

Education and Leadership Development Conference
April 11 & 12, 2025
Blair County Convention Center, Altoona

ALL CENTRAL REGION PSEA MEMBERS ARE INVITED!!!

Please join us at our Central Region Education & Leadership Development Conference. You can gain Act 48 credits and Chapter 14 hours, interact with other educators and support staff, attend helpful and informative presentations and classes, and it's FREE!

The conference begins on the evening of Friday, April 11th with dinner and entertainment. Classes and presentations are scheduled for Saturday, April 12th.

Classes, entertainment, meals, and overnight accommodations are FREE to the first 100 people who sign up. If overnight accommodations are requested, your room will be free of charge as long as it is a double occupancy room with another current PSEA member attending the conference. If you choose a single room, there will be a charge of \$75.00. A charge of \$165.00 per person may apply after the first 100 members register. *Do not wait until the last minute to sign up!*

Agenda:

Friday, April 11, 2025

- Registration opens at 4:00 pm
- Social – 6:00 pm
- Dinner – 7:00 pm
- Entertainment and Networking – 8:00 pm

Saturday, April 12, 2025

- Registration opens at 7:00 am
- Breakfast and Legal Update – 8:30 am
- Session #1 – 9:45 am
- Lunch – 12:00
- Session #2 – 1:00 pm
- Session #3 – 2:45 pm
- Wrap-up – 4:15 pm

Choose from a variety of classes to attend See page 2, 3, and 4 regarding sessions, instructors, and schedules.

All attendees must register on-line. Registration will be open on Monday, February 10th. Registration will close on Friday, March 7th. Registration information and links are on our Region website (psea.org/central).

**If you have any questions, please contact Leslie or Michelle at the State College PSEA Office:
leisenhower@psea.org or mknepp@psea.org or 1-800-548-7732.**

Session Information

Group Legal Session

8:30 – 9:30 AM

“EA & ESP Legal Update” – Amy Marshall, PSEA Attorney

Session #1

9:45 – 11:45am

CHOICE OF ONE

Conflict Management – Nate Greenawalt

Conflict is inevitable but there are many different styles of managing conflict. This session focuses on your individual conflict styles, types of conflicts, and the information we need to be able to manage them better. The goal is to help individuals empower themselves with choices and enhance the ability to manage conflicts in life. Conflict isn't good or bad – it's how we deal with it that makes all the difference! This workshop is interactive.

ESP Division Meeting and Training – Anne Styborski, Amy Marshall, & Stu Karschner

ALL ESP MEMBERS ARE ENCOURAGED TO ATTEND THIS SESSION

The Central Division Meeting and conflict resolution training:

ESP Compensation Awareness - Chances are, if you are dissatisfied with your wages, the structure of how you are paid plays a large role in that dissatisfaction. When it comes to structuring your pay, there's great, good, and ugly. Which one does your contract use?

Legal Issues -

Bargaining Healthcare and EA Compensation Awareness – Brian Landis

This two-hour session will focus on two of the big issues locals face when bargaining: healthcare and salary schedules. The healthcare portion of this session will focus on types of healthcare and some strategies/considerations when bargaining them. The salary schedule portion of the session will focus on salary schedule structure/awareness, best practices, and bargaining strategies.

Get Moving in the Classroom: Seat-Free Strategies for Sophomoric Students – Gina Gullo

It's time to get moving again in school! This session focuses on ways to bring out-of-seat learning into K-12 classrooms while maintaining an educational focus. Participants will engage in alternatives to lecture and seated instruction including dramatic engagement, competitive learning, cognitive movement, and others. Additionally, participants will experience strategies that promote physical engagement through brain breaks and movement moments that get individuals up and ready to learn. This content was designed to focus on the needs of classroom teachers but is appropriate for any individuals who lead groups of students.

Participants should wear comfortable clothing and sneakers to the session if possible.

Session #2
1:00 – 2:30pm
CHOICE OF ONE

Bargaining Prep Part 1 – Connor Lewis & Mark Price

In this session we review what you should look at when evaluating the financial health and outlook of your schools as you prepare to bargain. *Participants are expected to attend both sessions of Bargaining Prep at the conference.*

LEAD Part 1 – Doug Rosenberry & Nate Moore

LEAD (Leadership Education & Advocate Development)

The goal of the LEAD program is to provide participants with a broad overview of union leadership skills and a solid foundation for Association work and future participation in the Association. The ideal participant is the member who has not had much involvement in union leadership, but those that have been involved are also welcome. *Participants are expected to attend both sessions of LEAD at the conference.*

Maintaining the Balance: Wellbeing, Safety, and Achievement – Gina Gullo

Today's educators are often faced with navigating the precarious balance between wellbeing, safety, and achievement. How can educators use trauma-informed practices and maintain safe and healthy learning environments while also accelerating learning? What is secondary traumatic stress and how can educators maintain professionalism when it hits? Explore these ideas in an open and safe environment. The session will explore challenges, provide language to express needs, suggest strategies to support students, provide a toolkit of additional resources, and include time for member to member discussions of how this connects to their day to day professional challenges.

Educator Wellness – Mike Bogden

Teachers devote a great deal of time and energy to provide positive Social/Emotional Learning (SEL) for the students with whom they work. What about teacher/educator SEL? This session explores proactive and restorative measures teachers can take to practice self-care. Using the Burnout Cure: Learning to Love Teaching Again, by author Chase Mielke, strategies to re-connect to why we became teachers will be discussed.

Session #3
2:45 – 4:15pm
CHOICE OF ONE

Bargaining Prep Part 2 – Connor Lewis & Mark Price

In this session we review what you should look at when evaluating the financial health and outlook of your schools as you prepare to bargain. *Participants are expected to attend both sessions of Bargaining Prep at the conference, you must be registered for Bargaining Prep Part 1 to attend Bargaining Prep Part 2.*

LEAD Part 2 – Doug Rosenberry & Nate Moore

LEAD (Leadership Education & Advocate Development)

The goal of the L.E.A.D. program is to provide participants with a broad overview of union leadership skills and a solid foundation for Association work and future participation in the Association. The ideal participant is the member who has not had much involvement in union leadership, but those that have been involved are also

welcome. *Participants are expected to attend both sessions of LEAD at the conference, you must be registered for LEAD Part 1 to attend LEAD Part 2.*

Develop Your Educator Self-Care Plan (and maintain it too!) – Gina Gullo

When focused on meeting the needs of your students, educators can sometimes find themselves with a work-life imbalance. This hands-on session provides educators with the time and space to focus on their areas of strength and growth related to the five domains of self-care: physical, psychological, emotional, relational, and profession. Then, participants use those reflections to design a realistic and manageable self-care plan and network with PSEA siblings that can serve as self-care buddies along the way.

Beyond the Screen: The Impact of Cellphones and Social Media on Students – Mike Bogden

In this session, we delve into the complex interplay between phones, social media, academic achievement, and mental health in today's youth. As digital natives, children and adolescents are immersed in a world where smartphones and social networks are omnipresent. While these technologies offer unprecedented connectivity and access to information, they also pose significant challenges to academic success and mental well-being. We will uncover the multifaceted impact of screen time on students' ability to focus, learn, and thrive in academic settings. Moreover, we will examine the ways in which social media platforms shape adolescents' perceptions of themselves and others. By understanding the nuanced relationship between digital technology and well-being, educators and families can collaborate to support young people in navigating the digital landscape responsibly and fostering a healthy balance between screen time and real-life experiences.

Register at:

www.psea.org/CRConference2025

Registration will begin on Monday, February 10th

Registration will close on Friday, March 7th

IMPORTANT INFORMATION

- *Be sure to register early, hotel rooms are limited*
- *First 100 attendees are free of charge, if you do not make the first 100 attendees, you may be charged \$100.00 to attend*
- *This event is casual, please dress to be comfortable, our conference theme is Super Heros in Education...wear your favorite Super Hero T-shirt on Saturday!*
- *Electronic surveys will be sent to you to complete to obtain your Act 48 credits. Certificates of Participation will be given to those that request them. These certificates can be turned into your district (given your district's acceptance policy) for possible Act 48 and Chapter 14 hours.*
- *Any cancellations after March 21st (including no shows) may be subject to a \$165.00 fee.*
- *All overnight hotel rooms are non-smoking, you will be responsible for any fee if this is violated.*