



Trauma Informed Classroom

Course Syllabus

Course Description

Every year children enter classrooms with a higher likelihood of carrying with them childhood traumatic stress. At home, children are enduring parental divorce, housing and food instability, incarceration, physical and emotional abuse, neglect and other major stressors affecting their sense of wellbeing and stability. This distress changes the brain and has an inevitable effect on how these children react, behave, relate and function in a school environment. Teachers are on the front lines experiencing the manifestation of these and it can be very challenging amidst the stressors and expectations a teacher is facing. In this course, participants will learn to identify the effects of traumatic stress and how it shows up in today's learners. Participants will learn to develop specific strategies and plans to help learners suffering from traumatic stress, so they can be successful in and out of the classroom. Embedded in this course is discussion of Tier 2 and 3 level behaviors and interventions in the RTI process.

This course enhances classroom teaching effectiveness and supports improved student outcomes by introducing new knowledge in how to recognize signs of trauma in children, implement trauma-informed classroom strategies, and create a supportive classroom environment that promotes student success and educator well-being.

Course Objectives

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

1. Understand three causes of traumatic stress in children and two ways it affects their brain and behavior.
2. Explain three aspects of a trauma-sensitive framework required for trauma informed schools to be successful.
3. Name the four essential components of a trauma-sensitive school.
4. Identify five proactive strategies to use for learners in your trauma informed school/classroom.
5. Understand when more intensive interventions are needed for learners who are not responding to the universal strategies and two possible interventions.
6. Identify the four components of the acronym P.A.C.E and how to implement P.A.C.E into your daily practices as an educator.
7. Identify three discipline practices that will meet individual learners' needs while fostering healthy relationships between learners and educators.
8. Identify two stresses that often lead to teacher burnout and at least five methods to alleviate stress in your day to day life.

Modules

- Module 1: Trauma
- Module 2: Building a Framework

- Module 3: Building Resiliency with the Essentials
- Module 4: Strategies for Trauma-Informed Schools
- Module 5: Intensive Interventions
- Module 6: PACE
- Module 7: Discipline Practices
- Module 8: Educators, Take Care of Yourselves!

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 readings that will help you to answer quiz questions. 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.