



Classroom **WISE**

Well-Being Information and
Strategies for Educators

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 MH and well-being of students

- **Creating safe and supportive school environments (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*
- **Bringing mental health into the classroom and addressing 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 (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 student development and identifying student distress (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/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 with mental health concerns (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*