



Fall 2022 and Spring 2023

# Social Emotional Learning Workshops

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

**Title: Middle School Students Can Self-Regulate: Strategies for Supporting Self-Regulation**

**Date:** September 20, 2022

**Time:** 3:00–4:00 p.m.

**Description:** Do your students have difficulty turning in homework, 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. [Register for Middle School Students Can Self-Regulate: Strategies for Supporting Self-Regulation.](#)

**Title: Teaching Middle School Students to Persist Through Challenging Tasks Using Self-Efficacy**

**Date:** October 11, 2022

**Time:** 3:00–4:00 p.m.

**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 feel that they cannot learn the course content or succeed in school, sports, or arts? Self-efficacy instruction can help. Self-efficacy helps students to 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 develop and support self-efficacy. These instructional activities 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. [Register for Teaching Middle School Students to Persist Through Challenging Tasks Using Self-Efficacy.](#)

**Title: Preparing for Postsecondary Success: Teaching High School Students to Self-Regulate**

**Date:** November 8, 2022

**Time:** 3:00–4:00 p.m.

**Description:** Preparing students for postsecondary success includes fostering independence. We want our students to be able to meet deadlines, have time-management skills, and complete assigned tasks independently. Self-regulation instruction can give students the tools they need to reach their goals and manage their emotional reactions to stressful careers. During this one-hour webinar, you will learn how to help to prepare your students for employment or continuing education by following a process for accomplishing a task and learning strategies for managing emotional reactions. [Register for Preparing for Postsecondary Success.](#)

**Title: Strengthening Confidence and Persistence: Strategies to Increase Self-Efficacy in High School Students**

**Date:** January 10, 2023

**Time:** 3:00–4:00 p.m.

**Description:** Henry Ford said, “Whether you think you can, or you think you can’t... you’re right.” Do you have students who quit too soon because they lack the belief that they can complete a challenging task? Do they compare their achievements to others and get discouraged? Self-efficacy can help students to persist through challenging tasks and build their confidence in overcoming academic, emotional, and extracurricular difficulties. During this one-hour webinar, you will learn instructional activities to develop and support self-efficacy. These instructional strategies include how to help students reframe negative self-talk, strategies to manage their physiological feedback caused by emotional reactions, and how to view mistakes as opportunities to learn. [Register for Strengthening Confidence and Persistence.](#)

**Title: Teaching Students Respectful Communication: Understanding Assertiveness**

**Date:** February 21, 2023

**Time:** 3:00–4:00 p.m.

**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 respectfully expressing their thoughts or needs? Assertiveness instruction can help. Assertiveness can support students in learning to express themselves appropriately and empathize with others. This one-hour webinar will teach you instructional activities to build and support assertiveness. These instructional activities include how to help students to differentiate between passive, assertive, and aggressive behaviors and to advocate for themselves by using assertive statements. [Register for Teaching Students Respectful Communication.](#)

**Title: Empowering Arizona with Social Emotional Learning (EASEL)**

**Date:** April 4, 2023

**Time:** 3:00–4:00 p.m.

**Description:** It can be a challenge to build and teach the skills our students need for success in school, in extra-curricular activities, and at home. We want them to be able to persist when challenged, to set goals while self-regulating, and to communicate effectively. During this one-hour session, we will explore the competencies of self-efficacy, self-regulation, and assertiveness. Participants will engage in several activities used to teach the competencies and will discover free resources available on the [CCCFramework website](#) and through Project EASEL. [Register for Empowering Arizona with Social Emotional Learning.](#)

For more information or for any questions, [please email Pattie Noonan.](#)