 10, 9:30 a.m.-4 p.m.
.6 CEUs, \$235, lunch included

Business writing has always been important to communicating effectively, but it is even more important now as more people use email as their primary means of written communication at work. Although it offers speed and simplicity email also presents the hazard of miscommunication and “missed communication,” often with unintended results. This workshop will cover the basic principles and practices for effective business writing, no matter what medium you use. You'll review commonsense practices organized into a process that will enable you to be a good writer. You'll be introduced to the steps of the process and then have a chance to try them out. You'll then focus on the particular issues involved with email communication. You'll look at how business-writing principles apply to email and how email differs from other approaches. You'll determine when to use email and when not to, how to express yourself so you'll be understood, and what to avoid in email communication. (The instructor requests, if possible, that you bring examples of business writing and/or email communication from work to use during some of the workshop exercises.) (CS, SS, HR, and GW)

Instructor: Jim Milliken

Presentations without Panic

Portsmouth/Pease: CRN 401216, Thursday, March 24, 9:30 a.m.-4 p.m.,
.6 CEUs, \$235, lunch included

For most people, the idea of making a presentation generates panic. In this workshop learn a step-by-step process that will help you turn that panic into poise. Learn how to identify your purpose, organize information for “flow,” and design memorable introductions and conclusions. Learn how to analyze your audience and adapt your material accordingly, and get techniques for managing nervousness and developing your own style of delivery. (CS, SS, HR, and GW)

Instructor: Tess George

Intro to Basic Project Management

Offered twice:

Portsmouth/Pease: CRN 492216, Thursdays, March 10 and 17, 9:30 a.m.-4 p.m.
1.2 CEUs, \$575, lunch included

Durham/Elliott Alumni Center, 1925 Room: CRN 999504, Wednesday and Thursday, August 3 and 4, 9:30 a.m.-4 p.m., 1.2 CEUs, \$575, lunch included

Project management skills are becoming a required core competency for growth and quality-oriented organizations. This two-day workshop breaks down the process of planning and implementing projects into easily mastered steps. It will focus on the concepts, practices, and tools of real-world project management. You'll learn how to determine when to use project management techniques, define project boundaries, establish the project's structure with team roles and responsibilities, create the project charter, define project scope, create the work breakdown structure, determine the sequence of project work, create a realistic schedule, monitor progress, and communicate project status. (GW)

Instructor: Stephen Stofanak

Topics in Advanced Project Management

Portsmouth/Pease: CRN 465216, Thursday, April 7, 9:30 a.m.-4 p.m.
.6 CEUs, \$285, lunch included

This workshop offers the experienced project manager advanced techniques for increased productivity and success. You will focus on the concepts, practices, and tools of real-world project management. You will learn how to: create a network diagram; use problem-solving tools to analyze project alternatives; apply advanced scheduling and estimating techniques; develop and manage contracts successfully and build strong contracting relationships; negotiate and manage conflict; apply advanced resource planning techniques; establish project control systems; minimize organizational risk; and build quality into project deliverables. (GW)

Instructor: Stephen Stofanak

HEALTHCARE

New! Medical Improv: Learn How to Deliver the Optimal Patient Experience

Portsmouth/Pease: CRN 436216, Tuesday, May 3, 9:30 a.m.-4 p.m.
.6 CEUs, \$235, lunch included

Medical Improv is an innovative and dynamic experiential learning process that teaches healthcare professionals the soft skills associated with communication, collaboration, and leadership. Research shows that these skills are a critical factor in improving patient outcomes. Join us for an interactive workshop where you will develop your ability to listen, speak-up, lead, and follow when needed in this high-stakes, high-stress field. You will learn effective communication skills that you can apply to patient care, family dynamics, and professional relationships. Not only will you gain skills and capacities, you will also find that the learning and personal growth continues long after the workshop is over.

Instructor: Beth Boynton

LANGUAGE ARTS & LITERACY

New! Using Mentors to Teach Writing (K-12)

Portsmouth/Pease: CRN 197216, Friday, March 4, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

In this workshop, teachers will discuss how to use published works to teach the craft of writing to students.

We will learn how to read like a writer and use this skill to build an effective, engaging writing curriculum for students. We will practice our own "noticings" of craft, try these techniques in our notebooks, and discuss the implications of this work for our own teaching. Bring a writing notebook and favorite text, such as a book, book excerpt, poem, article, or picture book, that you wish to share with the class.

Instructor: Shawna Coppola

See Instructor Bios on pages 16-18

Teaching Literacy through Music and the Arts (K-12)

Manchester/88: CRN 200216, Saturday, March 5, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Music and literacy go hand-in-hand. This may not seem apparent at first, but when you dig deeply, it's amazing how many connections the two really have and how you can use these parallels to motivate and support your students. In this workshop, you'll explore these natural connections through hands-on experiences and learn valuable techniques that help develop students' understanding of such literacy skills and strategies as visualization, cause and effect, story structure and the writing process. We will also look at how other art forms including visual art and drama, can promote literacy in your teaching.

Instructor: Elizabeth Peterson

Comprehension Strategies for Struggling Readers (K-6)

Portsmouth/Pease: CRN 220216, Saturday, April 16, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

As we teach our students how to make meaning from text, we often encounter two daunting situations: students who are capable, fluent readers but cannot comprehend and students whose comprehension suffers due to decoding and fluency issues. In this workshop, we will examine both types of readers and explore user-friendly strategies anyone can use to guide ALL students in their understanding of written and oral language regardless of their reading level. Because decoding and fluency greatly affect how our students think about text, we will explore strategies to build those systems in order to strengthen the thinking process. We will also discuss a variety of methods that teachers and specialists can use to teach comprehension strategies in the content areas, including math—one of the most perplexing areas for some students. You will leave the workshop with a range of techniques and lessons that will strengthen your struggling students' comprehension in all written and oral language.

Instructor: Liz Birnam

Vocabulary and the Common Core: Practices to Improve Literacy Skills (K-8)

Portsmouth/Pease: CRN 227216, Friday, May 13, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Vocabulary is a significant predictor of overall reading comprehension, but teaching vocabulary as an isolated skill undermines the ways students use language to learn and communicate. This workshop will explore the various paths that foster word awareness, word consciousness, and that help students become word savvy. You'll discuss current issues and trends; look at the habits and dispositions of students who are proficient word-solvers; and discuss ways to use expository text genres and literature to develop students' complex language skills in reading, writing, speaking, and listening. You will obtain ideas that will enhance teaching beyond isolated vocabulary instruction and across disciplines.

Instructor: Ellie Papazoglou

Closing Achievement Gaps in Foundational Literacy Skills: Research-based Methods to Improve Decoding, Spelling, and Fluency (K-5)

Portsmouth/Pease: CRN 232216, Friday, June 3, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

This workshop provides educators the most current research-based strategies and techniques to improve outcomes for struggling readers. The curriculum includes the practice of instructional techniques, demonstration videos, and a look at a strategic lesson planning proven to decrease achievement gaps in fundamental reading skills. You are encouraged to bring student data for analysis to determine underlying deficits and create a plan to provide targeted instruction.

Instructor: Marianne Nice

New! Informal Writing (K-6)

Manchester/88: CRN 999151, Wednesday, August 10, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

No teacher should be intimidated by teaching writing, yet too many are. Rather than fear it, embrace it through an informal approach. Relaxed, yet structured writing lessons allow you to combine direct instruction with experimentation, while letting students experience the true process of writing.

In this workshop, you will: learn how to assign short, purposeful pieces that students look forward to composing; learn how to give students opportunities to develop their writing skills while addressing standards, maintaining high expectations, and allowing students to take risks; discuss what informal writing looks like in the classroom; and learn how to use a quick write to drive your instruction. When we roll up our sleeves and immerse ourselves in ideas and language, we develop as writers. Embrace the messiness of good writing process!

Instructor: Liz Birnam

MATH & SCIENCE

Using Problem-Solving to Teach the 8 Common Core Standards for Mathematical Practice (Gr. 1-5)

Manchester/88: CRN 203216, Friday, March 11, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Through instructor-led peer discussion and sharing, you will gain a deeper understanding of the eight Common Core State Standards for Mathematical Practice as well as explore successful problem-solving strategies in working with students. During the workshop, you will cover an array of math problems that teach number and operations in base ten. You'll also become more familiar with Number Talks through readings and brief videos. You'll discuss different ways to keep students engaged during mathematics lessons, and, through discussion and brief videos, explore ways to foster student interaction in successful math talks. Emphasis will be placed on: 1) habits of mind; 2) problem-solving tools and perseverance; and 3) quantitative reasoning and viable arguments through mathematical communication. This workshop is appropriate for regular and special education teachers as well as elementary math curriculum specialists.

Instructor: Susan Deese

New! "Unpacking" Next Generation Science Standards (NGSS) for Effective Science Education and Assessment (Middle & High School Science Educators)

Cosponsored by UNH Cooperative Extension

Manchester/88: CRN 211216, Wednesday, April 6, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

In this workshop you will engage in a thorough discussion of the Next Generation Science Standards to more fully understand implications for curriculum and instruction. Small group activities will focus on analyzing the standards for content, depth of knowledge, performance expectation, pedagogical approach, and assessment for an authentic classroom context. Products of the small group work will be reviewed and discussed. A limited number of scholarships may be available for this offering. To request consideration of a scholarship, please contact Mark Wiley at mark.wiley@unh.edu. Scholarships are based on a "first come, first served" basis.

Instructor: Mark Wiley

Essential Curriculum Components to Build Number Sense (K-8)

Manchester/88: CRN 217216, Friday, April 15, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Develop your students' mathematical confidence by learning ways to build a stronger number sense. A strong number sense is the foundation needed for students to be flexible with their thinking about mathematics. In this workshop you will explore hands-on activities, daily routines, and the essential components to turn your students into confident mathematicians.

Instructor: Lauren Martin

New! Marine Mammals: Exploration Comparing Anatomy (K-6)

Cosponsored by the Seacoast Science Center

Seacoast Science Center/Rye: CRN 223216, Thursday, May 5, 9:30 a.m.-4 p.m., .6 CEUs, \$149, lunch included

Stop! Look! It's a skeleton! There's a rib cage, a spine, a skull... If you were on the CSI forensic science squad, you'd be investigating human remains, but it could be something else. There are an amazing number of anatomic similarities among different mammals. Come to this workshop to test your forensic skills. Using real bones, you will reconstruct skeletons and discuss species, structure, and function.

During this workshop, you will also become a rescuer for the day and see what happens when responding to stranded seals. You will learn about the species that live in the Northeast and about the job of a marine mammal responder by collecting data, making inferences, and educating the general public. You will also learn content, role play through fun, hands-on activities at the Seacoast Science Center, and receive take away lessons and resources.

Note: This workshop will be held at the Seacoast Science Center, 870 Ocean Blvd., Rye, NH. You will receive a coupon that entitles you to a discount when you schedule a field trip or family outing to the Center.

Instructor: Sarah Toupin

Fostering Science Inquiry and Observation Skills in Young Learners (Gr. 1-3)

Portsmouth/Pease: CRN 233216, Wednesday, June 8, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Inquiry is the basis of science, and young learners with their natural curiosity about the environment, are often filled with questions. This workshop will explore simple ways of helping children observe more closely, experiment, and make connections with their world. Participants will investigate activities that will encourage learners to answer their own questions and prompt them to ask more.

Instructor: Barbara Bald

New! Rocky Shore Ecology: Tide Pool Treasures through Immersive Investigations (K-6)

Cosponsored by the Seacoast Science Center

Seacoast Science Center/Rye: CRN 999148, Thursday, July 14, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

Discover the treasures found in tide pools. Learn more about the coastal critters that call this habitat home. Dive deeper into the science of inquiry through the lens of transects and data collection.

In this hands-on, feet-wet workshop, participants will leave with lesson plans, identification guides, and a greater connection to the rocky coast. Bring boots and a change of clothes, as we will spend much of the day outside comparing the flora and fauna of New Hampshire's coast.

Note: This workshop will be held at the Seacoast Science Center, 870 Ocean Blvd., Rye, NH. You will receive a coupon that entitles you to a discount when you schedule a field trip or family outing to the Center.

Instructor: Perrin Chick

PARAPROFESSIONAL TRAINING

Instructional Skills and Strategies for Paraeducators

Portsmouth/Pease: CRN 195216, Wednesday, February 10, 9:30 a.m.-4 p.m. .6 CEUs, \$149, lunch included

This workshop gives you instructional skills and strategies that will facilitate learning for your students. You will focus on specific methods designed for small group instruction that will motivate learners and reinforce classroom instruction. You'll be given tools to mediate learning and learn about, and make, various graphic organizers. You'll also explore good questioning techniques and learn how to help students solve problems rather than you providing solutions. Communication and learning styles and the implications of each will also be discussed.

Instructor: Cynthia Stacy-Sevigny

PHYSICAL EDUCATION

New! Making Physical Education Inclusive through Universal Design

Durham/NH Hall G44: CRN 198216, Friday, March 4 8:30 a.m.-2:30 p.m., .6 CEUs, \$149, lunch included

This workshop will focus on teaching strategies and activities that enable students of all abilities to access the general physical education curriculum. Principles of universal design will include: equitable use of equipment and tasks, efforts and skills required to complete tasks; choice; authentic assessments; and writing outcomes that meet the needs of students with disabilities. You will have the opportunity to experiment with a range of equipment options while exploring strategies that provide meaningful participation levels. Time will also be included for you to overhaul curricula for innovative programming and accessible goals for both students with and without disabilities.

Instructor: Michelle Grenier

Data-Driven Assessment in Physical Education (K-8)

Manchester/88: CRN 222216, Thursday, April 21, 9 a.m.-3:30 p.m. .6 CEUs, \$149, lunch included

In this age of program accountability, teachers need to be able to show and document student progress. In this workshop we will discuss the various types of assessments that can be used in the physical education classroom. Assessments include written assessments, video assessments, student-created projects, performance-based assessments, rubrics, self-assessments, and peer assessments. Programs such as the PE Metrics program will be discussed as well as programs and devices that can collect data that can be used to assess students on a daily basis. If possible, bring a sample of your school district's report card to the session as well as a computer and/or iPad if possible.

Instructor: Kevin Tiller

Climbing Wall Adventure Programming in K-12 Physical Education

Durham/NH Hall Gym: CRN 228216, Monday, May 16, 9 a.m.-4 p.m. .6 CEUs, \$149, lunch included

This workshop will cover technical climbing wall skills, programming strategies, and activities. It will also emphasize site and risk management. This will be an active workshop where you will get direct and indirect experience in utilizing climbing walls, and you'll gain knowledge that

will enable you to effectively program for diverse populations. You'll also discuss technical systems as well as important site and risk management issues. There will be ample opportunities for practice and feedback. This workshop will be held at UNH at NH Hall's 45'x60' Gass Climbing Wall. Physical education teachers, other educators, adventure programmers, and related professionals will benefit.

Instructor: Nate Fitch

SPECIAL EDUCATION

Learning Disabilities

Portsmouth/Pease: CRN 312216, Friday, February 5, 9:30 a.m.-4 p.m. .6 CEUs, \$189, lunch included

The term "learning disability" (LD) was coined in 1960, but the definition of LD and strategies for its diagnosis and intervention have evolved considerably. This workshop offers teachers, counselors, administrators, social workers, and related professionals an introduction to the latest LD research. Recent advances in technology have increased our knowledge of neuropsychological methods for understanding and diagnosing LD. You will gain a greater comprehension of the components of processing deficits in LD such as attention, memory, impulsivity, social cognition, and sensory perception. You will explore the most current and effective intervention strategies for students with LD, and learn how to distinguish between LD and a learning style.

Instructor: Anita Remig

ADHD: Neuroscience and Psychopharmacology

Approved by NASW, NH Chapt. for 6 Cat. 1 CE Credits in Ethics, Auth. #3135

Portsmouth/Pease: CRN 313216, Friday, February 12, 9:30 a.m.-4 p.m. .6 CEUs, \$189, lunch included

ADHD has been primarily treated with medication for over 30 years. New brain imaging techniques and research into the lifelong course of this disorder have allowed us to better understand and treat the illness. We are also better able to diagnose and treat common co-morbid illnesses such as anxiety, juvenile bi-polar disorder, and substance abuse. In this workshop you will gain knowledge of the neurobiology and psychopharmacology of ADHD and the most common psychiatric disorders associated with it. Understanding the drugs, their effects on the brain, and common side effects will help those who work with individuals diagnosed with ADHD to manage those side effects and comply with their prescribed medication. (CCT)

Instructor: Christine Miller

New! DSM 5 Update: Disorders of Childhood

Offered twice:

Portsmouth/Pease: CRN 314216, Friday, February 26, 9:30 a.m.-4 p.m. .6 CEUs, \$189, lunch included

Manchester/88: CRN 999360, Friday, July 22, 9:30 a.m.-4 p.m. .6 CEUs, \$189, lunch included

DSM 5 was introduced to the educational and clinical community recently and provides a wealth of new ideas and theories. This comprehensive seminar will update educators and clinicians on DSM 5 diagnoses related to the neurodevelopment of children and provide educators and clinicians with current diagnostic checklists, updated research on the neurodevelopment of children, and detail on how development details.

For each disorder listed—autism, social (pragmatic) communication disorder, pediatric bipolar disorder, and disruptive mood dysregulation disorder—you will learn the newest diagnostic criteria, diagnostic features, and related information. Research from the last three years will also be presented, reviewed, and evaluated.

Instructor: Anita Remig

Social Thinking, Social Issues, and Social Skills Groups for Students with Autism Spectrum Disorders

Manchester/88: CRN 202216, Wednesday, March 9, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

This workshop will help you understand and gain knowledge in the field of social skills with the Autism Spectrum Disorders community. Educators and others who work with this population will learn why social skill group work is important, how to get a group started, how to help parents with social skills at home, and how to help children with ASD become more productive citizens. You will leave with specific ways to support children with ASD as well as children with Asperger's, Non-Verbal Learning Disorder, and ADHD.

Instructor: Robin Lurie-Meyerkopf

Current Legal Issues in Special Education

Manchester/88: CRN 206215, Wednesday, March 23, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

The most highly regulated area of school law involves the education of children with disabilities. The intersection of Section 504, the American with Disabilities Act, and the Individuals with Disabilities Education Act (IDEA), is complex and ever evolving. This seminar is designed to provide you with current legal analysis and information on the rights of children with disabilities, primarily in public school settings. Topics include: who is eligible under these laws and in what ways do they differ; discipline of children with disabilities; out-of-district placements; increasing legal vulnerability; IEP development and implementation; and current legal trends. This seminar is highly interactive and you are encouraged to come prepared with issues you have faced in addressing the needs of children with disabilities.

Instructor: John Teague and James O'Shaughnessy

Classroom Behavioral Interventions for Students with Emotional/Behavioral Disabilities

Manchester/88: CRN 219216, Friday, April 15, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

This workshop will explore creative strategies to use with emotionally disabled and behaviorally disordered students in the regular classroom, and will teach you the difference between the two. You'll also study a current model for inclusion at the elementary level. You'll discuss and practice specific intervention methods and investigate ways to acquire the necessary support for teachers and students. You are welcome to bring case studies for discussion.

Instructor: Michaelene Cronin

Supporting Students with Asperger's and Other Socially Challenging Disorders

Approved by NASW, NH Chapt. for 6 Cat. 1 CE Credits in Ethics, Auth. #3136

Portsmouth/Pease: CRN 229216, Wednesday, May 18, 9:30 a.m.-4 p.m.,
.6 CEUs, \$149, lunch included

Children with socially challenging disorders such as Asperger's Syndrome, Autism Spectrum Disorders, Non-Verbal Learning Disorders, and ADHD often fall through the cracks of our educational systems. In this workshop learn to become more effective in supporting these children by using specific strategies to: successfully communicate with families to maintain positive home/school relationships; develop a repertoire of interventions that may be used immediately; and institute methods of explicitly teaching organizational skills. These strategies and interventions can be applied in a regular classroom setting. You'll leave with specific techniques to help you make school a more successful place for children with Asperger's.

Instructor: Robin Lurie-Meyerkopf

Motivation, ADHD, and Learning

Approved by NASW, NH Chapter, for 5.5 Cat. 1 CE Credits, Auth. #2737

Portsmouth/Pease: CRN 321216, Saturday, May 21, 9:30 a.m.-4 p.m.,
.6 CEUs, \$189, lunch included

In this workshop you will look at current issues in the psychology of motivation, especially in relation to ADHD students. Topics will include: literature on motivation, including psychological and educational issues; the role of motivation in the functioning of ADHD students; research on the brain and its effect on motivating behavior, functioning, and learning; how ADHD and certain breakdowns in brain function impact motivation; and strategies for teaching motivation and learning to ADHD students. (ADHD)

Instructor: Anita Remig

Facilitate Transition to College or Employment for Students with Learning and Social Differences

Manchester/88: CRN 999153, Wednesday, July 27, 9:30 a.m.-4 p.m.
.6 CEUs, \$149, lunch included

This workshop will help professionals understand the complexities in helping ASD students become successful college students or employees. ASD students may be very bright and academically motivated but there is much preparation involved in being successful in college. Also, many of our ASD students want to work but can't get past the interview. This workshop will help you learn how to encourage independence and self-advocacy with ASD students. You will also discuss the social side of college or work life as it relates to ASD students. Ways to encourage self-understanding and self-advocacy, and the importance of long-term planning for a successful transition, will also be covered.

Instructor: Robin Lurie-Meyerkopf

WORLD LANGUAGES

"Flipping" Your Foreign Language Classroom for Modern Learners

Portsmouth/Pease: CRN 208216, Wednesday, March 30, 9:30 a.m.-4 p.m.,
.6 CEUs, \$149, lunch included

There is simply not enough time in class for students to practice and use a foreign language. How can you restructure your traditional classroom to create an engaging and rewarding learning experience for your students? In this workshop, we will explore the pros and cons of the flipped language classroom. Through discussion and demonstration, we will look at model programs, current practices, and ways to effectively use a variety of freely available authentic resources and cutting-edge tools to encourage student preparation and learning outside of the classroom as well as increase language use inside the classroom. Through effective use of time-shifting instruction, your students will have increased time to participate in communicative activities and receive more individualized attention in class. You'll learn how to adapt and use tools and media to create flipped lessons for homework assignments. Sample lessons for vocabulary, grammar and culture topics will be provided. Following the workshop, a wiki page will be developed for future collaboration and exchange of ideas. Feel free to bring a laptop or iPad.

Instructor: Lina Lee

INSTRUCTOR BIOGRAPHIES

Rick Alleva, Ed.D., is an Extension Field Specialist within the 4-H Youth and Family division of UNH Cooperative Extension. Rick works to promote positive youth development in partnership with other UNH colleagues through collaboration and cooperation involving young people, family members, educators, service providers and community members. In Rockingham County, he currently oversees the 4-H Youth Development Programming and provides leadership in community-based youth development programs. He is a member of the NH Afterschool Network's Leadership Team and certified as a Master Professional trainer through the NH Afterschool Professional Development Career System. He is also trained to implement the Mindful Schools curriculum with school-aged youth. He holds a number of credentials from the NH Child Development Bureau (NH ASMP WT, F, PC).

Barbara Bald, M.S., M.Ed., CAGS, has more than 25 years in education as a classroom teacher, supervisor, consultant and workshop facilitator. She has worked with children ages PK-12.

Liz Birnam, M.Ed., is a Literacy Facilitator in Dover, NH, where she provides professional development for the district in the areas of reading and writing. She coauthored a book, "When Teacher Voices Are Heard: The Future of the Literacy Landscape" (Rowman & Littlefield, 2013), and published two articles for Heinemann's Digital Campus. She has spoken at conferences of the Assn. for Supervision and Curriculum Development and the International Reading Assn. on the topic of "Embracing the 'Process' in the Writing Process." In addition to working as a Literacy Facilitator in Dover, she is an instructor for UNH's customized Learning through Teaching English Program.

Brandie Bolduc, M.Ed., is a lecturer at UNH's Dept. of Education, where she teaches curriculum that is focused on young children with special needs. She is certified in early childhood special education, elementary education, and English for speakers of other languages in NH. Before becoming a lecturer at UNH, she was a special educator for Moore Center Services in Manchester, a math consultant for the UNH's Impact Center, and a first grade teacher in Goffstown. She is the recipient of the Goffstown Education Association's 2001-2002 Teacher of the Year Award, has led workshops in math for many local school districts, and is a member of the NH Learning Disabilities Assn. and the NH Dept. of Education's Work Group on Early Learning.

Tere Bowen-Irish, OTR/L, has practiced occupational therapy in pediatrics and psychiatry for over 35 years. For the past 30 years her primary focus has been school system delivery of OT services. She works part-time in public schools and has a private practice, All the Possibilities, Inc. She also offers workshops for parents, therapists, and educators, with an emphasis on prevention, wellness and classroom management for all school-aged children. She has completed intermediate training as a Life Coach through Coaches Training Institute in San Raphael, CA, and she is a Certified Yogakids teacher (CYKT), incorporating yoga, movement, mindfulness and relaxation techniques into her practice with children. She is author of "The Drive Thru Menu Series" (Therapro Inc. Publications) and a self-published book that can be adapted for all children called "Yoga and Me, Come be a Tree".

Beth Boynton, RN, MS, national speaker, consultant, and author of "Successful Nurse Communication, Safe Care, Healthy Workplaces & Rewarding Careers." Beth specializes in communication, collaboration, and workplace culture and publishes the blog "Confident Voices in Healthcare." She is excited about the promise that Medical Improv holds for building essential skills in healthcare professionals. Her YouTube video, "Interruption Awareness: A Nursing Minute for Patient Safety," has been seen all over the world.

Jay Boynton, J.D., is a practicing attorney specializing in school law. He has more than 20 years of experience representing the interests of schools in the NH state courts and in administrative settings. He is a frequent speaker on school law topics.

Perrin Chick, M.Ed., is the Education Director at the Seacoast Science Center in Rye, NH. In this role, she has developed extensive marine curriculums, by drawing on her previous classroom experience as a 5th grade teacher in Lawrence, MA, and a 6th grade teacher in Newbury, MA, and by connecting community resources to formal education and the environment. As district science representative where she taught, Perrin integrated state standards into the curriculums and wrote both the gifted and talented and environmental education curriculums. Her professional passion is to inspire people to be environmental stewards by creating personal connections to nature. She is actively involved in organizations such as the New England Ocean Science Education Collaborative.

Linda Conti has been marketing director for UNH Professional Development & Training (previously known as UNH Continuing Education) for over 25 years. She has several years' experience managing and implementing all facets of marketing and promotion and has been using Adobe Creative Suite software, including Photoshop, Dreamweaver, Illustrator, and InDesign since its inception.

Shawna Coppola, M.Ed. in Reading, has 15 years' experience in public school education where she worked as a language arts teacher for students, Grades 6-8, before becoming a K-6 literacy specialist at Rollinsford Grade School in 2011. She is currently working towards an MST, her second master's degree at UNH. She regularly reviews manuscripts for Stenhouse Publishing and blogs for a variety of websites, including the Nerdy Book Club, Education Week, and her own blog, My So-Called Literacy Life. Most recently, her work was published in the October 2014 issue of The Reading Teacher and she was invited to present at the November 2015 Literacy for All Conference in Rhode Island.

Faye Cragin, M.Ed. in Secondary Education, Adult Learning, is the Distance Education and Media Technologist for UNH Cooperative Extension and the statewide Group Manager for the Adobe Users Group. She is currently enrolled in the Certificate of Advanced Graduate Studies program at Plymouth State University where she is studying Educational Leadership with a concentration in the Neurodevelopmental Approach to Teaching.

Michaelene Cronin, J.D., is Associate Professor at Landmark College in Putney, VT. Previously she was director of the Institute on Emotional Disabilities at Keene State College and program director in Lesley University's Graduate School of Education.

Susan Deese, M.Ed., is an instructor for UNH's Learning through Teaching Mathematics-in-Context program, a customized in-service professional development course for teachers. She is also a mathematics coach and independent consultant. Previously she was an elementary teacher in New Hampshire for 19 years, and then became a mathematics curriculum coordinator for several school districts, including Portsmouth and Rochester, NH, and Lexington, MA.

Nate Fitch, M.S., has worked in adventure education for over 17 years, working with both youth and adults. He is a Lecturer and Director of the Gass Artificial Climbing Wall at UNH.

Tess George, M.A. in Speech Communication, is founder and principal of Speakwell, a communication training firm, focusing on communication skills in the workplace. She has taught a variety of communication classes at many colleges, including Penn State and UMass. With over 20 years' experience in training, teaching, singing, acting and storytelling, she helps participants to reach their communication goals.

Mike Gildersleeve is a computer development expert and an instructor in the Computer Science Department at UNH.

Sarah Gnerre, CFRE, MBA, is a fundraiser who has assisted nonprofit organizations with their grantwriting and fundraising activities. She has served on grants panels for the NH State Council for the Arts and the U.S. Dept. of Education, and she has won major grants from the Kresge Foundation, among others.

Michelle Grenier, Ph.D., C.A.P.E. is an Associate Professor in the UNH Dept. of Kinesiology specializing in disability, inclusion and physical activity. She is coordinator of both the physical education option and the Adapted Physical Education certificate. In addition to writing for several publications, she has worked extensively in the schools as both teacher and consultant and has presented nationally and internationally on the topic of physical activity and disability.

Mike Hague, M.A. in counseling psychology, MLADC, has over 20 years' experience as a crisis/drug and alcohol counselor for middle and high school students in Bedford. He is the co-founder and past president of the Assn. of Student Assistance Professionals of NH and a former drug and alcohol prevention trainer for the NH State Dept. of Education. He has coordinated and developed community programs for drug prevention, and has trained school districts, community organizations, mental health agencies and colleges about adolescent issues. Currently he is an adjunct professor at NHTI Community College.

INSTRUCTOR BIOGRAPHIES

Corinne Holbrook, MSW, LICSW, is a hospice social worker at Beacon Hospice in Portsmouth. She also has a private practice in Amesbury, MA. Previously, she was an oncology social worker at Massachusetts General Hospital's Gillette Center for Breast Cancer. Her clinical interests include end of life issues, chronic illness, complementary therapies, and parenting challenges.

Jaclyn Karabinas, M.Ed., is a local educator energized by attending, designing, and facilitating professional development for educators. She is an instructional coach, Google for Education certified trainer, consultant for Heinemann Professional Development, a presenter and member of the social media team at the Christa McAuliffe Technology Conference, and an EdCamp Seacoast organizer. An elementary classroom teacher for 12 years, she holds a master's degree in curriculum and instruction with a specialization in arts integration.

Gerri King, Ph.D., is a social psychologist and organizational consultant to corporations, nonprofits, government, education, and healthcare. She works throughout the U.S., Asia, and Canada with a focus on Mergers and Acquisitions, Strategic Planning, Leadership and Supervisory Training, Conflict Resolution, Managing Change, and Enhancing Teams. Based in Concord, NH, she is a founding partner of Human Dynamics Associates. Gerri also has a new book out, available on Amazon.com, called *The "DUH" Book of Management and Supervision: Dispelling Common Leadership Myths*.

David Lee is the founder and principal of HumanNature@Work. He is an internationally recognized authority on organizational and managerial practices that optimize individual performance, morale, and engagement. David is the author of *"Managing Employee Stress and Safety,"* as well as nearly 100 articles and book chapters on organizational and individual performance published in trade journals and books in the U.S. and abroad. He has been involved in the area of constructive conversations for thirty years as a therapist, supervisor, facilitator, and executive coach. He is currently working on a book on courageous conversations in the workplace.

Lina Lee is a Professor of Spanish at UNH where she teaches courses in applied linguistics, second language acquisition and foreign language methodology. She has conducted research and published articles on language pedagogy, oral assessment, computer-mediated communication and discourse analysis.

Jeff Levin, M.A. in Social Work and Education, is a former public school teacher, resource room counselor, and dean of students at Vermont Academy. Currently a life coach based in Concord, NH, he also maintains a private practice of training and consultation. He has worked as a life coach and consultant to parents, families, schools, athletes, teams, and corporations throughout New England.

Thom Linehan, Ed.D., designs, implements, and evaluates education programs in support of youth and families in Merrimack County for UNH Cooperative Extension. He has worked with families and children in a number of settings, including home-based family therapy, day care, and early intervention. As a licensed New Hampshire marriage and family therapist, and a New Hampshire early childhood master professional, Thom's specialty is promoting resilient children, youth, and families. In addition to these certifications, he received his master's degree in early education with a focus on special needs from UNH prior to earning his doctoral degree in education at Plymouth State. He holds an ECE Master Professional F/WT Credential from the NH Child Development Bureau.

Robin Lurie-Meyerkopf, M.Ed., is the former associate director and the head of training and consultation at the Asperger's Association of New England. She has over 20 years of teaching experience and has run social skills groups for children and adolescents with Asperger's, ADHD, and non-verbal learning disorders. She received her master's degree from Antioch University and graduated from their Autism Spectrum Disorders Certificate Program. Robin has worked with students from elementary school through college in a variety of settings. She holds workshops for parents and professionals throughout the U.S. and has presented at the national Children and Adults with Attention Deficit Disorder (CHADD) conference in Washington, DC and Anaheim, California and the Transitions Conference at Lynn University. With her training and experience, Robin understands the complexity of working with many different student populations.

Lauren Martin, M.Ed., has taught mathematics in New Hampshire schools for many years and has presented at the New England conference of the Assn. of Teachers of Mathematics.

Bruce McMillan is the award-winning author and photo-illustrator of more than 45 children's books, including *"Nights of the Pufflings"* (1995), *"Going Fishing"* (2005), and *"The Problem with Chickens"* (2005). His books have been honored as ALA Notables and "Best Kids Books of the Year" by Parents, Parenting, and School Library Journal magazines, as well as numerous other honors. He speaks at schools and conferences throughout the U.S.

Christine Miller, Ed.M., LCMHC, is a psychotherapist in Bedford, NH. She is a clinician with 35 years of experience in treating women and adolescents in varied settings. She specializes in integrating therapeutic tools, tailoring them to the individual and providing short-term, focused and brief psychotherapy.

Jim Milliken is a training consultant who specializes in communication, project management, and workplace skills. His clients include large and small corporations, academia, and nonprofits throughout New England.

Marianne Nice is a speech-language pathologist and reading specialist with 15 years' experience in K-12. She regularly provides professional development and consults with school systems on Response to Instruction and literacy models. Marianne was recently selected by the NH Dept. of Education as a Turnaround Coach for Title One Priority Schools. For the past seven years, Marianne has worked with Nottingham School (K-8), which was identified by the NH Dept. of Education as an "RTI Demonstration Site." As a consultant, Marianne works with schools to improve interventions and core instruction, and she leads data teams in making data-based decisions for improved student outcomes.

James O'Shaughnessy, Esq., is an attorney with Drummond Woodsum Attorneys at Law in Manchester, NH, focusing his practice on representation of municipalities, school districts and school boards, and other educational institutions, including charter schools and child care centers, with a particular emphasis on labor and employment issues, collective bargaining, student discipline and special education. He has worked along with John Teague, Esq., on several school-related cases, and has published and been a frequent trainer and presenter on legal issues in education, including special education laws, bullying and cyberbullying, arbitration and contract negotiations, student internet usage, student discipline, and more. Among his memberships are the NH Council of School Attorneys and the National School Boards Assn. Council of School Attorneys.

Ellie Papazoglou, D.A., has experience as a classroom teacher, reading specialist, PD coordinator, and college lecturer. Currently, she teaches in Plymouth State University's Department of Educational Leadership, Learning and Curriculum. She is also a consultant for the UNH English Department's Learning through Teaching program and a Literacy Consultant for Mascoma Valley Regional School District, and recently completed a two-year consultation at Moultonborough Central School. She has developed various literacy courses for graduate studies, and presented at both regional and national conferences. She is a NH delegate to the New England Reading Assn. and coeditor of the NERA E-Newsletter.

Nancy Parsons, M.Ed., C.A.G.S., is Associate Director of School Leadership at the Upper Valley Educators Institute in Lebanon, NH. Her experience includes teaching and administration at the elementary and high school level, as well as teaching for Lebanon College. She is the recipient of the Boston Globe's Inspiring Teacher Award and the Merrimack Valley School District award for Teachers Demonstrating Excellence in Education as well as a finalist for NH Principal of the Year. She has presented for the Society for Developmental Education, NH Assoc. for School Principals, NH School Administrators Assn., NH Dept. of Education, NE Gifted and Talented's Best Practices Symposium, and local school districts.

Jay Partlan has been teaching Excel and other computer applications in area colleges for the past 20 years.

Grace Peirce is an independent computer software training professional. She has been working in the print and publishing field for over 25 years, and on the web since 1995.

Elizabeth Peterson, M.Ed. in Education, "Arts and Learning" has developed techniques to bring music and the arts into the classroom and connect it to all areas of the curriculum. She teaches fourth grade and instructs numerous students in private piano lessons. She is the author of *Inspired by Listening*, a book about music integration and is the Music Consultant for the Educational News Quarterly where she has authored a series of articles entitled, "Music for Every Classroom." She believes there is a love of the arts in all children and from their enthusiasm she can shape great opportunities to learn.

Jerrold Pollak, Ph.D., ABN, ABPP, a licensed psychologist specializing in clinical and neuropsychology, serves as a coordinator of the Program in Medical and Forensic Neuropsychology at Seacoast Mental Health Center and in the Emergency Service. He is a diplomat of the American Board of Professional Neuropsychology and the American Board of Professional Psychology. He is a regular contributor to magazines and journals pertaining to mental health care.

Anita Remig, Ed.D., F.P.P.R., F.S.M.I., is a practicing counseling psychologist and consultant specializing in brain-based research, childhood developmental disorders, learning problem interventions, and biofeedback therapy throughout the U.S. She is a licensed psychologist, certified school psychologist, and certified biofeedback specialist with over 30 years of experience, and she maintains a private practice offering psychotherapy, family therapy, and psychological testing. In the educational field, she provides coaching, tutoring, school consulting, IEP assistance, and psycho-educational evaluations. She has been offering seminars and workshops through UNH for several years and is a member of the NH Psychological Association, a Fellow of the Prescribing Psychologist Register, and a Fellow in Serious Mental Illness. Her articles have appeared in numerous publications including *Child Study Journal*, *Language and Speech*, and *Journal of Child Psychology*.

Judy Ringer is the author of *Unlikely Teachers: Finding the Hidden Gifts in Daily Conflict*. She provides conflict and communication training based on mind/body principles from the martial art Aikido, in which she holds a second-degree black belt. Employing best practice communication models, Judy brings to life key concepts such as self-management under pressure and appreciation of other viewpoints. Her programs are interactive, experiential, and energetic. She has written articles for *Aikido Today Magazine*, the *Society for Organizational Learning*, and *The Systems Thinker* and is the author of the award-winning newsletter, *Ki Moments*.

Jack Smith, M.P.A., is a nationally recognized nonprofit consultant who offers management, project development training, and technical assistance to public and private organizations. He is a member of the adjunct faculty at the Emory University, Univ. of Southern Maine, and the Univ. of Georgia. He has trained several thousand individuals throughout the U.S. and abroad in grant management and grant writing. Audiences have included teachers and school administrators, mental health professionals, nurses, nonprofit staff and board members, state and municipal employees, consumer groups, and law enforcement. He has facilitated board retreats for dozens of nonprofit boards and statewide associations and presented at numerous national and state conferences.

Cynthia Stacy-Sevigny, M.Ed. in Teacher Leadership, has experience in a variety of roles within the Manchester School District. She has been a K-6 classroom teacher. She also spent many years as an ESL teacher. For six years she was District Mentor for new teachers and provided professional development in all areas of education in this capacity. Currently, she is an adjunct faculty member and GATE CITY Practicum Coordinator in the UNH Manchester Department of Education.

Stephen Stofanek is a senior management consultant with over 30 years of business experience. He is the Chief Architect for the IT Harmony Business Change/Project Management solutions. He has delivered project and organizational change management training, consulting, and coaching to over 200 companies throughout New England such as Fairchild, The Jackson Laboratory, PSNH, Cornell University, Laconia Savings, Kennebunk Savings, York Hospital, and St Joseph's Hospital/Bangor.

John Teague, J.D., is a practicing attorney with Upton & Hatfield, specializing in municipal and education law, litigation, and corporate law. He has several years of experience presenting on special education and school law topics.

Megg Thompson is a Certified Behavior Consultant with the International Assn. for Continuing Education (IACET) and consults in association with The Fitzgerald Institute of Lifelong Learning. She earned her master's degree in early childhood education at UNH and taught kindergarten for 10 years. As a consultant, she has worked for several local organizations on topics ranging from wellness, stress and calming, classroom management, STEM,

UDL, emergent curriculum and movement. She has presented all of these topics and more at: the NH and MA chapters of the Assn. of the Education of Young Children, Early Learning NH, Alliance for Better Child Care, and at a conference for special education directors in Portsmouth. (ECMPWT Faculty)

Kevin Tiller, M.S. in Kinesiology, has over 20 years of teaching experience at all levels in physical education, technology, and health. Currently he teaches in Andover, MA. He was named the 2015 Elementary Physical Education Teacher of the Year by the MA Assn. of Health, Physical Education, Recreation & Dance (MAPHERD). He is author of "The Great Games Handbook" (The Great Activities Publishing Co.) and developer of *Phys.Ed.Review*, a website that reviews all things Physical Education. He frequently presents workshops at the college level, at state conventions, and through in-service staff development programs.

Sarah Toupin is the program registrar and outreach coordinator for the Seacoast Science Center in Rye. In addition to providing activities for children and teachers, she coordinates Bioblitz, a yearly event at the Center that surveys biodiversity with scientific experts and families. She also organizes the activities related to the Mammal Rescue Team, including data collection and animal relocation. She has training from the Univ. of New England and the New England Aquarium on restraining and tube feeding seals and turtles and collecting necropsy. She presented "Bringing Marine Mammal Rescue to the Classroom," at the 2015 National Marine Educators Conference and "Citizen Science: Tide Pooling," at the 2012 meeting of New Hampshire Environmental Educators.

Mark Wiley, M.S., maintains multiple roles in his work at UNH: assistant director for marine education, NH Sea Grant; director of the UNH Marine Docent Program; and Extension state specialist in science literacy, UNH Cooperative Extension. In addition, Mark has designed professional development for educators at Measured Progress. He also taught high school biology, environmental science, and math for 10 years at Tilton School in New Hampshire. Mark earned his master's degree in natural resource management from UNH.

Amy Wood, Psy.D., is a psychologist based in Maine, who, through psychotherapy, executive coaching, mediation, and training, has helped numerous adults articulate and accomplish their own versions of success. In addition to her doctorate, she is a certified coach by the College of Executive Coaching and a certified mediator. She is author of *Life Your Way: Refresh Your Approach to Success and Breathe Easier in a Fast-Paced World*, an award-winning personal improvement book. She is a member of the prestigious National Speakers Association, writes the blog "Living Smart" for *MaineToday.com*, and is often called on for her expert opinion by media ranging from local newspapers to *Parade Magazine*.

Erin Zaffini, M.M. in Music Education, teaches early childhood music throughout New Hampshire and is Professor of Music Education at Keene State College. She has taught grades K through 12, and served as a clinician for the National Association for Music Education and National Education Association. She also has presented at conferences for music educators. She is in the process of earning her Doctor of Musical Arts Degree.

Jerilee Zezula, a veterinarian, was in private small animal practice for eight years before beginning her teaching career in 1979. Among her special areas of interest and expertise are the Human/Animal Bond and Animal Assisted Activities and Therapy. She is founder and Service Coordinator of *ElderPet* and a licensed Delta Society Instructor.

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