



# Professional Learning Courses

STC will continue with a format of Synchronous/Asynchronous courses this year, as well as some face-to-face options. Delivery method will be indicated. To register for a course using a Google Classroom platform, you will need a personal gmail account. They are free and easy to set up. A school or college email will block access to Classroom. The registration form will indicate if this is required.

## Fine Print

All course fees are waived for the 2022-2023 school year.

**A cancellation fee of \$50** will assessed for cancellations received **less than 5 days from start date**. No Shows will be charged the cancellation fee.

Space is limited. We will create a wait list is there is enough interest.

Completion of all work as well as attendance to the synchronous sessions is required to receive full credit.

**Participants must have video enabled** for the duration of synchronous sessions

All courses are CTLE eligible, unless otherwise indicated.

Courses that have been pre-approved for pro-growth by Frontier/Hamburg will noted. You are responsible for any prior approval forms your district requires.

*Workshops are not submitted to the districts for pre-approval as they are less than 15 hours. Please check with your district for pro-growth approval.*

Register online:  
[southtownteacherscenter.org](http://southtownteacherscenter.org)

## FREE

### District-Approved Guided Book Studies

Guided book studies are a mix of group discussion of the reading and asynchronous activities that reinforce and expand your learning. These are 15 hours of CTLE and/or pro-growth credit. Participation in *both* the online discussion *and* the activities is expected to be given the full 15 hours of credit. This is NOT an independent book study. Group discussions will be held using a format such as Google Meet or Zoom.

### What Happened to You?

(book by Perry & Winfrey)

Through deeply personal conversations Dr. Bruce Perry and Oprah Winfrey explore how what happens to us in early childhood

influences the people we become. They

challenge us to shift our thinking from "what is

wrong with you?" to "what happened to you?" The focus is not only on a new understanding of people's behavior but also on trauma's effects on our own lives and the lives of our students. It is a subtle but profound shift in our approach to trauma that allows each of us to understand our past so that we may clear a path to our healthy future. It allows us as teachers to help our students work through their trauma.

Participants will develop understanding and skills that student behavior is not because the child is "bad". there are direct links between childhood trauma and ADHD (symptoms) and other behavior issues. If we understand the child, we can understand behaviors and work in a trauma informed manner to address issues that hinder learning. Meets SEL Goal Benchmarks: 1a, 1b, c 2a, 2d, 3a & 3b

No Course Fee: ONLINE COURSE Synchronous/Asynchronous

Instructor: Karen Waugaman, Niagara Falls Schools

Thursdays, April 20-June 1, 2023

**ONLINE SYNCHRONOUS SESSIONS ON:** April 20, May 4, May 18 & June 1 4:00-5:00PM

**Asynchronous activities** will be assigned in between online sessions.

Book provided for loan if requested

Approved for Teachers, and Social Workers/Counselors



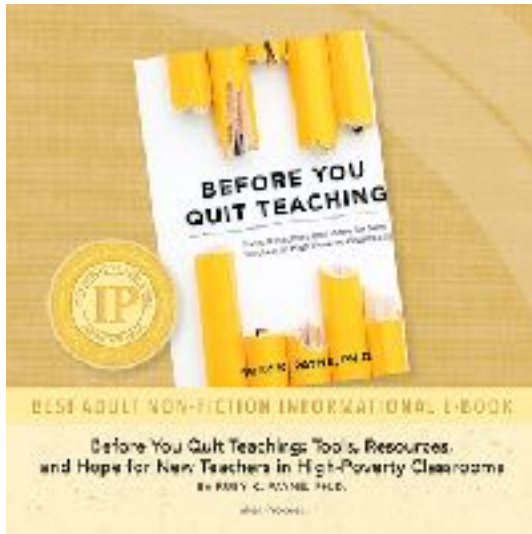
*"Service to all who educate."*

[southtownteacherscenter.org](http://southtownteacherscenter.org)

Hours:

Tues/Thur 10:30-2:30

Wed. 12:00-4:00



## Before You Quit Teaching

(book by Ruby Payne)

In this book study we will discuss hurdles and challenges to teachers in the early years of their careers. Using the book as a guide, we will learn what to do early in your career that can ease stress and prolong your career.

Participants will have concrete strategies to use to help prevent burn out and bring back joy to their teaching and classroom.

No Course Fee: ONLINE COURSE Synchronous/Asynchronous

Instructor: Karen Waugaman, Niagara Falls Schools

Tuesdays, April 18-May 30, 2023

**ONLINE SYNCHRONOUS SESSIONS ON:** April 18, May 2, May 30  
4:00-5:00PM

**Asynchronous activities** will be assigned in between online sessions.

Book is available as a FREE download online at

<https://www.ahaprocess.com/byqt/> You may also purchase a copy on your own from this site or Amazon.

Approved for Teachers, and Social Workers/Counselors

### STC NEW HOURS

Tues./Thurs. 10:30-2:30

Wednesdays 12:00-4:00

Closed 2:30-3:15 for bus dismissal

We appreciate your patience as we transition to shorted hours.

## FREE WORKSHOP SERIES

STC is happy to offer this unique workshop series. Each session is a 3 hours stand alone workshop. You can take all 5 to complete a 15 hour pro-growth in Social Emotional Learning or just take the ones that appeal to you. *You will need to submit these for PDP approval. STC does not submit workshops for pre-approval by the districts.*

Register online at

[www.southtownteacherscenter.org/course-catalog](http://www.southtownteacherscenter.org/course-catalog)

**Meet the Instructor** L Jon Erwin is currently the WNY Teachers' Center Director. He is also an author of several book on this subject matter and has 30+ years experience as a Professional Development Trainer.

**May 1st ONLINE 4:00-7:00PM**

### Gender Issues in the Classroom

More students than ever are identifying as LGBTQ+.

Many teachers are unsure how to support these students in the classroom. Participants in this interactive synchronous online workshop will:

- Hear students speak out about issues they face in school.
- Understand appropriate LGBTQ+ terminology
- Learn the statistics regarding the risks LGBTQ+ students face
- Hear several of the myths re: LGBTQ+ students, busted.
- Learn specific ways teachers can support their LGBTQ+ students.

*\*Mr. Erwin also the Father of a Transgender teen*

(continued next page)

**May 8th IN-PERSON 4:00-7:00 Big Tree Elementary RM 168**  
**Relationships in the Classroom**

This workshop focuses on the three most important rules in Education: Relationships, Relationships, Relationships! Research shows that there is a direct relationship between the quality of the student-teacher and student-student relationships and student learning, In this interactive synchronous online workshop will:

- Gain a compelling research-based rationale for intentionally building relationships in the classroom.
- Learn specific strategies and activities that build relationships WITH students
- learn specific strategies and activities that build relationships AMONG students.

**May 15th ONLINE 4:00-7:00 *Presenter has authored 2 books on this subject***  
**Restorative Discipline**

Traditional behavior management is based on rewards and consequences, which decades of research have shown to be ineffective. Restorative discipline, with it's foundations in Restorative Justice, provides a different approach, one with strengthens the student, maintains or improves the student-teacher relationship, and makes repeated offenses far less likely. Participants in this workshop will:

- Understand the problems with consequences and reward systems
- Learn how to provide students with a voice in creating a safe, connected classroom.
- Learn to use an effective restorative conferencing protocol.

**May 22 IN-PERSON Big Tree Elementary School RM 168 *Presenter has authored 3 books on this subject***  
**Productive Play**

The need to play is not only a universal human need, but scientists link play to learning. Playing is also linked to relationship-building as well as physical and emotional health. In this workshop, participants will learn dozens of ways of incorporating play in ways that:

- Build relationships
- Help students learn academic content
- Teach important social-emotional skills.
- Energize students
- Reduce stress

**May 31 ONLINE 4:00-7:00**  
**Teacher Wellness: Maintaining Life Balance**

Teaching, never an easy job, seems to be more stressful now than ever before. And while teachers focus on meeting their students' needs (and often the needs of their own children, parents, etc.), they often ignore their own needs, resulting in emotional and/or physical distress. In this workshop, participants will:

- Gain an understanding of their own physical and psychological needs
- Learn about their own personal needs hierarchy
- Use a self-evaluation tool to assess how effectively they are meeting their needs.
- Make a plan to more effectively take care of themselves

Register online for these workshops at [www.southtownteacherscenter.org/course-catalog](http://www.southtownteacherscenter.org/course-catalog)