

Surviving and Thriving in Educational Settings



A Workshop Series on the Urgent Need for Learning and Mental Health for All

The PEAR Institute is offering professional development workshops in three key areas for schools and afterschool programs as they prepare to support the learning, social-emotional, and mental health needs of youth during the 2020-21 academic year. This work is designed to help educators create an optimistic and hopeful vision for students, classrooms, and communities and give educators the building blocks needed to survive and thrive during this uncertain time.

Workshops are designed for individual school or program teams to work together to plan for the fall. Each interactive, virtual workshop can be delivered in three segments or as a one-day workshop depending on the needs of your team. Contact PEAR for pricing and planning for groups.

Workshop 1: Belonging, Relationships, and Structure



As students and educators resume learning activities after a long period of social distancing, health crises, and the painful events highlighting ongoing systemic racism and violence in our country, it is essential to build strong, supportive relationships with students as the foundation for providing a safe learning environment that can instill optimism and resiliency among students and staff.

Workshop Segments: (90-120 minutes each)

- Belonging and Relationships – Connection and Reconnection
- Norms, Structures, and Rituals
- The Big Picture: Future, Goals, and Optimism

Workshop 2: Understanding Mental Health in Our Times



Your school or program will need a plan to support the mental health needs of your youth at all three tiers. This plan should be strength-focused to identify the inner resiliencies each youth has to address the challenges they face. Educators will need to be equipped with the knowledge to identify and help students who need individual mental health support.

Workshop Segments: (90-120 minutes each)

- Understanding the Present Situation from a Mental Health Perspective
- How Do We Know What Students and Teachers are Going Through?
- A New Vision of the Three Tiers of Support During the Pandemic and Beyond

Workshop 3: Engaging Students in Virtual Learning



Students will have to be supported in their academic learning and social-emotional development whether education is delivered in-person or virtually. Research shows that the more students feel academically competent, the more their stress and anxiety decrease. This workshop series will focus on strategies to motivate students and to foster academic mentoring in a virtual environment.

Workshop Segments: (90-120 minutes each)

- Meeting Virtual SED Needs
- Building Engagement and Motivation Online
- How Virtual Environments Can Be Productive for Academic Learning

For More Information: <https://bit.ly/PEARworkshops>