



We are excited to offer local associations and members an entirely new manner for enjoying our PD offerings. The list of courses below represents our “course catalog.” If you see a course you are interested in taking, let your local association leadership know. They will then contact DSEA to explore how best to schedule and conduct the training.

Please understand that there is a minimum number of members who must request a training in order for DSEA to schedule and conduct it.

(302) 734-5834 (866) 734-5834

Instructional

Trauma, Toxic Stress, and the Impact on Learning: Youth who have experienced trauma often have very poor education outcomes. By understanding brain science, how trauma and toxic stress impact the developing brain, and tools to engage students at risk and support staff, participants will enhance education outcomes and have a better understanding of how to connect and engage youth with challenges. Participants will learn how to forge a path to cultivate meaningful change within their school communities and the importance of supporting students with challenging behaviors.

Strategies for Building Resilience- Creating a Trauma Responsive Culture Within Your Classroom: National statistics show that nearly one out of four children attending school has been exposed to a traumatic event that can affect learning and/or behavior. Educators have the power to mitigate the impact of trauma and improve the educational outcomes for all students. This session focuses on creating a safe and supportive learning environment, developing a positive relationship with your students, and establishing rules and routines that promote student learning and help your students succeed. Participants will learn strategies to build a sense of community within their classroom, engage and connect with students impacted by trauma and toxic stress, deal with student uncertainties, help students self-regulate, and strengthen relationships between students and the teacher.

“The Effectively Managed Classroom” I Can Do It- Module I: The smoothly flowing classroom is within your reach! This session focuses on developing the goals and objectives for the school year, getting to know your students, and establishing rules and routines that promote student learning. This program is a great introduction to classroom management for the new teacher and a wonderful review for those in their second or third year of practice.

“The Effectively Managed Classroom” I Can Do It- Module II: It takes a team to help students succeed! An essential part of your team is the parent or guardian of the child. This session focuses on learning your communications style and introduces you to strategies on how to communicate effectively with parents. Participants will learn how to develop a year-long communications strategy and how to hold effective parent conferences. (Attendance of Module I is not a mandatory requirement to register for this session.)

True Colors: Discover your True Colors and dynamic keys to unlocking your personal success! With the help of the True Colors personality process, you will begin to see yourself and others in a new light and learn to improve relationships that will lead to new success at work, at home, and in life. Learn what makes people crazy, become more effective, and modify your style to get your desired results. Come laugh and have some fun while discovering yourself.

True Colors- Teaching and Learning Styles: Looking to take True Colors to the next level? This instructional and interactive seminar gives educators specific techniques to reach all student personality styles. In this workshop participants gather tools that help to create a classroom climate where each student has a successful learning experience. Practical and useful activities apply the True Colors concepts to teaching that becomes the springboard for developing improved teaching skills, greater communication in the classroom and positive attitudes and a positive school environment. Participants will walk away with:

- o An improved understanding of self and others and an appreciation of differences
- o Instructional strategies to increase student performance, support at risk learners and address needs of all students
- o Ideas for creating a more harmonious, organized classroom for each learning style

Personal Development

Mindfulness-Based Wellness Education- An Introduction: The traditional medical model of health care emphasizes recovery and healing from injury, illness, and diminishment. However, the Wellness model is a holistic approach to health care that emphasizes personal growth and resilience to prevent illness and enhance well-being. Mindfulness based interventions were first employed in stress reduction, a medical model application, but more recently have been shown to enhance overall well-being and health, a wellness model application. The purpose of this workshop will be to introduce participants to mindfulness practices that are associated with wellness, and to describe the variety of Mindfulness training programs available through the Global Investment Foundation for Tomorrow (GIFT) and the Delaware Division of Substance Abuse and Mental Health (DSAMH).

Learning Objectives:

- Experience mindfulness practices and have access to resources to cultivate a mindful way of being
- Understand the principles of wellness and their relationship to greater resilience and well being

The Importance of Self-Care: About 51% of Delaware children have experienced at least one traumatic event in their childhood, and 23% of those children have experienced two or more traumatic events. Children impacted by trauma are more likely to be retained, suspended, expelled, and placed in special education services. This workshop will help educators understand the professional and personal toll working with challenging and complex students can have on educators. Participants will learn strategies to practice self-care so that they can maintain professional excellence and better connect with their students.

Stress Management: With ever increasing demands from students, parents, the district, DOE, and the community at large, school employees are experiencing a greater degree of stress in their day-to-day existence. The need for ways to identify stress, along with strategies to cope with stress is evident. Those who feel in control in their personal lives will have more control on the job. Participants in this workshop will learn to recognize the causes of stress, identify stressors in their lives, practice problem-solving techniques, and create individual plans to deal with the stressors in their lives. This workshop is highly interactive and entertaining in a safe and stress free environment!

True Colors- Conflict Navigation: Conflict is a part of everyday life and the ability to navigate or negotiate your way is a powerful skill. Each human interaction has the potential to be a challenge that could lead to conflict. Learning the skills regarding how to navigate conflict situations is a key part of this workshop. The True Colors Conflict Navigation Workshop provides participants with everything they need to navigate social conflict. Participants will:

- Understand the causes, characteristics, and cures for conflict.
- Understand fundamental elements of conflict and negotiations.
- Recognize how to use key concepts regarding conflict to improve daily life.
- Broaden your perspective of conflict resolution and negotiations using True Colors.

The training offered in the workshop will incorporate practical and useful activities applying True Colors concepts providing a wonderful opportunity to enhance your life and the life of others.

Assertiveness/Conflict Management: Have you ever wanted to be more assertive and skilled at managing everyday conflicts? If so this session is for you! Participants will develop a better understanding of assertive behavior, assess their present level of assertiveness and identify passive, aggressive, and assertive behaviors. Participants will also learn to recognize and deal with conflict by identifying the source of conflict and choosing appropriate conflict management behaviors.

Dealing with Difficult People: All individuals in today's society encounter people who can be identified as "difficult" at various times in their life; some more frequently than others. As life in general and in the educational community, specifically, becomes more complex, it is essential that we can effectively deal with these individuals; whether they are superiors, colleagues or students. This workshop is designed to help participants identify and understand the behaviors of such people and to learn techniques for coping with these behaviors. Participants in this session will explore common patterns of difficult behavior and global options in dealing with a difficult situation. They will then identify specific steps useful in creating a positive working relationship with such a person; including using active listening skills and other techniques for defusing the anger of the individual or themselves.

Educators and the Law: Offered by DSEA attorney Patricia McGonigle, this interactive three hour workshop will focus on the following topics:

- Social media use by school employees
- Work Environment Issues – how to identify and handle such issues as hostile work environments and sexual harassment
- School Crimes and reporting obligations

Technology (DSEA Member Trainers)

Excel I: This introductory session to MS Excel provides an overview of the MS Excel software package. Using a “hands on” approach, we will learn the purpose of Excel by entering data in a spreadsheet, applying simple formulas to the data (SUM, AVG, etc.), and formatting the spreadsheet to look professional. If time permits, we will also create charts that represent the data in different ways.

Excel II: This intermediate Excel session is designed for users who are comfortable with MS Excel. This workshop provides a “hands on” approach to working with basic functions, creating complex formulas, sorting and filtering your data, and formatting tables and charts.

Microsoft Office: Over this three-hour session, participants will learn techniques in multiple programs, including PowerPoint, Word, and Publisher. The focus will be on creating visually appealing, clearly articulated, and professional documents, including presentation slides, flyers, newsletters, and business cards, among other items. Some key concepts to be covered include: Rule of 7, Slide Master, Templates, Logos, Graphics, Text Wrap, Bullet-levels, and Place-holder text. While learning about each program, participants will also compare and contrast the program and be able to choose the best program for specific tasks.

Google Classroom: In this hands on session, participants will learn how to develop a Google classroom. Topics will include streaming an assignment, creating self-graded quizzes and tests, and using templates in Google.

Schoology 101: In this hands on session, participants will learn the nuts and bolts of Schoology. Topics will include logging in, designing coursework, adding resources, using the discussion feature, creating assessments and publishing work. This session is for participants with limited knowledge of schoology.

Special Education (outside vendor)

Successfully Serving Students with Disabilities in Our Schools: A Strengths-Based versus Deficits-Based Approach: From the time they are born, and through their lifetime -- children, youth, and adults with disabilities are among the most misunderstood, stigmatized and isolated people in our society. In this seminar we will hear how youth with disabilities in Delaware, along with their peers from around the country, perceive themselves and their schools. This training session is organized around the acronym TOPS: Talent, Opportunity, Planning, and Supports.

Reaching the Reluctant Student by Infusing Career Awareness and Exploration into Academic Instruction: This workshop is designed for middle and high school teachers (general and special education) who are adventurous enough to seek ways to use career exploration activities as a tool for motivating their students to apply themselves, dive into content across all subject areas, tap into their passions, and cultivate persistence. Techniques will be shared for identifying and capturing student interests, building their confidence as learners, and helping them express their uniqueness in positive ways – all while demonstrating how school is highly relevant to their career development and life dreams.

Middle School Teachers as Fortune-Tellers: Helping Students Envision their Futures and Prepare for High School and Beyond: The literature is quite clear: students who get an early start thinking about career possibilities -- and what it takes to achieve one's life goals -- have a distinct advantage over their peers who don't. This presentation is designed to provide practical answers to the vexing question: what exactly are we supposed to do at the middle school level? When? And How? We will discuss activities that can be done now to prepare these youth for the transition (1) into the culture of high school (including what it takes to earn credits towards a diploma and how to determine a course of study based on interest and goals); (2) to post-secondary education and training opportunities; and (3) to adult life, including employment in one's career choice. Teachers don't need to be clairvoyant, but they do need concrete strategies.

Creating Exciting and Accessible Learning Environments for Diverse Learners: An ongoing challenge for all educators, across all content areas, is how to engage the diverse learners sitting in front of us. In this session, participants will learn top 10 tips for implementing a universal design for learning (UDL) approach that takes into consideration multiple learning styles, creative teaching accommodations, modification of curriculum, and an array of techniques for evaluating student understanding. Learn how to “smart up” rather than “dumb down” your lessons, to reach those struggling students.

Supporting Diverse Learners, including Students with Disabilities, in Career and Technical Education Coursework: Getting to Know these Students.

Topics covered:

- The Career Development Continuum, from pre-school through adulthood, with an emphasis on preparing Middle School students for the transition to high school life, appropriate and meaningful CTE Pathways, and exposing them to post high school options for further education and training.
- Diverse Learners, including students with disabilities: Who are they? What are their unique characteristics – and what are the greatest challenges they present to educators?