

Session One: 4/7/20
4:45-7:45pm
Facilitator: Nuvia C. Ruland
Online via Zoom.com Meeting ID **525-183-989**, Password: **278688**
[Presentation Slides](#)

Pre-work: 30 min

Flipgrid: Brain Health & Social Emotional Development
flipgrid.com/ted536session7
Password: TeachSEL1^

4:45-5:00pm Welcome & Online Meeting Facilitation
Cohort shares their group norms

5:00-5:30pm **Attending to the self - Grieving Change**

- Feelings of **Uncertainty** when left unchecked keep the amygdala activated in constant fight or flight mode
- Additional resources at CASEL ([SEL Resources during COVID19](#))

(10 min) Review Flipgrid Responses: Teachers Have Emotions
(5 min) MentiMeter: What stage of the grieving process do you find yourself? **MENTI.COM 62 32 16**
(5 min) Group Discussion on MentiMeter results
(5 min) MentiMeter: What feelings would you like to share with the group? **MENTI.COM 53 24 91**
(5 min) Group Discussion on MentiMeter results

Commented [1]: Circles for Educators and Students
<https://www.edutopia.org/video/weekly-circles-students-and-faculty>

5:30-6:30pm **Syllabus Discussion** & Finalization

(20 min) Small Group Break-out: 6 groups of 3-4 people

1. Review the syllabus and main concepts.
2. **What do you want to learn?** Be ready to share brain health or SEL concepts you hope to learn about.
3. **What do you know now?** Be ready to share prior knowledge on brain health or SEL.
4. **What do you want to include into the syllabus?**
 1. If you have any suggestions to adjust our meeting time from 4:45-7:45pm.
 2. Based on designing for engaging online learning we will NOT meet for 3 hours after this first session, but instead do a combination of synchronized and asynchronized learning and office hours. Your input is needed.
 3. Final product to show your learning, how your practice is changed and your pedagogical growth.
 4. Weekly reflections and deadlines that create structure for a supportive environment.

(20 min) Small Group Share-Out to Cohort suggestions for finalizing syllabus: 3 min/group
(15 min) Discussion for final syllabus

Commented [2]: Please make a copy for your group and make notes directly on your copy.

Break (To be decided by group 5-15 min)

Approx 6:45-7:35pm Making the Invisible, Visible: Foundational Neuroscience
(5 min) Mentimeter: What 3 words come to mind when you hear *BRAIN DEVELOPMENT*? **MENTI.COM 39 24 51**
(20 min) Small Group Break-out: 3 groups of 6-7 people

Watch Video: Unique Brain Development: Child to Adolescent (links on slides)

Discuss

1. What idea was reinforced?
2. What was new?
3. What connection are you making to your practice?

(15 min) Small Group Share-Out to Cohort

(10 min) Reoccurring Neuroscience words and concepts that impact our teaching practice

7:35-7:45pm Announcements & Exit Card

(5 min) Announcements

- Posted Resources for this class PDF: [How to Teach SEL when Students Aren't At School](#)
- BrainFacts.org registration for access to resources
- Review Hammond, Z - *CRP & The Brain Ch.3 This is Your Brain on Culture*

(5 min) Exit Card: Feedback on Today's Content & Facilitation (<https://forms.gle/bB89uQbabBxepBUE7>)