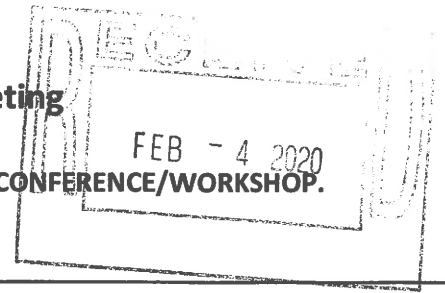


Wellsboro Area School District
227 Nichols Street
Wellsboro, PA 16901

Request to Attend Conference / Meeting



THIS FORM MUST BE COMPLETED AND APPROVED BEFORE REGISTERING FOR THE CONFERENCE/WORKSHOP.

Individual Attending Jessica Webster
Name of Conference Mansfield University - PROFESSIONAL DEVELOPMENT SERIES FOR EDUCATORS
Location of Conference Mansfield Univeristy
Date(s) February 18th, 4:30-6:00pm and March 24th, 4:30-6:00pm Days of Week _____

Are you an active member of the organization sponsoring this event? Yes No
Is this conference directly related to a classroom assignment? Yes No

Purpose of conference:
Discription of workshops are attached.

Number of school days absent for conference/meeting: 0
Total number of days requested for conference/meeting: 0 (include travel time)

Estimated time of departure: _____
Estimated time of return: _____

COMPLETE THE FOLLOWING ESTIMATIONS OF EXPENSES:

Travel: \$30.00
Lodging: _____
Meals: _____
Registration: \$20.00
Other: _____
Total Estimated Expenditures: \$50.00

SUBSTITUTE NEEDED:
 Yes (# of Days) _____
 No

**All receipts must be itemized.
Tips are not reimbursable.**

Submitted by: Jessica Webster Date: 2/3/20

Recommended to Superintendent: Yes No
Principal Signature: _____
Amount/%: _____
Account # _____
Account # _____

Recommended to School Board for Approval: Dr. Brenda M. Fraerman
Superintendent Signature

Date Approved by School Board: _____

Distribution: Original - District Office Copy 1 - Teacher Copy 2 - Building Office

X-203-1

MANSFIELD UNIVERSITY

PSYCHOLOGY DEPARTMENT

PROFESSIONAL DEVELOPMENT SERIES FOR EDUCATORS

The Mansfield University Psychology Department, in partnership with Tioga County school districts, is pleased to offer several mini-workshops to our educators.

More and more schools are looking for ways to help the increasing number of students struggling with anxiety, depression, and trauma. Only 40% of students with emotional, behavioral and mental health disorders graduate from high school compared to the national average of 76% (US Dept. of Ed). These students can be supported in different ways to increase their chances of success.

The four workshops in this series will focus on understanding root causes, identifying students in need, and creating an empathic environment with concrete strategies for the classroom.

Act 48 credits are offered for all school district employees.

WORKSHOP #3: SELF-CARE STRATEGIES (SECONDARY TRAUMA)

When: *February 18th, 4:30-6:00pm*

Where: *317 Alumni Hall*

Cost: *\$10 (*cash or check only please)*

Registration: pre-registration form

Description: Teaching has been ranked as one of the top careers with stress-related health problems. This workshop will identify sources and signs of stress, compassion fatigue, and burnout. Participants will develop self-care plans for physical and psychological health.

WORKSHOP #4: UNDERSTANDING THE IMPACT OF POVERTY

When: *March 24th, 4:30-6:00pm*

Where: *317 Alumni Hall*

Cost: *\$10 (cash or check only please)*

Registration: [pre-registration form](#)

Description: Poverty has a significant impact on a child's mental and physical health as well as their ability to concentrate and retain information in school. This workshop will discuss the impacts of poverty on local youth and identify strategies teachers can use to help promote student success.

PRESENTERS

Nicolle Mayo has a Ph.D. from Texas Tech University. She has been practicing marriage and family therapy for almost 10 years in numerous settings, including a psychiatric outpatient facility, the PICU/NICU in a women's and children's hospital, an employee assistance program, and several low-income service organizations. She has been teaching undergraduate college students psychology-related courses for 7 years.

Karen Crisp has a Masters in Clinical/Community Psychology from Mansfield University. She has done extensive work evaluating and treating youth in inpatient and outpatient settings. She has been an adjunct professor of psychology for 35 years.

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