



**WILLIAM  
PATERSON  
UNIVERSITY**

## **College of Education**

### **Heller Institute for Teaching, Learning and Leadership**

#### **Mental Health, Social Emotional Learning Support Services**

##### **Certificate Programs**

###### **Youth Mental Health First Aid Certificate Program – for teachers, counselors, school leaders**

Youth Mental Health First Aid is like CPR for emotional health. It teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

###### **“Skills for Success” – for high school student leaders**

This Mental Health First Aid program is an opportunity for students to become certified and learn how to support their peers.

##### **Workshops**

###### **Teachers Wellness/SEL**

Introduction to SEL (what is it, why is it important, foundational application)

Strategies for Staff to understand SEL

Looking Deeper at the NJ SEL Competencies:

- Basics in Self-Awareness

- Basics in Self-Management

- Basics in Social Awareness

- Basics in Responsibility Decision-making

- Basics in Relationship Skills

Teacher Wellbeing through Meditation, Tapping, Nutrition, Sleep and Yoga

## SEL and Child and/or Adolescent Development

Empathy and Teaching

Helping Students to Improve Emotional Intelligence

Using Picture Books to Discuss SEL Topics

Using Creative Arts to Explore SEL Topics

Substance Use: What Teachers Should Know, Look for, and Discuss with Students

SEL: Infusing it Across the Curriculum

How to Help Students Build Self-Awareness

Addressing Stress with Students (children, middle school, and high school students)

Promoting Resilience with Students

Addressing Behavioral Issues from an SEL Perspective

Behavioral Management Strategies for Teachers

Response to Pandemic for Students (managing the constant changing format)

Student Engagement in Distance Learning Environments

Response to Pandemic (managing the constant changing format)

Promoting Teacher Self-Care

Identifying and Avoiding Burnout

Self-Management for Students

The Well-Balanced Teacher (Present emotionally, physically, mentally)

## **Diversity & Equity**

Addressing microaggressions in Teaching, the Classroom, and the School

Addressing Implicit Bias

Broaching Cross-Cultural Communication

Using Cultural Humility to Promote SEL in the Classroom

Ideas for Anti-Racist Pedagogy

Culturally Responsive Teaching

Diversity in the Classroom: Bias and Beyond

## **School Leaders**

Psychoeducational Workshops (Mental Health in the Schools, Cultural Competency, Balancing Academic and Social-Emotional Needs)

Self-Care and Avoiding Burnout

Effective Communication with Teachers and Staff

Communicating with Parents

Promoting an Anti-racist School Climate

Addressing Teacher Burnout and Promoting Wellness in the School

Culturally Responsive Leadership

## **Whole District**

Navigating Educational Demands (work-life balance, response to pandemic, support to colleagues)

Self-Care and Avoiding Burnout

Culturally Responsive Skills

## **Parents/Families**

Promoting SEL at home  
Promoting Family Strengths and Relationships  
Promoting Resilience at home  
Stress and your child  
Stress and your adolescent  
Increasing healthy communication with your child  
Increasing healthy communication with your adolescent  
Promoting authenticity at home  
Substance Use: What parents should know, look for, and discuss with kids  
Parenting Support Groups  
Understanding Developmental Stages for Children and Adolescents  
Grief Response: Healing from the Pandemic  
Balancing Parental Responsibilities, Work, & Family

## **Consultant Services**

### **Needs Survey/Assessments & Analysis**

Conducting surveys of all school stakeholders to determine needs, analyze data, and provide specific recommendations that could support needs.

### **Focus Groups**

Focus Groups with parents, students, teachers, administrators, and other stakeholders to determine needs, analyze data.

*\*Benefit having outside consultant complete these provides opportunities for more honest feedback, plus allows for analysis of data*

### **Clinical Supervision for School Counselors**

Specific mental health supervision or consultation regarding students with mental health concerns to ensure safety, policy, and other important factors

### **School Counselor Consultant Groups**

Facilitating School Counselors across districts sharing ideas and working together  
Facilitating School Counselors within the district to share and work together

### **Consultation with Teachers, School Counselors, and School Personnel**

Consultation to address specific SEL related issues in the classroom  
Small group facilitation with teachers to discuss SEL pedagogy, share ideas, and ask questions  
Consultation to help teachers and paraprofessionals learn how to address challenging behaviors in the classroom  
Understanding our Community: Exploring Racial/Ethnic Differences

### **Self-Care Support Groups (on-going series)**

## **Content and Pedagogy Workshops and Services**

## **Pedagogy (Mindfulness, Differentiation, Behavior Management, Assessment)**

### **Teachers**

Powerful Praise: Using Research to Grow Strong and Confident Learners

Teaching with Staying Power: Helping Students Retain What They Learn

Growth Mindset for Educators

H.O.T.S. (Higher Order Thinking Skills)

Grit, Mindset and Praise: Using the Latest Research to Grow Confident and Successful Learners

Harnessing Brain Power Through Increased Student Engagement

Total Participation Techniques for Learner-Centered Classrooms

Teaching with Staying Power: Helping Students Retain What They Learn!

How Do We Know Our Children are Learning; Assessment of Learning vs Assessment for Learning

Quality Questioning for Student Learning

Flip Your Classroom -- Then Watch Your Students Flip with Excitement!

Teaching Bell to Bell

Universal Design for Learning: Principles, Methods and Strategies

Effective Classroom Management Strategies

Teachers as Instructional Leaders: Data, Data Everywhere: Don't Let the Numbers Drive You Crazy!

Two Think Outside the Box: Co-Teaching in Remote Classrooms

Interactive Notebooking: The Guide to Differentiation

"Forget Everything... Let's Differentiate!"

Restorative Justice in Education: Creating Responsive Schools Filled with Hope

From Intervention to Invention with Google

Saving Time with Technology: How to Lighten your Workload

Technology Tips, Treats and Q&A

How to Be an Effective Teacher-Communicator Remotely and In-person

Techniques for Improving Parent Communications

### **Leadership - School Leaders**

Batter's Up: Instructional Coaching and Meaningful Feedback

The Story of Us: Developing a Leadership Team

Understanding the "WHY" – How Great Leaders Inspire Their Staff

Highly Effective Teams: The Gateway to Peak Performance

Becoming an Effective Mentor!

Collaboration: Getting Everyone Onboard!

Putting Faces on the Data: What Great Leaders Do!

Streamline your Professional Life with Google and other Digital Resources

### **Early Childhood**

Exploring Maker Spaces in the Preschool Classroom

Pre- Coding Practices, Inquiry Skills and Problem Solving

The Maker Movement: An Introduction to Makerspaces and Story Makers

Hands on-Math on Activities for Preschool Children (Standard 4.1 and 4.2)

Hands on Math on Activities for Preschool Children (Standard 4.3 and 4.4)

Science Activities for Preschool Children (Earth and Life Science)

Science Activities for Preschool Children (Physical Science)

How Can They Be Learning if They Are Playing with Sticks and Stones?

Math Make and Take Activities for Classrooms and Family Engagement  
Early Childhood (Preschool) Virtual Family Learning Workshop Ideas  
Sensational Relationships: Understanding the Impact of Sensory Processing on Regulation & Engagement During Early Childhood  
Connecting Sensation and Emotion: Sensory Attuned Play for Emotion Regulation in Early Childhood  
Conquering the Day through Play: Creating Sensory Affective Interactions in Routines and Play with Young Children

## **Mathematics**

Beyond Tricks, Bells, and Whistles: How to Really Differentiate in the K-5 Math Classroom  
Mission Possible!  
Teach Less and Learn More: Addition and Subtraction concepts across Grades K-5  
Teach Less and Learn More: Multiplication and Division Concepts, Big Ideas, and Fluency Development  
Teach Less and Learn More: Area and Volume Formulae of Various Geometric Figures Target Audience  
Want to Develop Fluency with Functions and Conceptual Understanding?  
Encouraging Collaboration to Explore Mathematical Ideas on Zoom  
Group Problem Solving on Zoom  
Using Virtual Manipulatives as Tools to Engage in Mathematical Reasoning on Zoom  
Student Engagement and Mathematical Problem Solving  
Exploring Fraction Concepts with Virtual Manipulatives  
Exploring Geometry and Measurement with Virtual Manipulatives  
Developing Number Concept and Number Sense (Grades K – 2)  
Multiplication and Division Concepts and Development of Calculation Fluency (Grades 3 – 5)  
Fraction and Decimal Concepts and Their Calculations (Grades 3 – 5)  
Fraction and Decimal Concepts and Their Calculations (Grades 5 – 6)  
Exploring of Area and Volume (Grades 6 – 8)  
Measurement (Grades K - 4)  
The Model Drawing Method for Solving Word Problems (Grades 3 – 4)  
The Model Drawing Method for Solving Word Problems (Grades 5 – 6)  
Fostering Productive Mathematics Discussion through Problem Solving (Grades K to 12)  
Lesson Study (Grades K – 8)  
Algebra Patterns!  
Using Paper Folding and Cutting to Discover Geometry  
Reading, Writing and Arithmetic on the Farm!  
Mathematical Standards for Practice & Student Engagement  
Mathematical Mindset Algebra  
Visual patterns and Functions  
Developing Mathematical Habits of the Mind- Thinking the Math as Well as Doing the Math  
Engaging Activities That Emphasize the FUN in FUNctions  
Exploring Functions and Connecting Algebraic Representations through Hands-On Data Collection  
Hands-On Activities + Technology = Mathematical Understanding Through Authentic Modeling  
Making Connections and Building Bridges with Algebra Tiles

Hitting the Mark on the New Jersey Algebra I Exam  
Want to Develop Fluency with Functions and Conceptual Understanding? Algebra Patterns!  
Math Tasks  
Mash Up Math  
Modeling Exponential Growth Using Paper Folding

## **English Language Arts**

Let's Talk! Strategies for Language Stimulation in the Classroom

Guided Reading – Digging Deeply into the Text

The Reading Workshop – Meeting the Needs of All Learners

Author Studies

WHAT'S THE WORD? Vocabulary acquisition and academic success

Balancing the 4 Modes of Reading Instruction

Low Input, High Return Language Arts Strategies that Work for Teens

Using Paired Text to Support the Common Core

Informational Texts and Free Databases

Inspire Your Students with a "Cafe"

The Daily Five

Teaching the Research Process (Step-by-Step) Across Middle and High School Content

Embedding and Teaching the Research Process Across the K-12

## **STEM/STEAM Power!**

SCRATCH - Coding with Scratch to Develop Children's Computational Thinking and Creativity

Invent to Learn: Invention Literacy for Educators

School Gardens: Making the Garden a Year-Round Learning Experience!

Math, Science and Multiculturalism – Exploring Cultural Relevance in Math & Science

Getting Started with Arts Integration

You Can't be SmART without Art!

Arts Integration for the Primary Grades

Arts Integration and Social Studies

Arts Integration and Literacy

Arts Integration and Technology

Magnificent Recycling Collage

### Technology

Digital Equity in K-12 Schools

Digital Literacy in K-12 Schools

Digitally Inclusion in K-12 Schools

Accessible Digital Resources for K-12 Teaching and Learning

Creating Virtual Classrooms Using the Physical Classroom as a Model: Google slides, Bitmoji and Beyond!

Using the Smithsonian Learning Lab Across the PreK-12 Curriculum

Using Smore Newsletters to Develop Digital Bulletin Boards for Parents and PreK-12 Students

Creating and Using Booklists to Address Themes and Subjects Across the PreK-12 Curriculum

Google Classroom and Beyond: Using Google Docs, Forms, and Apps to Enhance Your Classroom

Going Paperless in a Google Classroom

Decluttering With Google Classroom

Google Forms for Assessment and to Lighten Your Grading Load

It's a Website World; Let Us Be Your Guides!

## **Music and the Performing Arts**

Students College & Career Readiness

Music Summer Camp 1-week (M-F) summer camp (S21 online, S22 & S23 on campus)

Audience: High school and late middle school music students

Musical acceleration and technology for vocal music and instrumental music students

Cost - summer 21 online; Summer 22 & 23 on campus

School year: Music learning acceleration honors ensembles (choral, instrumental, musical theatre)

Instrumental: student/year (8 rehearsals fall & 8 spring w/small and large-group coaching, music, registration, t-shirts, spring concert on campus)

Choral: student/year (8 rehearsals fall & 8 spring w/small and large-group coaching, music, registration, t-shirts, spring concert on campus)

Musical Theatre: student/year (8 rehearsals + 2 pre-dress, dress, 2 performances on campus, includes w/small and large-group coaching, music, registration, costumes)

Mini performances for local high schools preceding IN THE HEIGHTS musical by Lin-Manuel Miranda and Quiara Alegría Hudes at WP – a large public-facing musical theater project that students could then attend.

### **Teachers** – Music Professional Development

Audience: District-wide music teachers

Workshops - 8-workshop series for music teachers (full series or per workshop)

- Two 3-hour workshops: Standards-based curriculum development for music teacher
- Two 3-hour workshops: Culturally relevant global music workshops (perhaps in conjunction w/other colleges and/or depts)
- Two 3-hour workshops: Music technology for the music teacher
- One 3-hour workshop: Bodywork/Yoga/Alexander Technique
- One 3-hour workshop: Musical icebreaker/energizer/relaxation workshops for teachers

Growing Passionate Musicians: Reaching All Students in Your Music Class

Introduction to Opera-Based Learning

### **Consultations**

Cross-district music consultant for district administrators and music teachers (building and mapping existing curriculum or curriculum development). Multiple visits may include more than one school building if appropriate.

Audience: School District Music Programs

## **Social Studies**

Teaching African American History/ African American History for Educators  
Uncovering and Incorporating African American History  
Using Primary Sources to Explore the Legal Framework Supporting Slavery in Colonial NJ  
Reflections on American Protests Movements and their Impact on the Insurrection of 2021  
Using the Smithsonian Learning Lab to Go Global and Bring the World into your Classroom  
Journey Towards Equality: A History of the Women's Suffrage Movement towards Equality Leveraging Classroom Diversity to Teach for Global Competence

### **Deepening Social Justice Practice in Education**

Teaching to Call in and Call out: Learning to Talk to Each Other about Race  
*Re-Privileging* What it Means to be a (Great) Teacher of Diverse Students: Brave Enough to Be It!  
Exploring the Power of Place through Place-Based Education  
How Do You Build Global Awareness in the Elementary and Secondary Classroom?  
Teaching the Holocaust with Primary Sources  
Museums and Memory in the Classroom  
Tools and Strategies to Teach News Literacy (and Recognize Fake News)  
Local Inspiration: Guiding Students to Research Local Topics for History Day

### **ESL**

Bridging the Gap for the English Language Learner  
Got ESL Students? Get Strategies!  
The Fundamentals of Acquisition-Driven Instruction  
¿Habla español? Spanish Basics for Educators  
Parenting with Pride Latino Style  
How's My Child Doing? A Communication Tool to Guide Interactions with the Spanish-Speaking Parent  
Teaching About Immigration and Refugees  
Reading and Writing Basics for Newcomers (upper elementary and middle school students)  
Developmental Stages of EL Writing (across grade levels)

### **World Languages**

Evaluating a World Language Teacher When You Don't Speak the Language  
World Languages Across the Curriculum K-12  
Teaching for Proficiency – More Language and Happier Students.  
Integrated Performance Assessments (IPA): Evaluating World Language Learning in All Three Modes.  
Teaching World Languages at the Elementary Level (K-6)

## **Professional Development School Network**

The Professional Development School Network at William Paterson University has an established reputation for providing high quality job-embedded professional development and support for novice and experienced teachers and school leaders via the Professor in Residence and Leader in Residence models. This year a new level of professional support was added for schools through the Counselor in Residence program which provides a certified school counselor one day per week to support the mental health initiatives in your school. The work of all these professionals is customized to the needs of the schools where they work. William Paterson University works to match school needs to professionals' expertise and experience. If you are interested in learning more about this level of support for your school, please contact Nancy Norris-Bauer at [norrisn@wpunj.edu](mailto:norrisn@wpunj.edu). For preschool contact Cindy Gennarelli at [gennarellc@wpunj.edu](mailto:gennarellc@wpunj.edu)



## **Courses/Endorsements**

For districts that want to upgrade the knowledge and skills of staff in areas of high need such as ESL, bilingual education, special education (including gifted and talented), reading, content areas such as mathematics and STEAM, or in teacher leadership, the College of Education offers course packages leading to state certification or professional certificates in these areas. The College will customize programs of study for cohorts of teachers in your district and will offer course work in online, hybrid and in-person formats. For further information, please contact Dorothy Feola at [feolad@wpunj.edu](mailto:feolad@wpunj.edu)

## **Direct Services**

William Paterson University is prepared to provide learning acceleration academic programs to students in need of academic support and enrichment programs. Click here to find the **Learning Acceleration Program proposal** for direct services to students.

[https://www.wpunj.edu/dA/c852f8eb50/WPUNJLearningAccelerationProgramProposalfor%20SchoolDistricts.pdf?language\\_id=1](https://www.wpunj.edu/dA/c852f8eb50/WPUNJLearningAccelerationProgramProposalfor%20SchoolDistricts.pdf?language_id=1)

## **Personnel**

William Paterson University has many preservice teachers who will be available to work in schools this summer as both certified teachers and substitute teachers. If we know your needs, we are happy to advertise positions and help staff your programs. For further information, please contact Margaret Renn at [rennm@wpunj.edu](mailto:rennm@wpunj.edu).