

Fostering Resilient Learners

The *Fostering Resilient Learners* PD Online course helps educators equip their students to succeed not only academically but also in their overall development. Schools are seeing more and more students who are entering the classroom burdened by the stress of overwhelming trauma or the psychological scars of neglect and abuse.

The education field must work to understand how trauma influences learning and development.

As you embark on this course, the following facts about childhood trauma will help orient your understanding:

- Trauma is real.
- Trauma is prevalent. In fact, it is likely much more common than we care to admit.
- Trauma can be toxic to the brain and can affect development and learning in a multitude of ways.
- In our schools, we need to be prepared to support all students, those with both known and unknown trauma histories.
- Children are resilient, and within positive learning environments they can grow, learn, and succeed.

Teachers, in concert with parents, administrators, and other school personnel, can provide critical support to students and exert a positive influence that nurtures their resilience and prepares them for a lifetime of learning.

Course Objectives

Module 1

- Define trauma and understand its prevalence among children and families.
- Draw conclusions about the extent of childhood trauma and its relevance to school learning and social dynamics.
- Evaluate the level of awareness of possible trauma in yourself and in students.

Module 2

- Understand the adverse impact of stress and trauma on normal development and learning.
- Understand and analyze how students and adults make meaning of their experiences and how that influences future behaviors.
- Analyze a student's behavior to determine what need the student is attempting to meet.

Module 3

- Understand that awareness of our own ideals and behaviors influences how we communicate to our students.
- Create a teacher mission statement informed by a deep understanding of your own beliefs and purpose.

Module 4

- Understand that relationships are the critical component for creating a safe and productive learning environment.
- Develop and use intentional steps to build or maintain strong relationships with each of your students, especially the most challenging.

Module 5

- Understand that despite trauma, students can still meet high expectations with the appropriate support.
- Convey the concepts of resilience and grit, and then help students use them to achieve success.

Module 6

- Recognize the benefits of applying grace in your professional sphere.
- Understand that self-care does justice to both teachers and students by helping teachers perform at their best.

Course Syllabus

<p>Module 1</p>	<p>The Trauma of Adverse Childhood Experiences</p> <ul style="list-style-type: none"> • Module Welcome • Reading 1: Understanding Trauma and Its Prevalence • Reading 2: <i>EL</i>—The Trauma-Sensitive Teacher • Reading 3: Early Childhood Trauma • Video 1: Why Schools? • Video 2: ACE Study Preview • Check for Understanding • Application: Adopting an ACE Perspective • Module Journal
<p>Module 2</p>	<p>How Trauma Affects the Brain and Learning</p> <ul style="list-style-type: none"> • Module Welcome • Video: Trauma, the Brain, and Behavior • Reading 1: The Manifestation of ACEs in the Classroom • Reading 2: <i>EL</i>—How to Teach Students About the Brain • Reading 3: Childhood Trauma Leaves Legacy of Brain Changes • Check for Understanding • Application: Your Own Julie • Module Journal
<p>Module 3</p>	<p>Building Your Self-Awareness</p> <ul style="list-style-type: none"> • Module Welcome • Video 1: What Triggers You? • Reading 1: Cement Shoes: Staying True to Who You Are • Reading 2: Stay Out of Oz: Remaining Grounded Amid Chaos • Video 2: There’s No Place Like Home • Reading 3: <i>EL</i>—Choosing to Be Positive • Check for Understanding • Application 1: Cement Shoes: What’s Your Why? • Application 2: Recognizing Your Triggers • Module Journal

<p>Module 4</p>	<p>The Power of Relationships</p> <ul style="list-style-type: none"> • Module Welcome • Video 1: The Power of Seven Seconds • Reading 1: Relationships First • Check for Understanding 1 • Application 1: Analyzing the Influence of a Relationship • Video 2: The “Why?” of Relationships • Reading 2: Communication as a Relationship Tool • Reading 3: <i>EL</i>—What to Do in Week One? • Video 3: Every Kid Needs a Champion • Check for Understanding 2 • Application 2: Using Six Communication Steps to Connect with Students • Module Journal
<p>Module 5</p>	<p>Resilience: Realizing Potential Now</p> <ul style="list-style-type: none"> • Module Welcome • Video 1: Taking Responsibility • Reading 1: Trauma Is a Word, Not a Sentence • Reading 2: <i>EL</i>—How Not To Be a Mountain Troll • Reading 3: Don’t Let Fear Drive the Bus • Video 2: Fear Is Not Real • Reading 4: The Six Steps of Teaching for Grit • Check for Understanding • Application 1: Realizing Student Potential Now • Application 2: Fostering Grit Among Students • Module Journal

Module 6	<p>Grace and Self-Care</p> <ul style="list-style-type: none"> • Module Welcome • Reading 1: The Importance of Grace • Video: Grace for the Forrest • Reading 2: The Self-Care Challenge • Reading 3: <i>EL</i>—Caring for Teachers • Check for Understanding • Application 1: Grace, Grace, and More Grace • Application 2: 28 Days to a Healthier You • Module Journal
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