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VIRGINIA
SCHOOL
COUNSELOR
ASSOCIATION

ANNUAL CONFERENCE

OCTOBER 15-17, 2025

EMBASSY SUITES &
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CONVENTION CENTER •
HAMPTON, VA

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Pre-conference sessions are not included in the conference registration fee. Additional fee applies, see registration section.

Wednesday, October 15 | 2:00 p.m. – 5:00 p.m.

1. Addressing & Overcoming Barriers to Small Group Counseling

Jenny Hubler & Lauren White

ABOUT THIS SESSION: Small groups don't happen unless you make them happen. To run a comprehensive school counseling program rooted in the ASCA National Model, small groups must be part of your program. In this pre-conference session, we will take a deep dive into the barriers that keep us from running groups in our school settings. From feelings of self-doubt and scheduling logistics, to obtaining parent permission and choosing appropriate curriculum, we will tackle these and several others, and we will provide you with tips and tricks for running successful and meaningful groups. We cannot wait to share our passion for small group counseling with you!

SPEAKER BIOS:

Jenny Hubler, Hungary Creek Middle School

Jenny is the School Counseling Director at Hungary Creek Middle School in Henrico County, Virginia. Mrs. Hubler has 21 years of school counseling experience in Henrico, ten at the elementary level and eleven at the middle school level. She earned her undergraduate degree from the University of Georgia and her Master's Degree in School Counseling from Virginia Commonwealth University. A previous President of the Virginia School Counselor Association (VSCA), Mrs. Hubler currently serves as the VSCA Conference Chair. She was named VSCA's elementary school counselor of the year in 2010 and the secondary school counselor of the year in 2017. In 2018, Mrs. Hubler had the honor of being named the School Counselor of the Year for Virginia by the American School Counselor Association. She is also a Nationally Board-Certified Teacher in School Counseling.



Lauren White, Freeman and Godwin High Schools

Lauren is a Tiered Intervention School Counselor at the high school level for Henrico County Public Schools in Henrico County, Virginia. Ms. White has 16 years of experience as a school counselor, 6 years at the high school level in both Virginia and Washington State, and 10 years at the middle school level in Virginia. She earned her Bachelor's Degree in Psychology from the University of Virginia in 2004 and her Master's Degree in Counseling from Old Dominion University in 2007. Ms. White served as the Membership Committee Chair for the Virginia School Counselor Association for five years and is now a member of the VSCA Conference Committee. Ms. White earned National Board Certification in School Counseling and became a Trauma-Informed Educator for Henrico County Public Schools in 2025.



Wednesday, October 15 | 2:00 p.m. – 5:00 p.m.

2. My Amygdala Can Smell Your Amygdala

Tori Stone

ABOUT THIS SESSION: Child and adolescent anxiety is ubiquitous and on the rise. Working with anxious kids (and their parents) is stressful and can feel like a never-ending uphill battle. In this fun session, participants will learn more about anxiety, and will build skills so that they can better support anxious kids. We will focus on coping skills and building resilience so that school counselors can help teens to turn down anxiety and re-engage in life.

SPEAKER BIO: Tori Stone, PhD, LPC, has 24 years of experience as a school counselor, counselor educator, and national presenter. As an Associate Professor and the Clinical Coordinator of the Counseling program at George Mason University, Dr. Stone trains both School and Clinical Mental Health Counseling students in counseling skills and theories, creative counseling interventions and practical, theory-based approaches to work with children, teens, and adults. Dr. Stone has delivered more than 400 presentations at the local, state, and national level on Anxiety and Depression, Trauma Informed Education, Brain Development and the Nervous System, Creativity in Counseling, Child and Adolescent Mental Health, and many other related topics. She is known for her creative presentation style, humor, and approachable expertise.



OPENING SESSION KEYNOTE SPEAKER

Thursday, October 16 | 8:30 a.m. – 10:00 a.m.

The Transformative Role of School Counselors: Inspiring Student Success through Hope and Belonging

Brett Zyromski



ABOUT THIS SESSION: In this keynote, we will explore how centering the assets and strengths of students, families, and communities can transform school counseling programs and schools to drive positive student outcomes. Attendees will gain practical strategies to cultivate these strengths, fostering the critical elements of hope and belonging. Hope is a stronger predictor of post-secondary achievement than ACT, SAT scores, or high school GPAs, while a sense of belonging can revolutionize school culture into a catalyst for student success. Join us to reenergize your school counseling practices and create environments that embrace cultural strengths and family assets—fueling hope and belonging to support every student’s holistic growth and lifelong success.

SPEAKER BIO: Brett Zyromski is an award-winning Associate Professor and Program Chair of the Counselor Education Program at The Ohio State University. His scholarship focuses on how school-based counselors can enhance protective factors and positive childhood experiences for students that have experienced adverse childhood experiences, while at the same time deconstructing the systems that create the need for such interventions. His research also explores the impact of socially-just evidence-based interventions in school counseling, and socially-just evidence-based school counselor education and evaluation in school counseling. He currently serves as an Associate Editor for the Professional School Counseling journal. Dr. Zyromski has published over 40 peer-reviewed articles and book chapters related to school counseling issues, delivered over 150 international, national, regional, and local presentations and has served as numerous international and state conference keynote. A research Fellow at the University of Massachusetts Ronald H. Fredrikson Center for School Counseling Outcome Research and Evaluation and a Faculty Affiliate at The Ohio State University Center on Education and training for Employment, Dr. Zyromski is also co-editor of *School Counseling Research: Advancing the Professional Evidence Base* (2023) and co-author of *Facilitating Evidence-Based, Data-Driven School Counseling: A Manual for Practice* (Corwin, 2016). He co-founded and is co-chair of the annual Evidence-Based School Counseling Conference (ebscc.org). Dr. Zyromski has been recognized with numerous leadership and teaching awards, served as keynote for multiple international, national, and state conferences, and he has served as co-primary investigator or project manager for over \$12,000,000 worth of federal and state grants.

Brett will also be presenting a breakout session.

LUNCHEON KEYNOTE SPEAKER

Friday, October 17 | 12:00 p.m. – 1:50 p.m.



Code-Switching for Authentic Connection

Diana Virgil

ABOUT THIS SESSION: Gain a deeper understanding of code-switching to effectively engage with your students in an authentic manner. Explore the various masks individuals wear, including generational gaps and cultural differences, and learn strategies to connect with students and colleagues. Diana Virgil, 2024 School Counselor of the Year, also delves into human growth and development, focusing on working with parents/guardians and diverse family structures to enhance your school counseling approach.

After attending the session, you will be able to:

- Develop a clear understanding of code-switching to authentically connect with students
- Explore the diverse masks individuals wear, including generational and cultural influences, to foster connections with students and colleagues
- Gain insights into human growth and development in the context of working with parents and diverse family structures

SPEAKER BIO: Virgil has been a school counselor since 2015 and works on a campus that serves 346 students in grades 9–12. She is the 17th person to receive the national recognition and the first from Alabama. Virgil received her bachelor's, master's and educational specialist degrees from Mississippi College and a doctorate degree from University of the Cumberlands. She is an ASCA-Certified School Counselor, a National Certified School Counselor and a National Certified Counselor.

Many Daleville High School students are trailblazers in their families, aiming to be the first to graduate from high school. When Virgil was hired, she noticed a significant number of students weren't participating in dual-enrollment classes due to a lack of awareness, limited college aspirations, transportation challenges and financial constraints. Virgil promptly established a partnership with the local community college to boost student enrollment. A significant turning point came when the college received a grant to provide eligible students with free tuition and books for dual enrollment, revolutionizing the opportunities for students to earn both high school and college credit. To address transportation challenges, Virgil worked with the college to implement online courses and enlisted teachers to teach dual enrollment courses at the high school. Her approaches increased the number of students in dual-enrollment courses from four to more than 40 each semester. This year, the school is on the cusp of graduating its first student with a high school diploma and an associate degree in science, along with its first student with a mechatronics certification from the aviation college. As a result of Virgil's extensive collaboration and advocacy efforts, Daleville High School now offers dual-enrollment courses in science, English and math. For Virgil, the most rewarding part of her work as a school counselor is the opportunity to be a support system for her students.

Diana will also be presenting a breakout session.

Friday, October 17, 2025

Makenzie Perkins

SPEAKER BIO: Makenzie Perkins, MS, currently serves as the Counseling Specialist for Collierville Schools (TN). In this role she is responsible for coordinating and supervising school counseling, threat assessment, health facility transitions, and crisis response across the district. Previously she served as the Prevention Counselor at Collierville High School, where she helped students and staff navigate mental health concerns and crises at the largest high school in the state.



Makenzie is a National Certified Counselor and earned her Master of Science degree and Clinical Mental Health Specialist degree from the University of Memphis. She is also the author of *30-Minute Groups: Grief*. Makenzie is passionate about training professionals in the areas of threat assessment and management, suicidality, school safety, loss and grief, and understanding the everchanging mental health needs of today's youth.

Beyond the Screen: Responding Effectively to Suicidal Ideation

ABOUT THIS SESSION: School counselors are uniquely positioned to be front line responders to students presenting in crisis. This workshop is designed to enhance a school counselor's knowledge on current suicide statistics, explore strategies to provide effective screening, and demonstrate how to create meaningful safety plans. Special emphasis will be placed on empowering student voice through this process.

The Colors of Loss: 10 Expressive Counseling Techniques that Work

ABOUT THIS SESSION: Did you know new studies estimate 1 in 12 children will lose a parent or sibling before the age of 18? This presentation will allow school counselors to leave with creative ways to help students process their own grief journeys. A variety of expressive counseling techniques will be explored (and practiced!) that can be utilized in both individual and group sessions for all ages. Although we can't control if a student experiences loss and grief, we can help give their grief a voice.

Tentative Schedule

Wednesday, October 15, 2025

- 1:30 p.m. – 6:00 p.m. Registration & Information Center Open
- 2:00 p.m. – 5:00 p.m. Pre-Conference Sessions
- 3:00 p.m. – 6:00 p.m. Exhibits Open
- 5:30 p.m. – 7:00 p.m. “Meet and Greet” Welcome Reception (Embassy Suites Manager’s Reception)

Thursday, October 16, 2025

- 7:30 a.m. – 5:00 p.m. Registration & Information Center Open
- 7:30 a.m. – 5:00 p.m. Exhibits Open
- 7:30 a.m. – 8:30 a.m. Continental Breakfast (available in the Exhibit Area)
- 8:30 a.m. – 10:00 a.m. Opening Session with Featured Speaker and Keynote Speaker – Brett Zyromski
- 10:00 a.m. – 10:15 a.m. Transition Break
- 10:15 a.m. – 11:05 a.m. Breakout Session 1
- 11:05 a.m. – 11:35 a.m. Break with Exhibitors
- 11:35 a.m. – 12:25 p.m. Breakout Session 2
- 12:25 p.m. – 1:25 p.m. Box Lunch (available in the Exhibit Area)
- 1:25 p.m. – 2:15 p.m. Breakout Session 3
- 2:15 p.m. – 2:45 p.m. Break with Exhibitors
- 2:30 p.m. – 3:30 p.m. Grad Student Meet & Greet
- 2:45 p.m. – 3:35 p.m. Breakout Session 4
- 3:35 p.m. – 3:50 p.m. Transition Break
- 3:50 p.m. – 4:40 p.m. Breakout Session 5
- 5:30 p.m. – 7:00 p.m. Networking Social (Embassy Suites Manager’s Reception)

Friday, October 17, 2025

- 7:30 a.m. – 12:00 p.m. Registration & Information Center Open
- 7:30 a.m. – 12:00 p.m. Exhibits Open
- 7:30 a.m. – 8:30 a.m. Continental Breakfast (available in the Exhibit Area)
- 8:30 a.m. – 9:20 a.m. Breakout Session 6
- 9:20 a.m. – 9:35 a.m. Transition Break
- 9:35 a.m. – 10:25 a.m. Breakout Session 7
- 10:25 a.m. – 11:00 a.m. Morning Break & Exhibit Area – Last Chance!
- 11:00 a.m. – 11:50 a.m. Breakout Session 8
- 11:50 a.m. – 12:00 p.m. Transition Break
- 12:00 p.m. – 1:50 p.m. Awards Luncheon & Closing Keynote Speaker – Diana Virgil

REGISTRATION



Current VSCA member? Yes ☐ No ☐ Member # _____

NAME (as it should appear on name badge) _____

JOB TITLE - (REQUIRED PLEASE) _____

ORGANIZATION/SCHOOL DISTRICT _____

ATTENDEE EMAIL (REQUIRED FOR CONFIRMATION) _____

WORK ADDRESS _____

CITY _____ STATE _____ ZIP _____

WORK PHONE () _____

VEGETARIAN/GLUTEN FREE MEALS? Yes ☐ No ☐ ATTENDING THE AWARDS LUNCHEON ON FRIDAY? Yes ☐ No ☐

Become a VSCA member and save!

Before registering for the conference, visit www.vsc.org and click "Join Us" to become or renew your annual membership.

Or you can bundle your membership with your conference registration. See those rates below.

PLEASE **CIRCLE** ALL RATES THAT ARE APPLICABLE AND PLACE THE TOTAL IN THE GRAY BOX.

	MEMBER*** Professional	MEMBER*** Professional + Membership	MEMBER*** Retiree	MEMBER*** Retiree + Membership	NON-MEMBER	GRAD STUDENT**
Pre-Conference Learning Session - Oct 15 (circle only one)						
1. Addressing & Overcoming Barriers to Small Group Counseling – Hubler & White	\$50	NA	\$40	NA	\$80	\$40
2. My Amygdala Can Smell Your Amygdala – Stone	\$50	NA	\$40	NA	\$80	\$40
Main Conference – Oct 16-17						
Early Registration* (by 9/15)	\$150	\$200	\$60	\$85	\$220	\$60
Regular Registration* (9/16-10/12)	\$170	\$220	\$70	\$95	\$240	\$70
Thursday ONLY – Oct 16						
Early Registration* (by 9/15)	\$110	\$160	NA	NA	\$110	NA
Regular Registration* (9/16-10/12)	\$130	\$180	NA	NA	\$130	NA
Friday ONLY – Oct 17						
Early Registration* (by 9/15)	\$110	\$160	NA	NA	\$110	NA
Regular Registration* (9/16-10/12)	\$130	\$180	NA	NA	\$130	NA
					TOTAL DUE:	

Registration after October 12, 2025 will be onsite and will add \$20 to the Regular Registration rate.*

* To qualify for the Early or Regular Registration rates, your registration form AND payment (copy of your purchase order, check, or credit card) must be received or postmarked by the Early or Regular Registration cutoff dates.

** All Grad Students receive a free VSCA Membership.

*** Must be a VSCA Member where noted. Membership must be good through October 17, 2025.

REGISTRATIONS CANNOT BE PROCESSED WITHOUT PAYMENT. PLEASE SEND PAYMENT AND REGISTRATION FORM(S) TOGETHER.

How and Where Do I Pay?

	WEBSITE	EMAIL	FAX	PHONE	MAIL
CREDIT CARD	✓	✓	✓	✓	✓
PURCHASE ORDER		✓	✓		✓
CHECK					✓

WEBSITE: www.ncyionline.org/vscac

EMAIL: registrations@ncyi.org

FAX: 423-899-4547

PHONE: 866-318-6294

MAIL: National Center for Youth Issues
P.O. Box 22185
Chattanooga, TN 37422-2185

Please make your check or purchase order payable to: **National Center for Youth Issues.**

A W-9 is available on the website.

PAYMENT METHOD

☐ **PURCHASE ORDER** A COPY OF THE PURCHASE ORDER IS REQUIRED.

(PAYABLE TO NATIONAL CENTER FOR YOUTH ISSUES, P.O. BOX 22185, CHATTANOOGA, TN 37422-2185)

☐ **CHECK ENCLOSED** (MADE PAYABLE TO NATIONAL CENTER FOR YOUTH ISSUES)

☐ **CREDIT CARD** ☐ PERSONAL ☐ CORPORATE

CARD NO. _____ EXP. DATE _____ CID# _____

NAME ON CARD (PLEASE PRINT) _____

CREDIT CARD BILLING ADDRESS _____

CITY _____ STATE _____ ZIP _____

AUTHORIZED SIGNATURE _____ EMAIL _____

CANCELLATION POLICY: If we are forced to cancel the VSCA Conference because of a "force majeure" event, such as a government restriction on large gatherings that cover the intended size of the conference, then we will issue full refunds of the registrations. Otherwise, our normal cancellation policy will be upheld: There will be no refunds after September 15, 2025. All cancellations before September 15, 2025 will be refunded less a \$25 handling fee. The conference is not responsible for and cannot give refunds due to problems beyond its control such as weather or school closings. There will be no refunds if you register as a NonMember and then later become a member. Please become a Member or renew your membership before registering for the conference. The sponsors of the conference receive registrant contact information.

On social distancing and other health and safety measures, the regulations/guidelines that apply to hotels and conference centers may change. The VSCA Conference will conform to all necessary regulations/guidelines that are in place as of the date of the conference.

PLEASE NOTE: The attendee will receive a confirmation to the email address provided when their registration is processed (make sure to check Junk/Spam folders). Please allow ample time for processing.



The 2025 Virginia School Counselors Conference will take place at the Embassy Suites & Hampton Road Convention Center

1700 Coliseum Drive Hampton, VA 23666

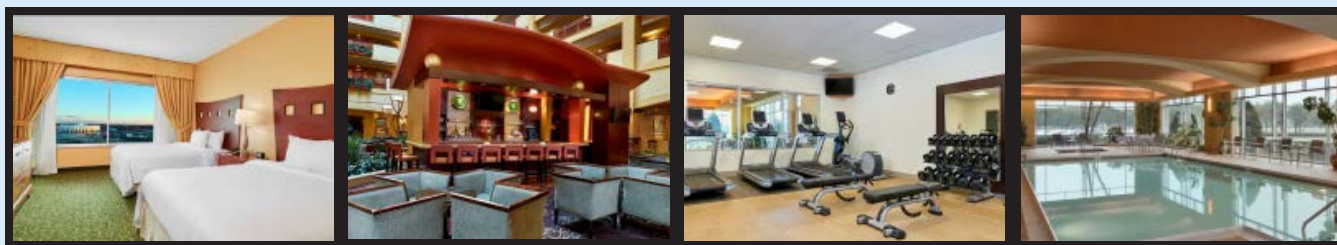
The Embassy Suites has a **conference rate of \$159 plus tax**.
Deadline is September 15, 2025. This rate is valid as long as rooms are available in the block.

To make hotel reservations:

CALL: 800-362-2779, or 757-827-8200. Please be sure to tell the hotel the group code “91G”.

REGISTER ONLINE: Go to www.ncyionline.org/vscac and scroll to the “Accommodations” section to book a room.

The Embassy Suites conference rate includes a full, cook-to-order breakfast and an evening Manager’s Reception!

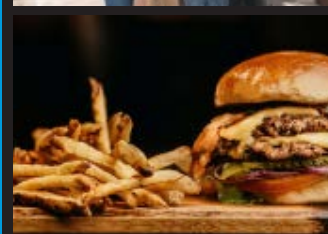


Come Learn and Play!

In the evening, make sure you take time to relax and enjoy the surrounding area. Go to www.ncyionline.org/vscac to see the things to do around the beautiful Embassy Suites.

Visit the Peninsula Town Center, less than a mile from the Embassy Suites!

- You can sit back and relax at the many restaurants at the Town Center, such as Abuelo’s, Avenue Blue, Outback and My Pi, along with others.
- The Peninsula Town Center has a premium movie theater with leather recliners and gourmet food, so you can finally watch that movie you have been wanting to see.



We hope this conference will educate and equip you to do your job well, and we also hope you will take advantage of the wonderful ways you can relax and be refreshed!