

WCTCCA Winter Meeting
February 12 and 13, 2004
Rainbow Lodge Retreat Center
North Bend, Washington

Dear Washington Technical and Community College Counselor's Association colleague:

I hope everyone has had the opportunity to see the agenda that was e-mailed lately, and I hope you've chosen to attend. This year, your executive committee has decided to get personal. The lodge will be our home for two days and one night. All meals will be provided, so we won't have to hunt for a restaurant at the last minute. This should give us the opportunity to renew old acquaintances and, hopefully, meet some new counseling colleagues.

The cost: \$60 for a double room [shared with a non-snoring, good friend]
 \$65 for a single room [for the snorers, or those who wish to bring a
spouse]
 \$10 for the conference fee
 \$10 for yearly dues

Please RSVP by January 31 with a \$30 deposit to:

Jim Yates, Counselor
Columbia Basin College
Counseling & Student Development
2600 North 20th Avenue
Pasco, WA 99301
(509) 547-0511

If you don't have the \$30 deposit by then, at least call Jim and let him know if you plan to attend. Please detach this form and return to Jim.

Name:
School:
Double or Single:
Comments:

WINTER QUARTER MEETING AGENDA FOR W.C.T.C.C.A.

Thursday Feb. 12

11:30 Check - in Rainbow Lodge

12:00 Lunch

1:00 Dr. Polly McMahon

Topic: Cranky, crazy, or just plain mean?

Can an old person be cranky, crazy, or just plain mean? What do I do if that person is me? Or someone I love? Doc Polly will help us distinguish among major afflictions of mental health issues for elders and how they can impact the lives of our students as well as our own feeble attempts at sanity.

2:30 Break

2:45 Dr. Terry Flieschman

Understanding Emotional Intelligence and How the Brain works and Its Impact On Personal Relationships, Emotions, and Personal Performance

4:30 Break

5:00 Dinner

6:00 Social - Food and Mood!

Nutrition and Emotional Intelligence: Understanding the Nutrition-Brain-Behavior Connection

7:30 Adjourn

Friday Feb. 13

8:00 Breakfast

9:00 Presentation

10:00 Break

10:15 Business Meeting

11:00 Adjourn