



Professional Development

Special Edition: Educator Well-Being

Winter 2021

The pandemic has altered nearly every aspect of American life, and education is no exception. Educators have been tasked with overcoming a myriad of challenges that has increased day-to-day stressors significantly. Fortunately, there are many evidence-based tools to help combat the negative effects of stress and improve overall well-being.

Professional Development Opportunities (Beginning January 4)

The Illinois Education Association has incorporated evidence-based tools within the following online training opportunities.

Educator Well-Being | 8 clock hours

This four-week course focuses on increasing educator well-being through evidence-based strategies rooted in the field of positive psychology. Positive psychology is the scientific study of the strengths that enable individuals and communities to thrive. Members will learn how to increase their well-being using proven positive psychological interventions.



[Share flier](#) | [Register now](#)

Introduction to Positive Education | 8 clock hours

Positive education is defined as education for both traditional skills and for happiness. The high prevalence worldwide of depression among young people, the small rise in life satisfaction, and the synergy between learning and positive emotion all argue that the skills for happiness should be taught in school. This four-week course introduces members to the principles of positive education that are used to increase students' resilience and positive emotion.



Prerequisite: Educator Well-Being

[Share flier](#) | [Register now](#)

Introduction to Restorative Practices | 8 clock hours

Restorative practices is an emerging social science that studies how to strengthen relationships between individuals as well as social connections within communities. This four-week course will introduce the continuum of restorative practices as a straightforward problem-solving framework that can be used as an alternative to exclusionary discipline. *This course has been updated with new videos and information from the International Institute of Restorative Practices!*

[Share flier](#) | [Register now](#)

Applying Learning Science in the Remote Classroom 8 clock hours

In this new era of remote instruction, educators face unique and specific challenges. This is not a technology training. This course introduces practical applications of learning science for the remote classroom. In other words, teaching practices that will help you and your students find success in a non-traditional learning environment.

Unlike our other online courses, this course has rolling registration and is entirely asynchronous. This means members can register and participate any time before the course closes on March 1, 2021.



Participants may complete requirements at their own pace and will receive clock hours when course requirements have been completed.

[Share flier](#) | [Register now](#)

Online Winter Book Study (Beginning January 4)

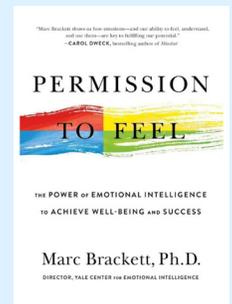
Book Study | 8 clock hours

This winter we will be reading ***Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive*** by Mark Brackett

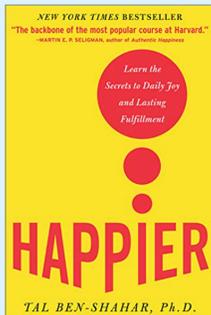
Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence.

This book combines rigor, science, passion and inspiration in equal parts. Too many children and adults are suffering; they are ashamed of their feelings and emotionally unskilled, but they don't have to be. Marc Brackett's life mission is to reverse this course, and this book can show you how.

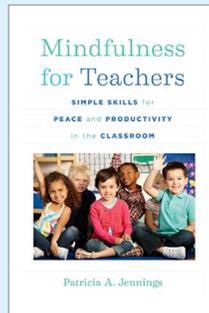
[Instructions for joining book study.](#)



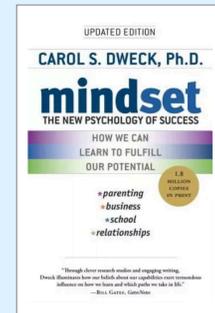
Here are a few additional books that we've read in past book studies that address well-being:



Happier: Learning the Secrets to Daily Joy and Lasting Fulfillment
by Tal Ben-Shahar



Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom
by Patricia Jennings



Mindset: The New Psychology of Success
by Carol Dweck



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

In addition to participating in the online courses and book study, the [American Psychological Association](#) has a myriad of articles and resources on how to cope with stress.



Finally, consider participating in the [Illinois Educator Well-Being Survey](#) to let us know how your workplace is impacting your quality of life. This information helps us develop new programs and initiatives to support you.

If you have questions or need assistance, please contact:

IEA Instructional Resource and Professional Development Director [Diana Zaleski, Ph.D](#)

IEA Field Associate Staff [Amanda Plunkett](#)

