



Classroom **WISE**

Well-Being Information and
Strategies for Educators

Online Course Objectives

Overall Course Goal / Learning Outcome

Upon completion of this course, the educator will be equipped with strategies that can be used to promote student well-being and support students experiencing adversity, distress, and mental health challenges in the classroom.

Introduction Video

- Welcome and what to expect
- How to navigate the course modules
- Module quizzes
- Accessing resources

Promoting mental health and well-being of students

- **Creating safe and supportive classrooms (Module 1)**
 - Upon completion of this module, the educator will be able to
 - describe the three components necessary for creating safe and supportive classrooms
 - help students feel engaged in the classroom community
 - help students feel both physically and emotionally safe in the classroom
 - design a safe and supportive physical classroom environment
- **Teaching mental health literacy and reducing stigma (Module 2)**
 - Upon completion of this module, the educator will be able to
 - describe complete mental health
 - integrate mental health literacy into instruction
 - address mental health stigma in the classroom
- **Fostering social emotional competencies and well-being (Module 3)**
 - Upon completion of this module, the educator will be able to
 - define social emotional learning (SEL)
 - describe the five SEL competencies
 - integrate SEL competencies into instruction

Understanding and supporting students experiencing adversity and distress

- **Understanding and supporting students experiencing adversity (Module 4)**
 - Upon completion of this module, the educator will be able to
 - understand and promote healthy child and adolescent development
 - recognize signs of student distress and who may need additional mental health supports
 - link students with potential mental health concerns to support
- **Impact of trauma and adversity on learning and behavior (Module 5)**
 - Upon completion of this module, the educator will be able to
 - define childhood trauma and adverse childhood experiences (ACES)
 - describe the impact of trauma and ACES on learning and overall functioning
 - demonstrate trauma-sensitive teaching practices
- **Classroom strategies to support students (Module 6)**
 - Upon completion of this module, the educator will be able to
 - understand factors that contribute to student behaviors
 - practice co-regulation and self-regulation
 - identify classroom strategies to support students experiencing distress