



Virtual Professional Development Options:

1. **Supporting SEL in the Classroom as we Transition between In-Person, Hybrid & Remote Teaching**

As we work with students this school year, what areas should we emphasize to lay a strong foundation as we transition between different formats? In the first session participants will focus on building relationships and creating community as they focus on emotion recognition and regulation by exploring strategies for check-in, building classroom cohesion and coping. The second session focuses on building independent learners, whether they be in front of you directly, or at home working in a virtual environment. The third session looks at maximizing classroom discussion techniques so that learners benefit socially and academically from strong interaction. The last session explores how to increase student accountability by using a variety of different engagement techniques in person and remotely. Participants will leave with tools to use the next day in every session.

Series of 4 sessions – 90 minutes each

- a. Building Relationships & Creating Community
- b. Encouraging Independence and Student Voice
- c. Maximizing Classroom Discussions
- d. Increasing Accountability & Engagement

2. **What SEL Looks & Sounds Like in a Virtual World**

As we approach life after the spring of 2020, the focus on Social Emotional Learning has become even more important. Four areas, in particular, have risen to the top for emphasis: coping strategies for stress/trauma/sadness, the need to have autonomous and independent learners, the ability to grow and maintain relationships and improve communication skills, and the desire for authentic learning to increase engagement. These sessions will provide strategies that can be used in a classroom or taught virtually to boost the SEL competencies of our students.

Series of 4 sessions – 90 minutes each

- a. Coping Strategies
- b. Autonomy & Independence
- c. Relationships Skills & Communication
- d. Authentic Learning

3. **The Five SEL Competencies & How to Blend them into the Classroom, starting with YOU!**

This series of workshops focuses on each of CASEL's five SEL competencies: Self-awareness, Self-Management, Social Awareness, Relationship Skills & Decision Making. Each session will define the competency, talk about the challenges associated with the competency and discuss strategies to use in the classroom, while also encouraging personal reflection. We tend to teach the competencies that we are most comfortable with, so providing tools for self-reflection of each competency is needed to have true implementation.

Series of 5 sessions - Two hours each

- a. Self-Awareness
- b. Self-Management
- c. Social Awareness
- d. Relationship Skills
- e. Decision Making

4. Strategies to Support SEL, Classroom Management & Engagement in an Online Environment

The virtual learning environment provides its own challenges with classroom management and engagement. How can we maintain some semblance of order while also having students be actively involved, engaged, and participating? This workshop explores those tools that help support the social emotional wellbeing of our students while also increasing self-management skills and keeping kids on task. It is fast-paced and full of strategies and examples that are actually being used by real teachers in real classrooms.

Two-hour Session

5. Building Resilience through Self Care

Although Self Care has been taught and revisited for years, it has taken on a whole new meaning after the spring of 2020. Adults who had been using one set of coping strategies and tools consistently have now found themselves struggling to maintain optimism amidst our challenging landscape. This workshop explores stress and secondary trauma in teachers, and then moves into strategies for self care on a physical level, as well as including strategies to manage relationships, emotions, and thoughts. It offers many opportunities for realistic implementation and some of these strategies can also be used in classrooms with kids.

90 minute session

*Presenter will set up all Zoom links prior to the sessions and send along electronic copies of all materials being used for the session. Sessions are not recorded – if you would like a recording of the session, fee schedule does increase.