



2020-21 Professional Development Opportunities

The following PD can assist with growth, as a whole and/or individually, and can be utilized beyond remote instruction. In addition, the PD opportunities and categories are aligned with our professional development plan.

The Diocese requires that teachers complete 24 hours of professional development, per year, with 12 in-house hours and 12 outside hours. Priority should be given to Google Classroom, where needed, and then aligned to individual Professional Growth Plans.

**It is important to note that this list is not comprehensive; individual PD needs will be addressed throughout the duration of the school year.*

Pedagogy	
Engagement	<ol style="list-style-type: none"> 1. Level of academic challenge: Schools encourage achievement by setting high expectations and emphasizing the importance of student effort. 2. Active and collaborative learning: Students learn more when intensely involved in the educational process and are encouraged to apply their knowledge in many situations. 3. Student-faculty interaction: Students able to learn from experts and faculty serve as role models and mentors. 4. Enriching educational experiences: Learning opportunities inside and outside the classroom (diversity, technology, collaboration, internships, community service, capstones) enhance learning. 5. Supportive environment: Students are motivated and satisfied at schools that actively promote learning and stimulate social interaction.
Goal:	Increase student engagement, utilizing a variety of instructional strategies, suited for both online and face/face instruction in an effort to increase participation, motivation, etc. while meeting the needs of diverse learners.
PD Choices:	<p><u>GYTO</u></p> <ul style="list-style-type: none"> • <u>Guided Reading (K-1)</u> <p><u>Shake up Learning</u></p> <ul style="list-style-type: none"> • <u>Learning menu/choice boards</u> • <u>Best practices during online learning</u> • <u>Dynamic Learning Workshop</u> <p><u>Smekens Educator Growth Day</u></p> <ul style="list-style-type: none"> • <u>Conference</u> • <u>Other options (suited for individual growth)</u> <p><u>Smekens Webinar Series</u></p> <p><u>Kagan</u></p> <ul style="list-style-type: none"> • <u>Two Day Virtual Session</u>
Other Resources:	<p><u>Screen Cast Video Tips</u></p> <p><u>Distance Learning Nuts & Bolts</u></p>

Social-Emotional

Social and Emotional Learning	According to CASEL (Collaborative for Social Emotional Learning), “social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”.
Goal:	To increase awareness and knowledge on the five core social and emotional competencies of SEL as outlined by CASEL: <i>self-awareness, self-management, social awareness, relationship skills, responsible decision making.</i>
PD Choices	AMLE (ages 10-15) <ul style="list-style-type: none"> • SEL Deep Dive Online Course ASCD <ul style="list-style-type: none"> • All learning is social/emotional video series
Other Resources	SEL Kernels Social and Emotional Climate When Kids are Anxious About Corona Virus - What to do Promoting Mental Health through SEL CASEL Cares - SEL Resources Leveraging the Power of SEL - Reopening Schools

Technology

Platform(s), Extensions, Apps, etc.	A piece of technology designed to heavily assist in the educational process and can be utilized for remote and/or blended learning.
Goal:	To utilize a common platform in an effort to streamline communication, instruction, assessments, etc. and to create proficiency among the student body. <i>The common platform will be Google Classroom.</i>
PD Choices *Required for those who are not proficient with Google Classroom/Slides	In House PD <ul style="list-style-type: none"> ○ Intro to GC Session Offered Live (virtually) & Recorded (Date: July 14th) * ○ Flipgrid Session Offered & Recorded (Date: TBD) Shake Up Learning <ul style="list-style-type: none"> ○ GC Menu ○ Assigning Google Templates ISTE <ul style="list-style-type: none"> ○ Summer Learning Academy Simple K-12 <ul style="list-style-type: none"> ● Google Basics (Slides)*

- [Google Classroom Basics*](#)
- [Creating Self-Check Quizzes](#)
- [Game Based Learning with Google](#)
- [On Demand Webinars \(Menu\)](#)

Flipgrid

- [Flipgrid Basics](#)
- [Getting Started](#)
- [Flipgrid Menu](#)

Please note that Google Classroom PD is a requirement for those who are not currently using that platform. It is relevant to our current situation and beyond. It will count toward your annual PD hours to satisfy Diocesan Policy.

Other Resources:

- [Google Doc Sheet Cheat](#)
- [Google Classroom Cheat Sheet for Teachers](#)
- [Google Classroom Cheat Sheet for Students](#)
- [Five Chrome Extensions to Make GC Better](#)
- [Screencastify Tutorial](#)

Personal

Self-Care Taking an active role in protecting one's own well-being and happiness, in particular during periods of stressful situations.

Goal: To support and manage feelings, stressors, etc. while teaching, leading, and supporting students and families during a pandemic and beyond.

Choices
 Weekly devotional meetings utilizing spiritual committee & Fr. Paul
 Personal and informal check-ins
 Continuation of a virtual social hour
 "Goodie" Cart
 Articles & Tips

- Other Resources**
- [Five Tips for Teachers](#)
 - [Trying to Juggle Everything](#)
 - [11 Best Meditation Apps](#)
 - [Prioritizing Self-Care When Working from Home](#)
 - [Maintaining Work Life Balance](#)
 - [5 Unique Ways to Communicate with Parents](#)
 - [How to Respond to Parent Emails](#)
 - [Improving Communication with Parents](#)

[How to Set Boundaries as a Teacher](#)
[5 Tips to set Boundaries](#)
[Setting Boundaries Podcast](#)
[Healthy Boundaries while Teaching Virtually](#)
[Self-Care Challenge for Teachers](#)

Reminders

- Your health is a priority
- Your family is a priority
- Set boundaries and a routine when working from home (e.g. no work after a specific time)
- Get adequate rest and exercise
- After hours emails can wait until the next morning/day (follow the 24 hour policy)
- Utilize your personal days when needed
- Seek out guidance and assistance - utilize support within the building
- Utilize the adoration chapel or church for some quiet, peaceful time during the day (adhering to safety guidelines where applicable)
- Don't try to reinvent the wheel - refine your previously taught lessons
- Share resources/ideas with colleagues/department(s) to assist with workload and effectiveness
- Use free resources to assist with planning
- Find a time during the day to check-in on your neighbor (outside your partner teacher(s))
- Utilize a to-do list recognizing that if you complete one task, you're successful (use the TO-DO feature in Google)
- Slow down and breath

Important Working Tips

According to Nora Fleming, you should follow these guidelines when working from home:
Some simple modifications may ease the toll on teachers' bodies. When working at the computer, the screen should be about arm's length away (25 inches) from your face, recommends the American Academy of Ophthalmology. They also suggest following the 20-20-20 rule to reduce eye strain: Every 20 minutes, look at something 20 feet away for at least 20 seconds. Be aware of the contrast and brightness of your screen too—the screen should not be brighter than the room.

Most importantly, adults need breaks and exercise just like kids, which can help boost mood, improve mental clarity, and relieve stress. Get up and move at least 15 minutes every two hours, doctors advise, even if it's a walk up and down the stairs. A number of gyms are offering free online classes—no equipment required—during Covid-19.

To see the full article, follow this [link](#)