



Get Started:

Sessions will be hosted by Rethink Ed Professionals on the Zoom conferencing application.

Self-Compassion

Participants will learn about the skill of Self-Compassion as determined by CASEL and existing research. Participants will review the concept, importance, and practice of self-compassion for young children, adolescents, and adults. Participants will also receive information on how to integrate self-compassion building habits and practices into their daily lives.

Tuesday, January 25th 4:00 – 5:00

[Click Here to Register in Whetstone](#)

Thursday, January 27th 4:00 – 5:00

[Click Here to Register in Whetstone](#)

Optimism

Optimism is choosing to see yourself, your situation, and those around you in the most favorable way possible. Making this choice places your mindset under your own control. This can sometimes seem like an impossible task, especially in the face of large obstacles or stressful life events. Being optimistic does not mean ignoring real challenges or hardships, but it is a way of processing those life events in a way that does not ignore the positives of your situation. Optimism does not just happen – it takes practice. In this session, participants will discuss strategies for developing optimistic thinking.

Tuesday, February 1st 4:00 -5:00

[Click Here to Register in Whetstone](#)

Thursday, February 3rd 4:00 – 5:00

[Click Here to Register in Whetstone](#)

Growth Mindset

Through her research, psychologist Carol Dweck determined that a student's belief in his or her ability to learn had a greater impact on that student's academic success than his or her intelligence. Students with a fixed mindset believe that intelligence is determined at birth; whereas students with a growth mindset believe that anyone can learn through hard work and effort. Science supports the growth mindset theory as the most helpful for assisting students in reaching their fullest potential. Helping students understand how they learn and how they can develop a growth mindset positions every student on the path for greater academic success.

Tuesday, February 8th 4:00 – 5:00

[Click Here to Register in Whetstone](#)

Thursday, February 10th 4:00 – 5:00

[Click Here to Register in Whetstone](#)

Bullying Prevention

This PLC is for educational teams who wish to better understand the warning signs of bullying as well as learn strategies to prevent bullying. Participants will develop an understanding of bullying prevention strategies and how to identify the different types of bullying. Participants will also learn to identify the different mental health issues that can arise in, and outside of the classroom when bullying is present in a student's life. Participants will be able to recognize the warning signs and effects of peer pressure within bullying situations. Participants will have the opportunity to practice and understand the importance of open communication, healthy boundaries, self-advocacy, and the essential strategies for helping to prevent and end bullying.

Tuesday, February 15th 4:00 – 5:00

[Click Here to Register in Whetstone](#)

Thursday, February 17th 4:00 – 5:00

[Click Here to Register in Whetstone](#)



Preventing Violence

This PLC is for educational teams who wish to better understand the different types of violence and strategies to prevent violence in their school communities. Participants will develop an understanding of violence prevention strategies and how to identify the different types of violence. Participants will also learn to identify the signs to be aware of when violence is present in a student's life. Participants will have the opportunity to practice and understand the importance of open communication, healthy boundaries, self-advocacy, and the essential strategies for helping to prevent and end violence in school communities.

Tuesday, February 22nd 4:00 – 5:00 [Click Here to Register in Whetstone](#)

Thursday, February 24th 4:00 – 5:00 [Click Here to Register in Whetstone](#)

Peer Mediation – Conflict Resolution

When two or more people get together there is potential for conflict. Conflict resolution involves communication – owning one's perspective and listening to the perspective of others. Most conflicts can be resolved through positive communication, but sometimes people just disagree. In this session, we will discuss strategies for negotiating a solution that allows everyone to feel good about the resolution. During this session, participants will learn how to negotiate a win-win solution for all parties involved in a conflict. Participants will engage in a role-play exercise to practice giving and receiving feedback to resolve a conflict.

Tuesday, March 1st 4:00 – 5:00 [Click Here to Register in Whetstone](#)

Thursday, March 3rd 4:00 -5:00 [Click Here to Register in Whetstone](#)

Human Trafficking

This PLC is for educational teams who wish to better understand the warning signs of human trafficking. It will provide an overview of human trafficking, including causes, signs and symptoms, and risk factors for labor and sex trafficking. Educators will learn to identify and support students who may be at risk for being victims of human trafficking. Participants will gain awareness and education to arm students and adults with skills to recognize signs and reduce vulnerability to the potential of being trafficked.

Tuesday, March 8th 4:00 – 5:00 [Click Here to Register in Whetstone](#)

Thursday, March 10th 4:00 – 5:00 [Click Here to Register in Whetstone](#)

Suicide Prevention

This PLC is for educational teams who wish to better understand the warning signs of suicide as well as learn strategies to prevent suicide. Participants will develop a deeper comprehension of suicide prevention and open communication. Participants will become aware of truths and myths associated with suicide and suicide prevention, as well as avoiding the stigma associated with mental health issues and suicide. Participants will learn and be able to teach their students how to identify the warning signs and learn to understand and even help someone in need. Participants will be able to practice effective dialogue with open communication that is direct, clear, and provides honest information that may help foster important conversations that lead to meaningful discussions with their students.

Tuesday, March 15th 4:00 – 5:00 [Click Here to Register in Whetstone](#)

Thursday, March 17th 4:00 – 5:00 [Click Here to Register in Whetstone](#)