

# PDA - SEL

## Professional Development Trainings

### **Enhancing your Classroom Management Using Social Emotional Learning**

Controlling and managing a classroom can be greatly enhanced with the implementation of Social and Emotional Learning. (SEL) This seminar will focus on the basic elements of SEL; Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making Skills, and how they are related to successful classroom management.

New!

### **Building a Successful Classroom Culture**

This course will focus on a variety of ideas that will allow you to build community in your classroom, and create the climate and culture needed for a safe and healthy learning environment for all.

New!

### **Keys to Communication in the Classroom**

This seminar will target teaching communications skills to be used inside and outside of the classroom. Positive academic and social communication skills are vital to all students; the workshop will focus on developing listening, speaking, writing, and digital media skills.

New!

### **Brain Connections**

One of the greatest wonders of the world is the human brain. This seminar will focus on what makes our brain so extraordinary and what we can do as educators to get the most out of it

New!

### **Ultramodern collaborative skills to prepare today's students for success**

Today's employers expect employees to be real team players. This workshop will focus on: Working successfully in groups; strong analytical and problem-solving skills; the ability to connect reason with past experiences, and more.

### **Online: Social & Emotional Learning Integrated into Successful Classroom Management**

This course is designed to demonstrate how two topics – Social and Emotional Learning and Classroom Management - can meld into one. This growth will allow you to focus on the more challenging task of developing social and emotional maturity in each student, while increasing their motivation and interest in learning.

New!

### **Come Together - Right Now: Co-Teaching for Student Success**

This workshop focuses on targeting student learning by orchestrating the skills of two teachers to maximize their strengths in the classroom. Teams will be trained on the fundamentals of Co-Teaching and the structures and strategies for maximizing student learning. Creating a positive communication practices and establishing respectful working relationships between Co-Teachers, and will be at the heart of all activities.

### **SEL Core Competencies ~ Build a Take-Away Key Ring**

This workshop is filled with research-supported SEL activities and practices that each participant will be able to take home via a handy key ring tool geared to all grade levels. The activities encompass the five core components of Social Emotional Learning: Self Awareness, Self- Management, Social Awareness, Relationship Skills and Responsible Decision-Making.

New!

### **Assessing Your School's SEL Environment**

In this workshop, participants will first complete an overview of the 5 Social Emotional Learning Components and the Illinois State Social Emotional Learning Standards for their grade level. Next, participants will analyze their present school's environment and how it meets the social emotional needs of its students. Finally, Social Emotional Learning Programs will be examined using the 2018 Harvard Graduate School of Education Report "Navigating SEL from the Inside Out".

### **Teenage SafeLand**

This workshop will focus on creating a safe place for your students by initiating school-wide **Social Emotional Learning** activities and programs. Teachers will encounter social-emotional learning definitions, research, and topics well suited for their school and grade levels. Participants will learn about SEL research, ACES, and the Illinois State Social-Emotional Learning Standards

### **Teenage SafeLand Part 2 – A Follow-up Session for PLC's:**

Participants can return for a second-day of **Teenage SafeLand**. This follow-up session will focus on pre-arranged SEL topics and targets chosen by the school learning teams attending the session. Teams will first review, examine and discuss topic-based information and research then, design a draft action plan to share with school leadership teams.

**Self-Awareness for Teacher Wellness**

Research is showing strong evidence that mindfulness training for teachers can help them cope better with stress on the job while also making the classroom environment more productive for learning. In this workshop, participants will define and/or describe what self-awareness and wellness looks like to them, and then explore SEL activities with the aim of understanding the positive results SEL could have on their student's emotions, behaviors and motivation to learn.

**Embracing Social Emotional Learning in the Classroom Part 1 (Also available Online)**

Social and Emotional Learning is not another thing being added to your teaching plate – IT IS The PLATE that supports your student's ability to thrive in your classroom. This workshop will expose and guide participants in the understanding of the five basic core components of Social Emotional Learning.

**Embracing Social Emotional Learning in the Classroom Part 2 (Also available Online)**

This follow-up course will go deeper into the CASEL SEL Wheel and its 5 competencies. There will be videos and discussion of SEL in action, as well as a tool box of activities to use in your classroom to create a supportive and caring learning environment.

**Online:** Book Study ~ Monthly Book Selections on SEL Topics

Go online to [www.pdaonline.org](http://www.pdaonline.org) to check topics and dates.

**Restorative Justice ~ Relationships Matter**

In this foundational training, participants will examine how restorative practices can positively impact both adult-student and adult-adult relationships in the classroom and school community. Practitioners will engage in a process of self-examination and reflection, discussion, and planning for implementation. Participants will experience, know and understand how to engage in and facilitate specific restorative practices including restorative chats and connecting circles.

**What's in Your Social-Emotional Learning Toolbox?****SEL & Mindfulness Practices for the Classroom**

During this foundational, interactive workshop practitioners will: build their knowledge of SEL competencies; experientially practice multiple evidence-based practices that foster positive relationships and optimal conditions for teaching and learning; develop the ability to model and encourage self-awareness and self-regulation in the classroom and school community. Special attention will be given to the modification of strategies across grade levels, content areas and classroom settings to ensure applicability.

**Global Learning, Global Teaching, Global Mindset**

Learn about the tools that will help elevate your teaching pedagogy to be inclusive and build students skills for the 21st century. In this course you will learn about the 4 Domains of Global Competency and the characteristics of a globally competent student.

New!

**YOUTH MENTAL HEALTH FIRST AID**

YMHFA is a public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

**How to Create a Body Confident School Environment**

Participants in this course will: Learn how body image issues arise for adolescents; Learn how to create a body confident school climate; Be introduced to an evident-based, HECAT-standard compliant body image curriculum that can be taught in health or advisory classes in middle schools and high schools

New!



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