



# Building Resilient Learners

## Course Syllabus

### Course Description

This professional development course will help you gain understanding of trauma responses and dysregulation that present as behaviors. You will learn about a variety of research-based programs that can be used in classroom management practices to help build resilient learners. This course is broken into six Modules. You will acquire knowledge about the brain and its functions and about trauma responses and dysregulation in the brain (fight, flight, freeze) as well as how they may present as behaviors in Module 1 and 2. Next, you will learn about six different research-based programs and some of the recommended strategies that can be used in classroom management to help build resilient learners in Modules 3-5. Finally, you will learn more about classroom integration of varying program components in Module 6.

This course enhances classroom teaching effectiveness and supports improved student outcomes by introducing new knowledge in understanding how trauma and emotional dysregulation manifest as behaviors and applying research-based, trauma informed classroom management programs that support resilience in students.

### Course Objectives

At the end of this course you should be able to:

1. Describe the basic why and what of Trauma and dysregulation.
2. Understand how trauma responses and dysregulation present as behaviors.
3. Learn about the research-based Love & Logic and Zones of Regulation strategies that can build resilient learners.
4. Learn about the research-based Conscious Discipline and Restorative Justice approaches for helping educators create a safe, connected and problem-solving focused environment to help build resilient learners.
5. Learn about the research-based CHAMPS approach to classroom management and Whole Brain Teaching approach designed to maximize engagement in learning and behavioral expectations by integrating social emotional learning and neuroscience.
6. Learn more about strategy implementation, classroom integration, and start determining what you will apply in your setting.

### Modules

- Module 1: Trauma, Dysregulation and the Brain, Quiz 1
- Module 2: Fight, Flight, Freeze and Behaviors, Quiz 2
- Module 3: Love and Logic and The Zones of Regulation, Quiz 3
- Module 4: Conscious Discipline and Restorative Justice, Quiz 4



- Module 5: CHAMPS and Whole Brain Teaching, Quiz 5
- Module 6: Examples, models and making it work for you, Quiz 6

### **Grading:**

Each quiz must be passed at an 80% or higher (three attempts allowed).

### **Format**

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find reflection assessments that are not graded but will help in your journey through the course. There is an interactive forum in the course to help you connect with peers and instructors, share ideas, and collaborate on best practices throughout your learning journey.