



## CONTINUED LEARNING

### Professional Development for Counselors & Other Helping Professionals

#### **NDCA Conference 2026**

CNED 2000, 1 Professional Development Credit

*(An educational four-day experience with application to professional counseling settings)*

#### **INSTRUCTOR:**

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#### **COST:**

\$75.00 for **1 professional development credit** from NDSU Office of Teaching & Learning/Continued Learning office

#### **LOCATIONS & DATES:**

##### **North Dakota School Counselor Association (NDSCA) Pre-Conference:**

Delta Marriot; 1635 42<sup>nd</sup> St. SW; Fargo, ND (February 14, 2026)

##### **North Dakota Mental Health Counseling Association (NDMHCA) Pre-conference:**

Delta Marriot; 1635 42<sup>nd</sup> St. SW; Fargo, ND (February 14, 2026)

##### **North Dakota Counseling Association (NDCA) Midwinter Conference:**

Delta Marriot; 1635 42<sup>nd</sup> St. SW; Fargo, ND (February 15-17, 2026)

#### **REGISTRATION FOR CONFERENCE:**

In addition to registering for this course, students must pay a separate registration fee for the NDCA conference and/or NDSCA pre-conference. The registration form for the preconference and/or conference is located on this webpage: <https://www.ndcounseling.org/conference-registration>

#### **COURSE SEAT TIME REQUIREMENT:**

To earn credit, students enrolled in this course must complete **a minimum of 900 minutes (15 hours) of “seat time”**. “Seat time” includes *NDSCA & NDMHCA preconference workshops, NDCA conference content sessions, and NDCA keynote presentations*.

In order to complete at least 900 minutes of “seat time”, students must attend a **preconference** (either the NDSCA preconference or the NDMHCA preconference) **AND** NDCA **midwinter conference**.

**NOTE:** NDCA Business meeting, awards luncheon, and social events **do not** qualify as part of the “seat time” requirement.

**COURSE OVERVIEW:**

This course is designed to assist helping professionals increase their understanding of effective counseling practices, to provide professionals with current counseling-related research, and to give opportunities to share effective counseling methods and activities with other professionals.

**NATIONAL BOARD FOR PROFESSIONAL TEACHING STANDARDS:**

The National Board for Professional Teaching Standards seeks to identify and recognize teachers who effectively enhance student learning and demonstrate the high level of knowledge, skills, abilities and commitments. This course aligns with #4 of those standards.

*4. Teachers think systematically about their practice and learn from experience.*

**COURSE LEARNING OBJECTIVES:**

Participants will:

1. Be updated on current counseling-related research.
2. Be provided opportunities to share effective counseling methods and activities with other professionals.
3. Learn about best practices in counseling.

**REQUIRED TEXTBOOKS**

There is no textbook required for this course.

**TOPICAL OUTLINE:****NDSCA Pre-Conference**

Saturday, February 14, 2026 = 8 hrs.

8:00 a.m.-12:00 p.m.	Pre-conference workshop
12:00 p.m.-1:00 p.m.	Lunch
1:00-5:00 p.m.	Pre-conference workshop

**NDMHCA Pre-Conference**

Saturday, February 14, 2026 = 7 hrs.

9:00 a.m.-12:00 p.m.	Pre-conference workshop
12:00 p.m.-1:00 p.m.	Lunch
1:00-4:00 p.m.	Pre-conference workshop

**NDCA Conference Schedule:**

Sunday, February 15, 2026 = 4 hrs.

12:30-12:45 p.m.	Welcome & announcements
12:45-2:00 p.m.	Opening Keynote Speaker
2:15 – 3:15 p.m.	Breakout Sessions (1)
3:30 – 4:30 p.m.	Breakout Sessions (2)

Monday, February 16, 2026 = 5¼ hrs.

8:30-9:30 a.m.	Breakout Sessions (3)
9:45-10:45 a.m.	Breakout Sessions (4)
11:00 a.m.-12:00 p.m.	Breakout Sessions (5)
12:15-1:30 p.m.	NDCA Awards Luncheon ( <b>DOES NOT COUNT FOR SEAT TIME</b> )

1:45 – 2:45 p.m. Breakout Sessions (6)  
 3:00-4:00 p.m. Breakout Sessions (7)

Tuesday, February 17, 2026 = 3¾ hrs.

8:00-8:45 a.m. NDCA Business Meeting (**DOES NOT COUNT FOR SEAT TIME**)  
 9:00 – 10:00 a.m. Breakout Sessions (8)  
 10:15-11:15 a.m. Breakout Sessions (9)  
 11:30 a.m.-12:45 p.m. Closing Keynote Speaker

### **COURSE REQUIREMENTS:**

#### **1. PRECONFERENCE (NDSCA or NDMHCA) AND NDCA CONFERENCE SEAT TIME DOCUMENTATION LOG 5 points (Due May 31, 2026)**

- A. Submit a **Preconference (NDSCA or NDMHCA) and NDCA conference seat time documentation log** (please use the template provide in *APPENDIX A*) for all sessions, workshops, and keynote presentations that are attended. This log must also include a list of the titles and the length of time for each of these workshops, sessions, & keynote presentations.
- B. **REQUIRED “SEAT TIME”**: A minimum of 900 minutes (15 hours) of documented “seat hours” is required for this course. Please note that NDCA Business meeting, awards luncheon, and social events **do not** qualify as part of the “seat time” requirement.

#### **2. PRE-CONFERENCE (NDSCA or NDMHCA) APPLICATION/REACTION PAPER 20 Points (Due May 31, 2026)**

- A. Write a personal reaction to the pre-conference workshops that you attended which includes what you learned by attending it and what you thought about the information provided.
- B. Also, describe how you would utilize the information presented in the pre-conference workshops that you attended within your work setting.
- C. This paper should be a **minimum of two FULL double-spaced typed pages**.

#### **3. NDCA CONFERENCE CONTENT SESSIONS & KEYNOTE PRESENTATIONS SUMMARY PAPER 20 Points (Due May 31, 2026)**

For EACH NDCA conference content session and keynote presentation attended, write a summary which includes:

- A. The title and presenter(s) of the session/presentation  
 B. An individual summary of the session/presentation  
 C. A personal reaction to the session/presentation & what you learned by viewing it  
 D. A discussion of how you might apply the information provided in the session/presentation to your own work.  
 E. Organize all of the summaries into ONE paper. This paper should be a **minimum of three (3) FULL double-spaced typed pages** (which includes ALL of the sessions/presentations that you attended). It is NOT three (3) pages per session.

### **COURSE ASSESSMENT:**

Course Requirements	Total Points
1. Pre-Conference (NDSCA or NDMHCA) and NDCA Conference Seat Time Documentation Log (refer to Appendix A)	5

2. Pre-Conference ( <i>NDSCA or NDMHCA</i> ) Application/Reaction Paper	20
3. NDCA Conference Content Sessions & Keynote Presentations Summary Paper	20

### **GRADING:**

<b>A</b> - All work illustrates is high quality and fulfills all requirements	(A = 90 % and above)
<b>B</b> - All work illustrates good quality and fulfills all requirements	(B = 80 to 89.9 %)
<b>C</b> - All work is completed but does not fulfill all requirements	(C = 70 to 79.9 %)
<b>D</b> - Majority of work is completed but does not fulfill all requirements	(D = 60 to 69.9 %)
<b>F</b> – Unsatisfactory or incomplete at time of due date	(F = Below 60 %)

### **PLEASE NOTE:**

- A. **NOTE: ALL assignments must be:**
- Typed
  - Times New Roman 12 point font
  - Double spaced
  - 1 inch margins
- B. E-mail your completed assignments by **May 31, 2026** to Dr. Buchholz Holland at the following e-mail address:  
[Carol.E.Buchholz@ndsu.edu](mailto:Carol.E.Buchholz@ndsu.edu)

### **STUDENTS WITH DISABILITIES:**

Any students with disabilities or other special needs, who need special accommodations in this course are invited to share these concerns or requests with the instructor as soon as possible.

### **ACADEMIC HONESTY STATEMENT:**

All work in this course must be completed in a manner consistent with the [NDSU Policy 335: Code of Academic Responsibility and Conduct](#) and applies to cases in which cheating, plagiarism, or other academic misconduct have occurred in an instructional context. Students found guilty of academic misconduct are subject to penalties, up to and possibly including suspension and/or expulsion.

### **ADDITIONAL INFORMATION ABOUT THIS COURSE:**

**For more information on this course, or others offered by NDSU Office of Teaching & Learning/Continued Learning, please call: (701) 231-7015.**

### **GETTING A COPY OF YOUR TRANSCRIPT:**

Students and K-12 personnel who need an official copy of their transcript should order through [www.getmytranscript.com](http://www.getmytranscript.com) (secured site) and select *North Dakota State University*.

Reminder about transcript ordering: Individuals are encouraged to review their unofficial transcript to ensure all grades are posted prior to ordering an official transcript. *Please allow 2 – 3 weeks once you have submitted your course work to the instructor for grades to be posted to your transcript.*

# APPENDIX A:

## Seat Time Documentation Log Sheet Template

<b>PRE-CONFERENCE (NDSCA or NDMHCA) and NDCA CONFERENCE SEAT TIME DOCUMENTATION LOG SHEET</b>	
<i><b>NOTE:</b> You are required to log a MINIMUM of <u>900 minutes</u> of in-person “seat time” in order to earn credit for this course.</i>	
<b>Name of Conference Participant:</b>	
<b>Title of Session/Workshop/Keynote Presentations attended</b>	<b>Length of Session/ Workshop/Keynote Presentation (<u>in minutes</u>)</b>
<b>TOTAL MINUTES</b>	