

SOCIAL/EMOTIONAL LEARNING (SELX)

SELX 504 Resolving Conflict in Elementary School 3 credits

Learning how to manage conflict when we are young is a lifelong skill! Teaching and modeling conflict resolution in elementary school ensures students are set up for success when life, inevitably, throws curves. Explore the dynamics of conflict resolution with faculty and staff in an elementary school setting, and learn bullying prevention strategies students can use daily. Discover how healthy conflict provides an opportunity for students to learn communication and collaboration skills and how disparities in discipline impact conflict. Understand how nurturing strong relationships, applying restorative practices, and building classroom management routines boost confidence in our students and in ourselves! This course is offered through the Teaching Channel.

SELX 506 Trust, Humor, Praise, and Connection for Meaningful Relationships with Students 3 credits

Educators know the importance of connecting with students. This course focuses on 4 key ideas for making connections and developing relationships: trust, humor, praise, and connection. You'll work to set intentions for connecting with students using a strategy you've not tried! Learn about ways to trust your students to participate in and control their own learning. Explore why your sense of humor is a huge asset to keep your classroom lively and healthy. Finally, you'll take a look at how you praise your students, and create phrases to make sure your students are getting positive, constructive feedback to improve and develop their skills. This course will renew your confidence in developing relationships that benefit students now and in the future. This course is offered through the Teaching Channel.

SELX 510 Breaking the Cycle of Student Drug Use and Abuse 3 credits

The focus of this course is to understand important information about addiction, drug use, and their effect on students. Explore the popularity of prescription and street drugs along with the physical and mental health issues that go with use and addiction. Learn ways to support students with awareness, conversation, and resources that are uplifting and informative. Investigate the parameters in place at your school to keep students safe, while discussing real stories about addiction, with honesty and integrity. We can work together to break the cycle of student drug use and abuse. This course is offered through the Teaching Channel.

SELX 511 The Power of Emotional Intelligence in Learning 3 credits

This course explores the profound influence of emotional intelligence, or EQ, on the learning process and its positive impact on both personal and academic development. Participants will gain a deeper understanding of EQ and its role in enhancing learning outcomes by exploring how it is related to effective learning and academic success. By cultivating EQ, students will be able to navigate conflicts they encounter in the learning process, enhance their capacity for critical thinking, and unlock their full potential as learners. This course is offered through the Teaching Channel.

SELX 516 Advocacy and Support for Students Living with Depression 3 credits

"I'm so depressed!" has become a well-worn mantra, but what does it mean to live with depression and how does depression affect students? This course answers those questions and investigates the many ways in which depression, and other mental illnesses, impact the lives of our students. Learn about the connection between depression and anxiety, trauma, substance abuse, and other factors. Explore the mental health challenges of students of color, strategies for mental health support, reducing stigma, and share your important new mental health knowledge with others. End the course with an opportunity to collaborate with colleagues to brainstorm ideas for mental health advocacy, action, and awareness. This course is offered through the Teaching Channel.

SELX 518 Nurturing Kindness in Classrooms, Schools, and Beyond 3 credits

Kindness is more than just a simple gesture or a random act; it's a mindset and a way of life that focuses on treating one another with respect, empathy, and compassion. It's an innate aspect of human nature, but children need to develop this skill to become compassionate adults. As an educator, you play a powerful role in teaching interpersonal skills that promote a healthy school environment. Create a classroom and school culture that values kindness, preventing bullying, and enhancing social-emotional learning (SEL) skills while fostering self-compassion. You will explore kindness through strategies to promote inclusivity, empathy, and compassion with activities and programs supporting the kindness movement. By nurturing students' kindness and compassion, you'll lay the foundation for a welcoming school community, and help students become caring individuals in the world. This course is offered through the Teaching Channel.

SELX 520 Suicide Prevention Strategies for Educators 3 credits

According to the Pew Charitable Trust, people 10-24 years old make up 14% of all suicides—surpassing 6,500 deaths each year, which makes suicide the third leading cause of death for this age group. As adults who work directly with students, we can make a difference in students' lives with awareness of teen mental health, and an understanding of warning signs and risk factors of suicide. This course shows the strong connections between bullying and suicide, and suicide and non-suicidal self-injury (NSSI), and offers language and strategies to prevent suicides. With protective and preventive resources, you will leave this course with goals and knowledge to promote awareness and understanding of suicide with students, families, in your school, and beyond. This course is offered through the Teaching Channel.

SELX 521 Finding Resilience in Academic and Emotional Adversity 3 credits

In our fast-paced and increasingly stressful world, resilience is more important than ever. Resilience is one of the most critical life skills we can both practice ourselves, and teach to children. Educators can play a key role in helping students develop the inner strength and flexibility needed to overcome challenges. In this course, you will define resilience for your learners and discover the positive impacts related to being resilient. You'll also assess your own resilience and identify methods to increase resilience in your students and yourself. As a course participant, you will review resources on and consider the impacts of Adverse Childhood Experiences (ACEs), toxic stress, adversity, productive struggle, and growth mindset as they relate to the need for resilience. Course activities ensure the opportunity to create materials and lessons to teach resilience and coping strategies for use when facing academic, social, or emotional adversity. This course is offered through the Teaching Channel.

SELX 533 Exploring and Measuring Students' Social Emotional Skills 3 credits

Educators agree: social emotional learning is foundational to students' education, but how can we measure what students know about SEL against what they still need to learn? This course will take you through the foundations, concepts, and history of SEL to inform your teaching practice. Then, move beyond the basics and gather with a colleague to discuss how data can be used to measure students' SEL strengths. Develop an assessment strategy and "make a case" for including SEL skills and assessments in schools and curriculum. You will leave the course with strong foundational SEL knowledge along with learning how developing students' social emotional learning skills will lead to their happiness and success. This course is offered through the Teaching Channel.

SELX 539 Empathy and Understanding: The New Tools for Students with Challenging Behavior 3 credits

Ease your fear and frustration when faced with students who are difficult to reach and teach. In this course, featuring Dr. Greene's book *Lost at School*, you will find the steps you need for connecting with challenging students. Break free from old mindsets and terminology like "at-risk students," and empower yourself with the Collaborative and Proactive Solutions (CPS) model that teaches strategies for building and nurturing teacher-student relationships. Learn how to use the Assessment of Lagging Skills and Unresolved Problems (ALSUP) inventory to identify the issues in need of attention. Join us on this journey of empathy, problem-solving and relationship building! This course is offered through the Teaching Channel.

SELX 540 Social Emotional Learning: Strengthening Hearts and Minds 3 credits

Social emotional learning has been called the "missing piece" of education, and this encouraging, relevant course will allow you to complete the puzzle. Filled with resources and applicable activities, the course takes the learner on a journey from the basics of social emotional learning to teaching strategies for each competency. Applications are designed for exploration and reflection to allow participants to develop future plans to implement social emotional learning and increase these necessary skills in their learners. This course is offered through the Teaching Channel.

SELX 541 Incorporating Mindfulness: Strategies to Encourage Student Focus and Awareness 2 credits

Discover how to share the power of mindfulness with students in this engaging class! Based in research and grounded in practical applications, this course explores how present-focus awareness can foster social and emotional learning, increase attention, and help students manage big emotions throughout the school day. Explore simple, ready-to-implement activities to unlock the key benefits of mindfulness, including stress reduction, increased focus, positive self-concept, emotional control, and affirming relationships. Learn the first steps to develop your own classroom or school-wide mindfulness practice with expert tips, outreach ideas, and action plans. If you are ready to teach your students how to use mindfulness to build resiliency, focus, and well-being, we hope you will join us! This course is offered through the Teaching Channel.

SELX 542 Trauma Sensitive Teaching: Helping Students Overcome Adverse Experiences 3 credits

For students who have experienced trauma** at home, including divorce, loss, illness, or abuse, success in school can feel out of reach. In this course, you will learn how to help your students overcome adverse experiences as you develop trauma-sensitive strategies for your classroom. Beginning with brain research, discover the impact trauma has on students' emotional and academic development. Explore the foundations of trauma-informed teaching, including an emphasis on relationship-building, student choice, safety, and resiliency. This course will also present a thought-provoking look at the importance of self-care for educators working with students impacted by trauma and provide teachers with the tools they need to build their own wellness plan. By changing the way we view and react to children's academic and social problems, we can help all of our students build the strength they need to find success. This course is offered through the Teaching Channel.

SELX 543 Caring for the Mental Health of Your Students 1 credit

This course explores the range of student mental health issues, both hidden and visible, in classrooms today, including behavior disorders, internalizing disorders, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and related conditions such as substance abuse and suicide. Learn about the crisis in our schools surrounding mental health care for students, and make recommendations for improvement in your school or district. You will also explore suggestions for accommodation and modification for students who experience mental health disorders. This course is offered through the Teaching Channel.

SELX 544 Mindsets Matter 3 credits

Children can learn and grow in ways they never thought possible through the adoption of growth mindsets for students! You will learn strategies to ensure your students are challenged, think critically, and can embrace failure as a stepping stone to success. Incorporating mindsets in the classroom will introduce a self-aware and important philosophy for promoting both personal and academic success. This course is offered through the Teaching Channel.

SELX 545 Fully Wired: Understanding & Empowering Adolescents 3 credits

This course will explore the various changes occurring in the brains of adolescents, and show teachers how to understand, communicate, and stay connected with these students. With the arsenal of strategies discussed in this course, teachers can help their students learn to control impulses, manage erratic behavior, and cope with their changing bodies. This course is offered through the Teaching Channel.

SELX 546 Anxiety Awareness: Empowering Student with Help and Hope 3 credits

Mental health professionals are shining a light on the pervasiveness of anxiety, highlighting the need for increased awareness and attention to this issue. Young people are notably affected: anxiety affects 1 in 5 children, and 70% of teens say that anxiety is a major problem facing their age group. This course will give educational professionals the tools they need to support students who have anxiety, including foundational knowledge about anxiety, its symptoms, and a look at Cognitive Behavioral Therapy (CBT). Utilizing clips from the documentary, "Angst: Raising Awareness Around Anxiety," participants will complete the course with ready to implement strategies for teaching coping skills, ideas for accommodations, and considerations for tools and processes to support students who have anxiety. This course is offered through the Teaching Channel.

SELX 547 Keeping Students Safe at School 3 credits

In today's schools, safety is a complex and critical issue. Keeping Students Safe at School focuses on creating safe classrooms through social-emotional learning, trauma-informed teaching practices, and lessons to increase empathy and digital citizenship. In addition, this course explores how to prepare for and respond to school violence. By offering this course, our collective goal is to provide educators with the strategies they need to remove "I don't want to think about that" and replace it with "I know what to do." This course is offered through the Teaching Channel.

SELX 548 From Trauma Informed to Trauma Invested: Creating a Culture of Safety 3 credits

This inspiring course focuses on building the five fabulous skills needed for student success: empathy, integrity, self-control, embracing diversity, and grit! Teach students to reach beyond academics to increase the likelihood of positive outcomes in school and adult life. Teachers will learn how to teach each of these skills and will help students understand the difference between honesty and integrity. Learn how to assess these five student success skills through intentionality, observation and reflection. Participants will also learn how school culture and student relationships affect each of these important skills all designed for academic and social success. This course is offered through the Teaching Channel.

SELX 549 Five Fabulous Skills for Your Student's Lifelong Success 3 credits

This inspiring course focuses on building the five fabulous skills needed for student success: empathy, integrity, self-control, embracing diversity, and grit! Teach students to reach beyond academics to increase the likelihood of positive outcomes in school and adult life. Teachers will learn how to teach each of these skills and will help students understand the difference between honesty and integrity. Learn how to assess these five student success skills through intentionality, observation and reflection. Participants will also learn how school culture and student relationships affect each of these important skills all designed for academic and social success. This course is offered through the Teaching Channel.

SELX 550 Bringing Distance Learning to Life with Equity and Humanity 3 credits

Human connection is an essential part of teaching and learning! In our ever-changing world, humanizing distance learning provides comfort and security for students and families. This course guides teachers to dismantle dependency and encourages independent thinking while shining a light on inequities, identity, and the digital divide. Attendance in this course does not require a particular social or political perspective, but we do ask teachers to join us with an open mind and empathetic heart. Enjoy the journey as you bring your learning to life with socioemotional strategies that will humanize your distance learning practices in this one-of-a-kind course. This course is offered through the Teaching Channel.

SELX 551 Connection in the Classroom 3 credits

One of life's universal truths is the need for connection. Even though our students join our classrooms with a variety of backgrounds from trauma to addiction, they also seek connection and a sense of belonging. In Connection in the Classroom, you will learn how emotionally connected classrooms support students in achieving their goals and you will discover what neuroscience research says about why emotional connections are key to students' success. This course will teach you how to create an emotionally connected learning environment that is safe, healthy, and nurturing. This course is offered through the Teaching Channel.

SELX 552 Empathy and Social Comprehension for a Compassionate Classroom 3 credits

Our social and political climate is thoroughly integrated in our personal and professional lives - now more than ever. When students ask about current events, race, religion, or politics, negotiating an appropriate response might feel daunting and uncomfortable. This course will give you and your students the confidence, skills, and tools to embrace and honor questions and discussions, seamlessly and courageously within your curriculum. Participation in this course does not require a specific political or social stance, but you must have an open mind and heart, and the desire to deepen skills in the areas of empathy, listening, awareness, and identity. The goal is to create a space where students can honestly and respectfully ask questions and have discussions about meaningful topics that affect all of us. Our students need us to hold that space for them; this course will empower you to do just that. This course is offered through the Teaching Channel.

SELX 553 Social and Emotional Learning Starts with You 3 credits

In this course, you will explore how social and emotional learning can instill hope in the school community; how it impacts student academics; and how adult SEL is as important as student SEL. You'll examine the five SEL skills and ideas for implementation of each to see how SEL can help make your classroom and your school a place of genuine acceptance and hope. In addition, you'll learn more about your students, your colleagues, and even, yourself! This course is offered through the Teaching Channel.

SELX 554 SEL and Empathy-Based Bullying Prevention 3 credits

Our students deserve a world they can navigate with a strong sense of self, and the courage to make social change. Teaching Channel is proud to partner again with IndieFlix to provide video clips and resources from the film, The Upstanders, to support both SEL and brain science related to bullying prevention. This course provides tools to empower bystanders to become upstanders, and it encourages victims that there is safety in remaining who they are by celebrating their identity. Learners create activities focused on empathy, and well-being, and analyze bullying prevention policies for equity and inclusion. Educators will leave this course understanding the complicated nature of bullying and the many ways they and their students can be part of the solution. This course is offered through the Teaching Channel.

SELX 555 Mental Health Advocacy and Allyship for Students of Color 3 credits

Learn to be an ally and an advocate for students and colleagues of color in this transformative course based on the IndieFlix documentary film, Race to Be Human. This course gives educators the chance to learn the toll racism takes on the mental health of students of color. Discover how representation, self-expression, and courageous conversations can be used to challenge the status quo and aid students who are BIPOC in healing from the trauma of racism. Filled with resources you can use to audit your classroom for equity and to ensure students of color have successful school experiences, as they manage mental health challenges caused by racism. This course is offered through the Teaching Channel.

SELX 556 Mental Health Matters 3 credits

Educators understand the ways mental health challenges can impact student wellness, and want to learn how to provide the support students need so they can focus and flourish. In this course, educators will celebrate students' stories of successfully navigating mental illness and will investigate how to address the stigma associated with it. Pick a PreK, elementary, middle, high school, or educator pathway, then create a "mental health moonshot," your opportunity to dream big and share ideas for making mental health a priority. Discover ways to boost engagement with research-based, actionable strategies like movement, meditation, and mindfulness. Explore how issues of identity, disordered eating, suicide, gun violence, social media, and racism affect student mental health and how technology brings support to "our fingertips." End the course on a hopeful, high-note as you grow in your understanding for supporting students so they can be happy and healthy. This course is offered through the Teaching Channel.

SELX 557 Grief and Your Students: Honoring, Sharing, Healing 1 credit

This course will provide strategies to help teachers deal with the sensitive topics of death, grief, and school-wide loss. Educators will be empowered with age-appropriate ways to help students deal with grief, specifically their feelings, behaviors, and the outcomes instigated by grief and loss. Learn how to initiate and maintain communication, how to help students struggling with complicated grief, as well as ways to manage one's own emotions when helping students. This course is offered through the Teaching Channel.

SELX 558 Supporting Social Emotional Growth for English Language Learners 3 credits

Get ready to embark on a journey to unlock next-level learning potential for your English Language Learners (ELL). Be inspired to identify the many ways to support your ELLs and grow both their social-emotional learning (SEL) skills and academic outcomes. Learn about the interaction between students' mindsets, agency, relationships, and skills and how to develop these concepts to give students the tools they need to succeed now and in the future. Examine your current practices, design ways to integrate SEL skills into your practices and develop resources to support SEL growth. By the end of this course, you'll be well versed in social-emotional learning, and ready to equip your ELLs with a powerful toolkit for success. This course is offered through the Teaching Channel.

SELX 559 Mindsets and Mindfulness in the Classroom 3 credits

"There is no school that is better than its teachers." This declaration is at the heart of the course *Unleash Your Teaching Greatness*. In this introspective and exploratory course, you will identify the characteristics and skills great teachers possess and ponder what makes a good teacher, great. Think back to why you chose the teaching profession and consider the power of your position to influence and mold the future. Understand how the relationships you create with students, parents, colleagues and administrators can help pave the path to teaching greatness and determine why practice and reflection are instrumental if we want to learn, grow, and master the art of teaching. This course is offered through the Teaching Channel.

SELX 560 Social Emotional Learning (SEL) to Boost EQ 3 credits

Social emotional learning has long been called the "missing piece" of education, and this encouraging, relevant course will allow you to complete the puzzle. Filled with resources and applicable activities, the course takes the learner on a journey from the basics of social emotional learning to teaching strategies for each competency. Applications are designed for exploration and reflection to allow participants to develop future plans to implement social emotional learning and increase these necessary skills in their learners. This course is offered through the Teaching Channel.

SELX 561 SEL for Middle and High School Students 3 credits

In a post-pandemic world, there remains a significant need for supporting middle and high school students in all aspects of social-emotional learning (SEL). This course will guide you in reflecting on your classroom practices to promote the Collaborative for Academic Social Emotional Learning (CASEL) framework through resilience, self-awareness, and more. We'll explore how to refresh group processes and classroom organization to empower students, design a collaborative activity based on restorative practices, and implement a lesson on metacognition to enhance self-awareness and executive function skills. Challenge the status quo through assignments focused on identity, empathy, and responsible decision-making, and design your assessment philosophy to support student resilience. Filled with SEL strategies, this course will refresh and restore the way you promote social-emotional learning in your middle or high school classroom. This course is offered through the Teaching Channel.