



**WILLIAM
PATERSON
UNIVERSITY**

COLLEGE OF EDUCATION

Heller Institute for Teaching, Learning and Leadership

Mental Health, Social Emotional Learning Support Services

Certificate Programs

Youth Mental Health First Aid Certificate Program – for teachers, counselors, school leaders

Youth Mental Health First Aid is like CPR for emotional health. It teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

“Skills for Success” – for high school student leaders

This Mental Health First Aid program is an opportunity for students to become certified and learn how to support their peers.

Workshops

Teachers Wellness/SEL

Introduction to SEL (what is it, why is it important, foundational application)

Strategies for Staff to understand SEL

Looking Deeper at the NJ SEL Competencies:

Basics in Self-Awareness

Basics in Self-Management

Basics in Social Awareness

Basics in Responsibility Decision-making

Basics in Relationship Skills

Teacher Wellbeing through Meditation, Tapping, Nutrition, Sleep and Yoga

SEL and Child and/or Adolescent Development

Empathy and Teaching

Helping Students to Improve Emotional Intelligence

Using Picture Books to Discuss SEL Topics

Using Creative Arts to Explore SEL Topics

Substance Use: What Teachers Should Know, Look for, and Discuss with Students

SEL: Infusing it Across the Curriculum

How to Help Students Build Self-Awareness
 Addressing Stress with Students (children, middle school, and high school students)
 Promoting Resilience with Students
 Addressing Behavioral Issues from an SEL Perspective
 Behavioral Management Strategies for Teachers
 Response to Pandemic for Students (managing the constant changing format)
 Student Engagement in Distance Learning Environments
 Response to Pandemic (managing the constant changing format)
 Promoting Teacher Self-Care
 Identifying and Avoiding Burnout
 Self-Management for Students
 The Well-Balanced Teacher (Present emotionally, physically, mentally)

Diversity & Equity

Addressing microaggressions in Teaching, the Classroom, and the School
 Addressing Implicit Bias
 Broaching Cross-Cultural Communication
 Using Cultural Humility to Promote SEL in the Classroom
 Ideas for Anti-Racist Pedagogy
 Culturally Responsive Teaching
 Diversity in the Classroom: Bias and Beyond

School Leaders

Psychoeducational Workshops (Mental Health in the Schools, Cultural Competency, Balancing Academic and Social-Emotional Needs)
 Self-Care and Avoiding Burnout
 Effective Communication with Teachers and Staff
 Communicating with Parents
 Promoting an Anti-racist School Climate
 Addressing Teacher Burnout and Promoting Wellness in the School
 Culturally Responsive Leadership

Whole District

Navigating Educational Demands (work-life balance, response to pandemic, support to colleagues)
 Self-Care and Avoiding Burnout
 Culturally Responsive Skills

Parents/Families

Promoting SEL at home
 Promoting Family Strengths and Relationships
 Promoting Resilience at home
 Stress and your child
 Stress and your adolescent
 Increasing healthy communication with your child
 Increasing healthy communication with your adolescent
 Promoting authenticity at home
 Substance Use: What parents should know, look for, and discuss with kids
 Parenting Support Groups
 Understanding Developmental Stages for Children and Adolescents
 Grief Response: Healing from the Pandemic
 Balancing Parental Responsibilities, Work, & Family

Consultant Services

Needs Survey/Assessments & Analysis

Conducting surveys of all school stakeholders to determine needs, analyze data, and provide specific recommendations that could support needs.

Focus Groups

Focus Groups with parents, students, teachers, administrators, and other stakeholders to determine needs, analyze data.

**Benefit having outside consultant complete these provides opportunities for more honest feedback, plus allows for analysis of data*

Clinical Supervision for School Counselors

Specific mental health supervision or consultation regarding students with mental health concerns to ensure safety, policy, and other important factors

School Counselor Consultant Groups

Facilitating School Counselors across districts sharing ideas and working together

Facilitating School Counselors within the district to share and work together

Consultation with Teachers, School Counselors, and School Personnel

Consultation to address specific SEL related issues in the classroom

Small group facilitation with teachers to discuss SEL pedagogy, share ideas, and ask questions

Consultation to help teachers and paraprofessionals learn how to address challenging behaviors in the classroom

Understanding our Community: Exploring Racial/Ethnic Differences

Self-Care Support Groups (on-going series)

Content and Pedagogy Workshops and Services

Pedagogy (Mindfulness, Differentiation, Behavior Management, Assessment)

Teachers

Powerful Praise: Using Research to Grow Strong and Confident Learners

Teaching with Staying Power: Helping Students Retain What They Learn

Growth Mindset for Educators

H.O.T.S. (Higher Order Thinking Skills)

Grit, Mindset and Praise: Using the Latest Research to Grow Confident and Successful Learners

Harnessing Brain Power Through Increased Student Engagement

Total Participation Techniques for Learner-Centered Classrooms

Teaching with Staying Power: Helping Students Retain What They Learn!

Flip Your Classroom -- Then Watch Your Students Flip with Excitement!

Teaching Bell to Bell

Universal Design for Learning: Principles, Methods and Strategies

Effective Classroom Management Strategies

Teachers as Instructional Leaders: Data, Data Everywhere: Don't Let the Numbers Drive You Crazy!

Two Think Outside the Box: Co-Teaching in Remote Classrooms

Interactive Notebooking: The Guide to Differentiation

“Forget Everything... Let's Differentiate!”

Restorative Justice in Education: Creating Responsive Schools Filled with Hope
 From Intervention to Invention with Google
 Saving Time with Technology: How to Lighten your Workload
 Technology Tips, Treats and Q&A
 How to Be an Effective Teacher-Communicator Remotely and In-person
 Techniques for Improving Parent Communications

Leadership - School Leaders

Highly Effective Teams: The Gateway to Peak Performance
 Becoming an Effective Mentor!
 Collaboration: Getting Everyone Onboard!
 Putting Faces on the Data: What Great Leaders Do!
 Streamline your Professional Life with Google and other Digital Resources

Early Childhood

Exploring Maker Spaces in the Preschool Classroom
 Pre- Coding Practices, Inquiry Skills and Problem Solving
 The Maker Movement: An Introduction to Makerspaces and Story Makers
 Hands on-Math on Activities for Preschool Children (Standard 4.1 and 4.2)
 Hands on Math on Activities for Preschool Children (Standard 4.3 and 4.4)
 Science Activities for Preschool Children (Earth and Life Science)
 Science Activities for Preschool Children (Physical Science)
 How Can They Be Learning if They Are Playing with Sticks and Stones?
 Math Make and Take Activities for Classrooms and Family Engagement
 Early Childhood (Preschool) Virtual Family Learning Workshop Ideas
 Sensational Relationships: Understanding the Impact of Sensory Processing on Regulation & Engagement During Early Childhood
 Connecting Sensation and Emotion: Sensory Attuned Play for Emotion Regulation in Early Childhood
 Conquering the Day through Play: Creating Sensory Affective Interactions in Routines and Play with Young Children

Mathematics

Beyond Tricks, Bells, and Whistles: How to Really Differentiate in the K-5 Math Classroom
 Mission Possible!
 Teach Less and Learn More: Addition and Subtraction concepts across Grades K-5
 Teach Less and Learn More: Multiplication and Division Concepts, Big Ideas, and Fluency Development
 Teach Less and Learn More: Area and Volume Formulae of Various Geometric Figures Target Audience
 Want to Develop Fluency with Functions and Conceptual Understand?
 Encouraging Collaboration to Explore Mathematical Ideas on Zoom
 Group Problem Solving on Zoom
 Using Virtual Manipulatives as Tools to Engage in Mathematical Reasoning on Zoom
 Student Engagement and Mathematical Problem Solving
 Exploring Fraction Concepts with Virtual Manipulatives
 Exploring Geometry and Measurement with Virtual Manipulatives
 Algebra Patterns!
 Using Paper Folding and Cutting to Discover Geometry
 Reading, Writing and Arithmetic on the Farm!
 Mathematical Standards for Practice & Student Engagement
 Mathematical Mindset Algebra
 Visual patterns and Functions

Math Tasks
 Mash Up Math
 Modeling Exponential Growth Using Paper Folding

English Language Arts

Let's Talk! Strategies for Language Stimulation in the Classroom
 Guided Reading – Digging Deeply into the Text
 The Reading Workshop – Meeting the Needs of All Learners
 Author Studies
 WHAT'S THE WORD? Vocabulary acquisition and academic success
 Balancing the 4 Modes of Reading Instruction
 Low Input, High Return Language Arts Strategies that Work for Teens
 Using Paired Text to Support the Common Core
 Informational Texts and Free Databases
 Inspire Your Students with a "Cafe"
 The Daily Five

STEM/STEAM Power!

SCRATCH - Coding with Scratch to Develop Children's Computational Thinking and Creativity
 Invent to Learn: Invention Literacy for Educators
 School Gardens: Making the Garden a Year-Round Learning Experience!
 Math, Science and Multiculturalism – Exploring Cultural Relevance in Math & Science
 Getting Started with Arts Integration
 You Can't be SmART without Art!
 Arts Integration for the Primary Grades
 Arts Integration and Social Studies
 Arts Integration and Literacy
 Arts Integration and Technology
 Magnificent Recycling Collage

Technology

Digital Equity in K-12 Schools
 Digital Literacy in K-12 Schools
 Digitally Inclusion in K-12 Schools
 Accessible Digital Resources for K-12 Teaching and Learning
 Creating Virtual Classrooms Using the Physical Classroom as a Model: Google slides, Bitmoji and Beyond!
 Google Classroom and Beyond: Using Google Docs, Forms, and Apps to Enhance Your Classroom
 Going Paperless in a Google Classroom
 Decluttering With Google Classroom
 Google Forms for Assessment and to Lighten Your Grading Load
 It's a Website World; Let Us Be Your Guides!

Music and the Performing Arts

Students College & Career Readiness
 Music Summer Camp 1-week (M-F) summer camp (S21 online, S22 & S23 on campus)
 Audience: High school and late middle school music students
 Musical acceleration and technology for vocal music and instrumental music students
 Cost - summer 21 online; Summer 22 & 23 on campus

School year: Music learning acceleration honors ensembles (choral, instrumental, musical theatre)
 Instrumental: student/year (8 rehearsals fall & 8 spring w/small and large-group coaching, music, registration, t-shirts, spring concert on campus)
 Choral: student/year (8 rehearsals fall & 8 spring w/small and large-group coaching, music, registration, t-shirts, spring concert on campus)
 Musical Theatre: student/year (8 rehearsals + 2 pre-dress, dress, 2 performances on campus, includes w/small and large-group coaching, music, registration, costumes)
 Mini performances for local high schools preceding *IN THE HEIGHTS* musical by Lin-Manuel Miranda and Quiara Alegría Hudes at WP – a large public-facing musical theater project that students could then attend.

Teachers – Music Professional Development

Audience: District-wide music teachers

Workshops - 8-workshop series for music teachers (full series or per workshop)

- Two 3-hour workshops: Standards-based curriculum development for music teacher
- Two 3-hour workshops: Culturally relevant global music workshops (perhaps in conjunction w/other colleges and/or depts)
- Two 3-hour workshops: Music technology for the music teacher
- One 3-hour workshop: Bodywork/Yoga/Alexander Technique
- One 3-hour workshop: Musical icebreaker/energizer/relaxation workshops for teachers

Growing Passionate Musicians: Reaching All Students in Your Music Class

Introduction to Opera-Based Learning

Consultations –

Cross-district music consultant for district administrators and music teachers (building and mapping existing curriculum or curriculum development). Multiple visits may include more than one school building if appropriate.

Audience: School District Music Programs

Social Studies

Teaching African American History/ African American History for Educators

Uncovering and Incorporating African American History

Using Primary Sources to Explore the Legal Framework Supporting Slavery in Colonial NJ

Reflections on American Protests Movements and their Impact on the Insurrection of 2021

Using the Smithsonian Learning Lab to Go Global and Bring the World into your Classroom

Journey Towards Equality: A History of the Women's Suffrage Movement towards Equality Leveraging Classroom Diversity to Teach for Global Competence

Deepening Social Justice Practice in Education

Teaching to Call in and Call out: Learning to Talk to Each Other about Race

Re-Privileging What it Means to be a (Great) Teacher of Diverse Students: *Brave Enough to Be It!*

Exploring the Power of Place through Place-Based Education

How Do You Build Global Awareness in the Elementary and Secondary Classroom?

Teaching the Holocaust with Primary Sources

Museums and Memory in the Classroom

Tools and Strategies to Teach News Literacy (and Recognize Fake News)

Local Inspiration: Guiding Students to Research Local Topics for History Day

ESL

Bridging the Gap for the English Language Learner

Got ESL Students? Get Strategies!

The Fundamentals of Acquisition-Driven Instruction

¿Habla español? Spanish Basics for Educators

How's My Child Doing? A Communication Tool to Guide Interactions with the Spanish-Speaking Parent

Teaching About Immigration and Refugees

World Languages

Evaluating a World Language Teacher When You Don't Speak the Language

World Languages Across the Curriculum K-12

Teaching for Proficiency – More Language and Happier Students.

Integrated Performance Assessments (IPA): Evaluating World Language Learning in All Three Modes.

Teaching World Languages at the Elementary Level (K-6)

Professional Development School Network

The Professional Development School Network at William Paterson University has an established reputation for providing high quality job-embedded professional development and support for novice and experienced teachers and school leaders via the Professor in Residence and Leader in Residence models. This year a new level of professional support was added for schools through the Counselor in Residence program which provides a certified school counselor one day per week to support the mental health initiatives in your school. The work of all these professionals is customized to the needs of the schools where they work. William Paterson University works to match school needs to professionals' expertise and experience. If you are interested in learning more about this level of support for your school, please contact Nancy Norris-Bauer at norrisn@wpunj.edu. For preschool contact Cindy Gennarelli@gennarellic@wpunj.edu

Courses/Endorsements

For districts that want to upgrade the knowledge and skills of staff in areas of high need such as ESL, bilingual education, special education (including gifted and talented), reading, content areas such as mathematics and STEAM, or in teacher leadership, the College of Education offers course packages leading to state certification or professional certificates in these areas. The College will customize programs of study for cohorts of teachers in your district and will offer course work in online, hybrid and in-person formats.

For further information, please contact Dorothy Feola at feolad@wpunj.edu

Direct Services

William Paterson University is prepared to provide learning acceleration academic programs to students in need of academic support and enrichment programs. Click here to find the **Learning Acceleration Program proposal** for direct services to students.

https://www.wpunj.edu/dA/c852f8eb50/WPUNJLearningAccelerationProgramProposalfor%20SchoolDistricts.pdf?language_id=1