



Addressing the Impact of Chronic Stress on Learning in the ABE/ESOL Classroom

Course Overview and Schedule

This course will explore the ways in which chronic stress, trauma, and adverse life experiences affect learning. It will also introduce some teaching approaches and strategies that promote emotional and psychological well-being to help students learn more efficiently. We will look at our roles as educators in helping learners practice healthy coping skills, develop supports, and connect to community resources. In addition, we will explore the value of expressive arts as a way to build community, encourage creative imagination, and enhance mental health for adult learners.

Format: Scheduled, facilitated

Estimated Completion Time: 4 hours per week for 6 weeks (24 hours total)

Contact: literacy@worlded.org

Prerequisite: N/A

Course Objectives

By the end of course, you will be able to:

- Summarize relevant research on how chronic stress affects the brain and learning
- Identify five promising classroom practices that promote stress reduction for adult learners
- Describe two strategies within each of the five classroom practices
- Name the strengths and weaknesses of your own program in addressing students' mental health and stress reduction
- Present a stress reduction/promotion of mental health plan for your program

Course Completion

To successfully complete this course, the instructor will assess your work based on whether and to what extent you have:

1. Participated in asynchronous discussions: 70%
2. Completed the staff development tool and posted your reflections, Wrapping Up: 30%

If you score an 80% or above, you will successfully complete the course and earn a Certificate of Completion.

<http://edtech.worlded.org/professional-development/online-courses/>

COURSE SCHEDULE

Week 1

Getting Started

- Required Software and Course Features
- Course Objectives and Requirements
- Getting Started
- Activity: Settling In
- Letting Go Bowl
- Planning to Participate
- Discussion: Introductions
- Discussion: My Students
- Self-Care Plan
- Questions and Observations
- Lesson Summary

Week 2

Effects of Chronic Stress on Learning

- Activity: Settling In
- What is Stress?
- Discussion: Stress Tree**
- Student Stressors
- Self-Care Plan
- Questions and Observations
- Lesson Summary

Stress Reduction in the Classroom (part 1)

- Settling In
- Creating a Safe, Stable Classroom: Ideas
- Creating a Safe, Stable Classroom: More Ideas
- Creating a Safe, Stable Classroom: More Ideas contd.
- Discussion: Ground Rules**
- Creating a Safe, Stable Classroom: Some Ideas
- Discussion: Routines**
- Self-Care Plan
- Questions and Observations
- Lesson Summary

Week 3

Stress Reduction in the Classroom (part 2)

- Settling In
- The Mind and the Body
- The Mind and the Body contd.
- Brain Gym ®
- Discussion: The PACE Routine**
- The PACE Routine: Student Comments
- Discussion: Yoga in the Classroom**
- Discussion: Self-Care Plan**
- Questions and Observations
- Lesson Summary

Humor and Laughter

- Settling In
- Benefits of Humor
- Ways to Encourage Laughter in Class
- Discussion: Laughter**
- Self-Care Plan
- Questions and Observations
- Lesson Summary

Week 4

Expressive Arts and Well Being (part 1)

- Expressive Arts
- Settling In
- Expressive Arts in the Classroom
- Mandalas
- Altered Shoes
- Affirmation Boxes
- Discussion: Relevance to Your Teaching**
- Self-Care Plan
- Questions and Observations
- Lesson Summary

Expressive Arts and Well Being (part 2)

- Settling In
- Poetry
- Discussion: Bio Poems**
- Discussion: Where I'm From Poems**
- Collaborative Poems
- Music, Dance, Movement
- Music, Dance, Movement contd.
- Multicultural Music
- Self-Care Plan
- Questions and Observations
- Lesson Summary
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Week 5

Community Activism (a mini-lesson)

- Playback Theater
- Discussion: Community Activism**
- Questions and Observations
- Lesson Summary

Linking to Community Resources

- Settling In
- Discussion: Community Resources - Making the Link**
- Discussion: Community Resources - Making Them Real**
- Community Agency Research
- Self-Care Plan
- Questions and Observations
- Lesson Summary

Week 6

How Are We Doing?

- Settling In
- Discussion: Wrapping Up**
- Self-Care Plan
- Course Review
- Course Evaluation**
- Certificate

Course materials are available for one month from the course end date.

This course was developed by World Education and written by Lenore Balliro, World Education, Boston, MA. It is based on the Managing Stress to Improve Learning project, 2010-2012, implemented by the New England Literacy Resource Center/World Education, directed by Lenore Balliro, and funded by Jane's Trust.

Minimum Technical Requirements

World Education’s online courses are offered via the Moodle learning management system (LMS) and WebEx Internet conferencing system. To participate in courses, you must have access to a reliable computer with an Internet connection. We recommend a high speed Internet connection. For courses that include Webinar sessions, you must have the ability to be on an Internet-connected computer and a telephone at the same time. We recommend a screen resolution 800×600 or higher. If you are using a mobile device, we recommend that you review these [FAQs from Moodle](#).

System Requirements

Moodle requires that JavaScript, cookies, and Java be enabled in a recommended browser. (Note: Enabled pop-up blockers may interfere with accessing content.) Recommended browsers consist of any standards-supporting browser. Examples are:

- Mozilla Firefox 3 or later
- Safari 3 or later
- Google Chrome 4 or later
- Opera 9 or later
- Microsoft Internet Explorer 7 or later

Additional Plug-ins

Some courses require additional plug-ins to access media and course resources, such as Flash and Adobe Acrobat. You should have the ability to download and install these plug-ins on your computer, or have access to a technical support staff person who can do this for you.

Course Policies

Registration and Payment

1. Courses may be canceled or rescheduled within one week of the course start date due to insufficient enrollment. Refunds will be processed for all registrants in canceled courses. Registrants in rescheduled courses will remain enrolled with the new date. They may request a refund of the full course fee within 4 weeks (20 business days) of the notification of the course date change in lieu of enrollment in the rescheduled course
2. Full refunds or credit may be given for requests made no later than 5 business days prior to the course start date.
3. Refunds will not be provided for registrants who cannot meet the minimum technical requirements for course participation.
4. Full refunds or credit will be given to registrants who meet the minimum technical requirements and have technical problems that significantly impact the delivery of the course content and for which technical support is not able to resolve.

Course Access

Facilitated courses:

- After registering for a course, participants will receive a confirmation that their registration has been received. If the course has low enrollment, a notification will be sent out a week before the course start date.
- Within five days before the course start date, an email will be sent out to each participant with instructions on logging in and getting started.

Self-paced courses:

<http://edtech.worlded.org/professional-development/online-courses/>

- After registering for a course, participants will receive an email directing them to set up their account or add the course to their current account.
- World Education staff will make a reasonable attempt to ensure that the course registrants are able to access the online course system by sending confirmation emails, and through telephone contact if necessary, using the contact information provided upon course registration.

Communications Policies

1. Course communications may include group e-mails, discussion posts, chats, Webinars, Webinar archives, team discussions, and instructor/participant correspondence.
2. Course instructors will use e-mail, either within or outside of the LMS, as the primary source of communication with course participants. Electronic communications will be directed to the e-mail addresses located in the participants' profile within the LMS.
3. Only course participants, instructors, and World Education staff may access and use LMS course communication tools.
4. Upon request of the individual participant, and World Education staff, instructors, and facilitators may provide a course participant's sponsor (i.e., one who purchases the course on behalf of the course participant), with the Course Outline and Schedule and the participant's LMS Grade Book information. World Education staff and instructors will not provide sponsors access to or records of any course communications.

Completion Policies

1. Upon satisfactory completion of all course requirements, course participants may download and print a Certificate of Completion. World Education does not mail hard copies of the course completion certificate.
2. The Certificate of Completion documents the professional development hours associated with the course, as listed in the course description; it does not document the actual hours the course participant spent doing coursework. Participants may take more or less time, depending on their depth of participation and comfort with technology. Completion time is the estimated time participants should expect to spend with a course; however, the actual number of hours each participant spends on coursework may vary greatly.
3. Course completion requirements are published in the Course Outline and Schedule, available as a document within the course. In order to receive a Certificate of Completion, the participant must meet the course completion requirements listed on the Course Outline and Schedule by the final deadline posted. The course instructor has the sole authority to determine if the participant has met the minimum requirements for course completion.
4. Participants may negotiate revision and re-submission of their work with the course instructor; however, the participant must submit revised work by a mutually agreed upon deadline in order to receive the Certificate of Completion.
5. Participants may negotiate a one-time extension for final course completion at the sole discretion of the course instructor. If the participant fails to meet the extended deadline, no further extensions will be allowed.
6. Course content is only available for the duration of the course: After the course has closed, course content and any documents participants have uploaded to the LMS may not be available.