



Unpacking Adult Mindsets

Schoolwide Professional Learning Workshops

An overview of Tilden High School's professional development offerings focused on socializing students' postsecondary and social-emotional learning needs.

Schoolwide Professional Learning Workshops

Sample from Tilden High School

Objectives:

Conduct half-hour powerful learning opportunities on 1) postsecondary success and 2) caring for self and others. As a fun bonus, raffle prizes can be offered. The workshops are for all educators.

Directions:

Review the session descriptions below. Each session is 30 minutes and will be offered twice. Choose which two sessions you want to attend. You are encouraged to select one session from each of the two themes, but doing so is not required.

Postsecondary Learning Opportunities	Take CARE! Learning Opportunities
<p>Session Title: Increasing the Match</p> <p>Whether you realize it or not, you wear a “college advisor” hat as part of your role. In light of that, this session will help you increase your understanding of the College Access Grid and your ability to support students in matching to colleges at which they will be successful. The session will also cover the benefits of taking students’ needs, strengths, and weaknesses into consideration when guiding them towards colleges that may be a match on paper but not a match to their needs. You will engage in scenario-based learning.</p>	<p>Session Title: Using the Trauma Lens To Support Students During Holidays</p> <p>For some, holidays are an exciting time with family, friends, good food, and much needed relaxation. For others, like many of our students, they are anxiety-inducing and plans are uncertain. Join us to talk about tips, tools, and strategies that you can use with your students to support their transition into the holiday break. Additionally, we will discuss ways you can meaningfully bring students back from break into the classroom in January.</p>
<p>Session Title: Ready, Willing, and Able</p> <p>How do we cultivate students who are ready, willing, and able for college access and success? We sure as heck don’t know definitively, but come to this session to learn about what the Postsecondary Leadership Team is doing to tackle the issue. We will also engage in an activity to explore connections between identity and college access/success.</p>	<p>Session Title: Mindful Practices</p> <p>Mindful Practices provide a learning experience that empowers teachers to use movement and Social-Emotional Learning (SEL) strategies in the classroom to help students learn self-awareness and self-regulation skills. In this session, participants will have multiple opportunities to move, breathe, and learn simple SEL techniques that can be used for self-care in times of stress and everyday as needed (for yourself or with your students). Take a moment for some self-care and learn quick/easy strategies you can use in the classroom.</p>