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