



## Webinar Wednesday Program List – October-December 2021

→ **DeSoto, Glades, and Hendry counties:**

Register at: <https://bit.ly/FDLRS-Webinars-Q2>

→ **Highlands county:**

Search for the title of the webinar in your Frontline PLM portal.

### Measuring Social-Emotional Learning

October 10-16, 2021

- Research continues to show that mastery of social-emotional skills is critical for academic and workplace success. But once an SEL program has been implemented, how can progress be measured? Join author Anthony Pearson, LPC, for this 90-minute webinar to gain a high-level view of various measurement tools. Viewers will gain an understanding of how to use self-reporting, observations from others, behavioral documentation and academic data points. He reveals how becoming intentional about measuring these skills can become a core part of the SEL curriculum, so your school's practice can make the most impact on students.

### Mindfulness in Education

October 17-23, 2021

- Students who have been instructed in "mindfulness" experience increases in test scores and executive functioning as well as in focus and attention while showing decreases in stress, anxiety, depression and bullying. This 90-minute webinar will highlight how mindfulness is gaining exposure as an effective tool in social and emotional development, especially in an educational setting. Cultivating "mindfulness" involves acquiring the tools to live life with greater awareness, attention and intention. The webinar will prepare attendees to be able to conduct several school-wide mindfulness training sessions by helping them deepen their own mindfulness practice.

### Suicide Prevention: When and How Educators Should Intervene

October 24-30, 2021

- How does an educator know whether a student is "just venting" or legitimately contemplating suicide? During this 90-minute webinar, presenter Kim Johancen shares tools and strategies to determine if a student or a co-worker may be at risk of suicide. Viewers will gain skills and strategies to assist a student or a co-worker who may be struggling with suicidal thoughts and gain an understanding of the overwhelming pain those considering suicide are facing. Discover the risk factors and the very real contagion risk. Finally, viewers will be encouraged to challenge their own beliefs and attitudes about suicide in order to build competency in their ability to administer mental health first aid to others.



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### Impactful Guidance with “Good Measure”

November 7-13, 2021

- School counselors, social workers, psychologists and people in related professions know you make a difference. But now, more than ever, it's important to show your impact - in a results-driven, data driven educational environment. But how do you quantify lessons on character? How do you measure whether or not a student "got it" from a counseling lesson? Join author Anthony Pearson, LPC, for this 90-minute webinar that will help you answer those questions, while demonstrating how the American School Counselor Association's academic, social/emotional and career standards can be integrated into your school counseling program. It will also demonstrate how incorporating assessments into your lessons can increase student motivation and enhance retention.

### Anxiety in the Classroom

November 14-20, 2021

- More than 13 percent of students – 1 in 8 – experience significant anxiety that limits their engagement in school and in relationships. Anxiety conditions – separation anxiety, social anxiety, phobias, and generalized anxiety – are the most prevalent mental issues, and they often go unnoticed. But the impact on the students is significant. During this program, Mike Paget, M.Ed. gives teachers, counselors and other professionals the tools to support and teach this high-potential portion of the student population while avoiding an unmanageable classroom environment.

### Mean Girls – Behind the Screen

November 28-December 4, 2021

- Studies show that the average student (ages 7-17) spends up to 11 hours a day in front of a screen — TV, computer or cell phone. Social media platforms have become critical for young girls in their effort to stay connected to peers and parents. But, as girls spend more time trying to stay “connected” online, they actually become more disconnected. Recent studies have shown that the dramatic increase in social media use is associated with intensified social anxiety, social isolation and feelings of loneliness. The better we understand what is hidden behind the screen of “mean girls,” the more effective we become in promoting the healthy development of confident, strong and happy girls.

### Lost Boys: Techniques to Engage Boys in Your Classroom

December 5-11, 2021

- An academic gender gap is plaguing our nation's boys in the classroom. Teachers and administrators report that boys are too fidgety, too hyperactive, too disruptive and often derail the educational process for everyone while sabotaging their own intellectual development. Positive reinforcement for good behavior is focused on students who are proficient at sitting still for long periods of time, a skill that many boys have not mastered. In this webinar, Stephanie Jensen will provide deeper insight and understanding of the role of gender in education and how to develop effective strategies to engage boys in the learning process.