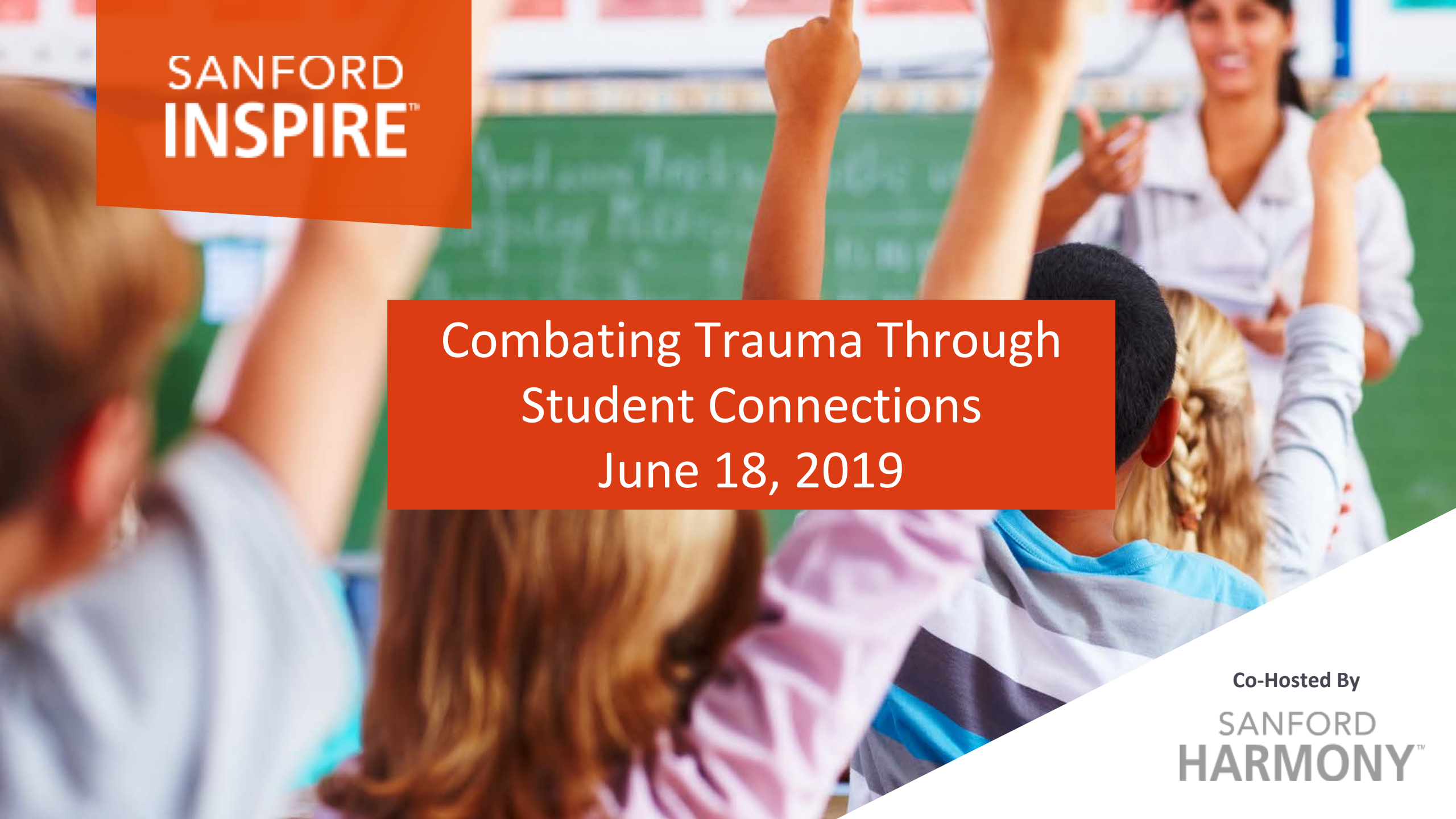

SANFORD INSPIRE™

Combating Trauma Through Student Connections

June 18, 2019

Co-Hosted By

SANFORD HARMONY™

OUR MONTHLY **WEBINAR SERIES**

SANFORD INSPIRE™

Thought leaders in education sharing topics to inspire the best teaching and support social emotional learning

Opinions and content in this presentation are that of the featured guest speaker and may not necessarily be a direct representation of Sanford Harmony or Sanford Inspire.

You will receive a recorded version after the webinar and you can watch at any time.

TODAY'S GUEST SPEAKER

Mandy Manning

2018 National Teacher of the Year

English Language Development Teacher

Newcomer Center, Joel E. Ferris High School

Spokane, Washington

SANFORD INSPIRE™

Combating Trauma Through Student Connections

in·spire

INSPIRATIONAL INSTRUCTION

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Name a Teacher

- In the question box, name a teacher with whom you really connected in school (K-College)
- State the grade level
- Write one word to describe why you named this teacher
- Example: Mrs. Baker, 7th grade, Belonged

It Starts with Us...

- Connections begin with us
- Elements that impact perceptions
  - Experiences
  - Social Groups
- Looking in the mirror

The Work of Self-Awareness

- Categorize yourself - be specific
  - Age
  - Ability
  - Race
  - Ethnicity
  - Indigenous Membership
  - Social Class
  - Sexual Orientation
  - Gender/Gender Identity
  - Nationality/National Origin

What influences you?

- In the question box, list the three social groups which most impact your perceptions and how you interact with the world?
- Example:
  - Female (gender)
  - 43 (age)
  - White (race)
- To think about: How do these affiliations impact your connections with students?

Why self-reflection matters…

- We must know ourselves to
  - Recognize our own biases
  - Set those biases aside
  - Be open to our students
  - Connect with students
  - Build Relationships
  - Recognize our part in relational challenges
  - To teach EVERY student

Working Through Trauma

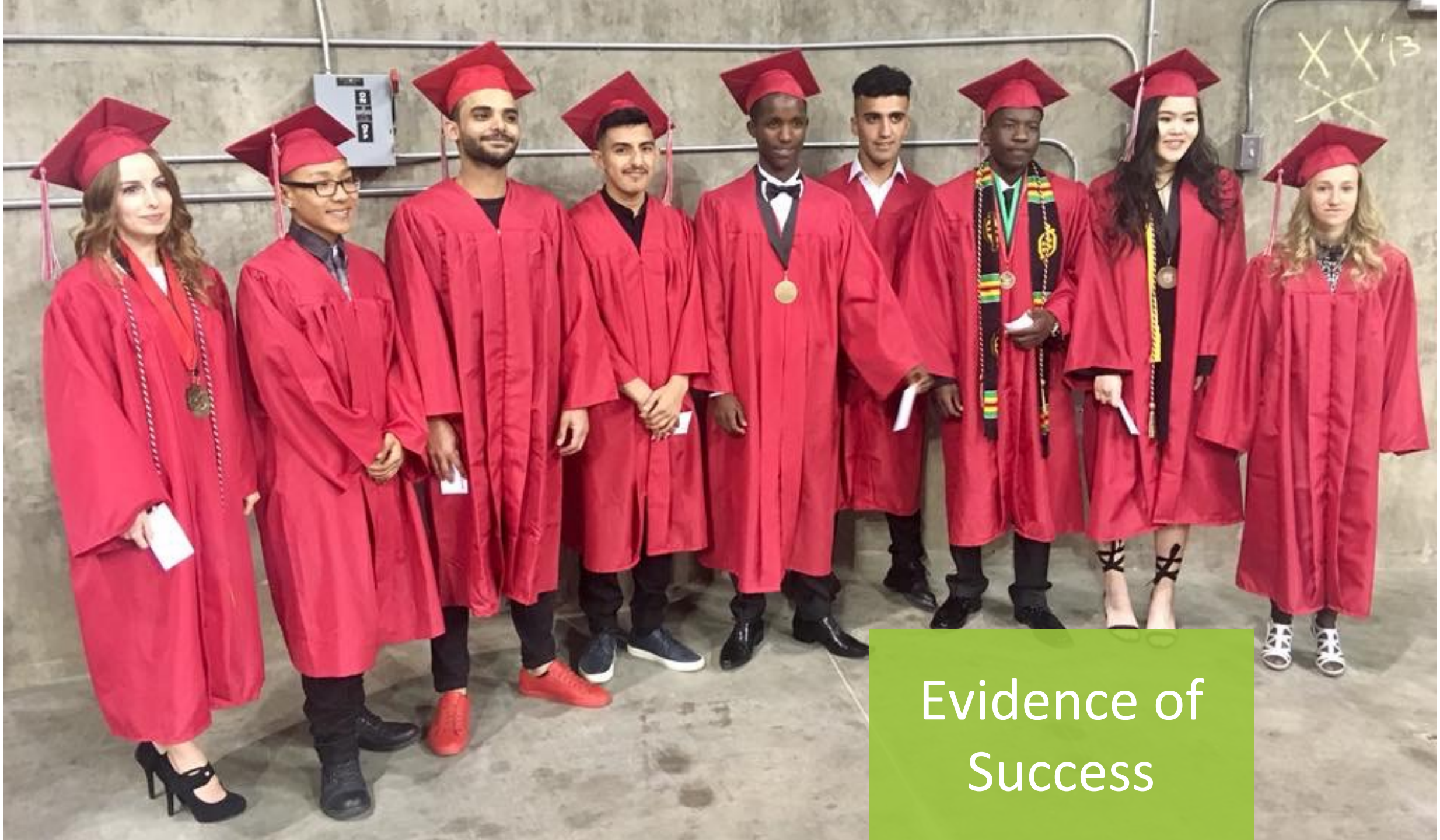
- Connections are paramount
  - Student-to-Teacher
  - Student-to-Student
- Trauma is a barrier to connections
- Trauma is a barrier to learning
- Trauma does not have to be a barrier to growth and positive outcomes

What traumas are today's students facing?

- In the question box, list three traumas you see in students right now? (ie. homelessness, drug addiction, etc.)
- To think about:
  - How does trauma impact connections?
  - How does trauma impact a student's ability to learn?

In my classroom...

- An asset mindset
- Keeping it positive
- Home-School connection
  - Relating previous experience to content
  - Sharing with each other
  - Using home language
- Unit Projects - connecting past to present



Evidence of Success

What could this look like in your context?

- Reflection:
  1. Think of one unit you teach or are planning to teach
  2. How can you/ do you incorporate student experience (culture, home life, previous school experience) into that unit?

Teaching and Self-Care

- Mirror neurons and secondary trauma
- The number one factor in student success is the teacher
- Self-care is essential to
  - Connections
  - Teaching content
  - Staying healthy and being present

What do you do for self care?

- In the question box:
- List one way you do self care, how often you do it, and what is one thing that stops you
- Example: Read, nightly, exhaustion

An honest look at myself…

- I am terrible at self-care
- Barriers:
  - Exhaustion
  - Family obligations
  - Student needs
  - Unrealistic expectations of myself
- My strategies for overcoming these barriers

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Making a commitment...

Think to yourself:

What is one self-care activity to you plan to do?

How often will you engage in this activity?

When will you start? (Specific day and time)

Write this in your calendar - tell someone else - follow through

Closing Thoughts…

- Classroom connections begin with self-examination
- Effective teaching requires a bookend focus on self
  - How and why we interact with the world the way we do
  - Self-care
- Helping students in trauma
  - Connection
  - Asset mindset
  - Positively accessing prior experiences

Any Questions???

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Tips for Kicking off an Inspirational School Year

CHELONNDA SEROYER

Seroyer Educational Consultant

International Teacher Award Winner

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Thank you

GET **INSPIRED.**

Follow Up Survey Will Be Sent To You – We Appreciate Your Feedback

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