

Fall 2021 & Spring 2022

# Social-Emotional Learning Workshops

If accommodations are needed, please register no later than 3 business days before the webinar.



## **Title: Teach Students to Self-Regulate through Activities and Guided Practice**

**Date:** [Register for 10/12/21](#)

**Time:** 3:00–4:00 p.m. (AZ time)

**Description:** Do your students have difficulty turning in homework, getting to school on time, focusing on academics during class, studying for tests, completing all aspects of projects, or managing their emotions? Self-regulation instruction can help. Self-regulation instruction and practice can support students in completing tasks, reaching goals, and managing their emotional reactions. During this one-hour webinar, you will learn instructional activities to build and support self-regulation, including how to support students in developing detailed plans and help them predict and plan for potential setbacks as they work toward accomplishing a task.

## **Title: Raise Student Confidence through Self-Efficacy Activities and Guided Practice**

**Date:** [Register for 10/26/21](#)

**Time:** 3:00–4:00 p.m. (AZ time)

**Description:** Do your students lack confidence in their abilities; think that they will always do as well or as poorly as they have done in the past; give up easily when they encounter obstacles; or simply feel that they cannot learn the course content or succeed in school, sports, or arts? Self-efficacy instruction can help. Self-efficacy helps students persist through challenging tasks and builds their confidence in overcoming difficulties academically, emotionally, and in their extracurricular endeavors. During this one-hour webinar, you will learn instructional activities to build and support self-efficacy. These include how to help students reframe negative self-talk, strategies to help students manage their physiological feedback caused by emotional reactions, and how to view mistakes as opportunities to learn.

## **Title: Teach Students Respectful Communication through Assertiveness**

**Date:** [Register for 11/9/21](#)

**Time:** 3:00–4:00 p.m. (AZ time)

**Description:** Do your students have difficulty expressing themselves or asking for help when they don't understand, sharing opinions during group work, or standing up to their peers? Or do they react aggressively in certain situations, responding in demanding or hostile ways instead of expressing their thoughts or needs respectfully? Assertiveness instruction can help. Assertiveness can support students in learning to express themselves appropriately and to empathize with others. During this one-hour webinar, you will learn instructional activities to build and support assertiveness. These include how to help students differentiate between passive, assertive, and aggressive behaviors as well as how to advocate for themselves by using assertive statements.

## **Title: Teach Students to Self-Regulate in Career and Technical Education (CTE)**

**Date:** [Register for 11/30/21](#)

**Time:** 3:00–4:00 p.m. (AZ time)

### **Description:**

Do your students struggle with meeting the deadlines and expectations needed to obtain industry certifications? Are your partnerships with employers pointing to a lack of employability skills such as time management, task completion, and managing the stress of a high-demand job? Self-regulation instruction can help. Embedding instruction and practice of self-regulation gives students the tools they need to reach their goals and to manage their emotional reactions to stressful careers. During this one-hour webinar, you will learn how to help prepare your students for employment by following a process for accomplishing a task and learn strategies for managing emotional reactions.

**Title: Teach Adjudicated Students to Believe in their Abilities**

**Date:** [Register for 12/14/21](#)

**Time:** 3:00–4:00 p.m. (AZ time)

**Description:** Often, students in Secure Care Facilities tend to think negatively about themselves and their abilities. At times, they lack the belief that they can be successful once they reenter public schools or post-secondary opportunities. Do your students lack the confidence they need to take on academic challenges? Self-efficacy instruction can help. Instruction and practice of self-efficacy can increase students' belief in their ability to learn new concepts, accept mistakes as opportunities to learn, and manage their emotional reactions to situations. During this one-hour webinar, you will learn how to help students in adverse situations learn to reframe their negative self-talk and view mistakes as opportunities to learn.

**Title: Teach Respectful Communication and Self-Advocacy to Students Receiving Transition Supports**

**Date:** [Register for 1/11/22](#)

**Time:** 3:00–4:00 p.m. (AZ time)

**Description:** As you prepare your students to transition between school programs and postsecondary opportunities, do you find that they struggle with asking for help? Do your students need help learning to express their wants and needs appropriately? Assertiveness instruction can help. Embedding instruction and practice of assertiveness can help students learn to advocate for themselves, empathize with others, and express themselves respectfully. During this one-hour webinar, you will learn how to help students express themselves respectfully by using assertive statements and learn to help students recognize when their behaviors may be passive or aggressive and how to change those behaviors to be assertive.