



**2016
Hulstrom Middle School
All Scholars' Day**

**October 6, 2016
7:50-3:00**

Conference Presenters:

Middle School Team:

**Allison Dopler
Jenn Congedo
Lisa Henkel
Zach Hill
Lara Lepie
Jenny Kettler
Angela Newberry
Jenny Payne
Rachel Brakel
Kim Stromberg**

**Priscilla Grissom, Psychologist
Colleen Urlik, Assistant Principal
Judi Madsen, Principal**

Conference Breakout Sessions:

Executive Function: Did you know there is a part of your brain that acts like an orchestra conductor? Do you ever experience moments when you have a hard time getting organized or can't prioritize things that need to get done? This session will describe some of the important executive function skills you use in school and provide you with concrete ways to work smarter, not harder.

Goal Setting: Do you want to increase your independence and sense of self-control? Are there new skills or hobbies you want to learn but don't know where to start? This session will give you a research-based way to set goals, whether they are academic or personal in nature.

Self-advocacy: Do you want to learn more effective ways to speak up for yourself? How can your school day look different if you self-advocate? This session will provide you with reasons why it is beneficial to self-advocate and specific steps to improve your self-advocacy skills.

The Adolescent Brain: Did you know that your brain changes during adolescence? Do you want to know more about how your brain is changing? Do you wonder why some of your thoughts and feelings are becoming more or less intense? This session will highlight some important topics the might be featured in a "user's manual" for your brain.

Emotional Intelligence: Have you heard the term "Emotional Intelligence" and wondered what it meant? Why is this set of skills important as an adolescent, and even more important in your future career? This session will describe the research behind social and emotional skills and provide you with some fun ways to grow your emotional intelligence.

True Colors: Do you want to know more about yourself and how you interact with others? Do you want to develop skills to control the tension when your style of interaction is different than your own? This session will help you identify your character traits and will provide you with strategies when dealing with people who have different characteristics than you.

What Does it Mean to be Gifted? All identified GT students are required to attend this session at some point throughout the day. This session will teach you about GT characteristics and how to

Advanced Learning Plans (ALP's): All identified GT students are required to attend one ALP session. This session will teach you how to develop your own Advanced Learning Plan goals to work towards throughout the year. Your ALP will be a living document to guide your advanced work throughout the year.

STEM Activity #1 This session will incorporate Science, Math, Engineering, and Math while participating in an engaging activity.

STEM Activity #2 This session will incorporate Science, Math, Engineering, and Math while participating in an engaging activity.

Schedule

7:50-8:53	Keynote: Scholarly Behaviors
8:57-9:42	Session One
9:46-10:31	Session Two
10:35-11:35	Session Three
11:39-12:39	Session Four
12:44-1:25	Recess/Lunch
1:30-2:25	Session Five
2:30-3:00	Homeroom-Debrief and reflection