

Ally for Educator™

Personalized online training to strengthen educators' SEL skills, stress management, and classroom practice
3 Units, 15 Modules, 120 Lessons



UNIT 1: Strengthening Your SEL Skills

Build Social-emotional Strengths

Social-emotional
Strengths

Improve Self-awareness

Knowing yourself
Strengths
Values
Self-efficacy
Learning preferences
Feelings—understanding
Feelings—body cues
Background
Privilege
Bias

Be Aware of Others

Empathy
Perspective-taking
Predicting feelings

Connect with Others

Connectedness

Showing care
Showing respect
Honesty
Kindness
Humor
Courtesy
Trust
Fairness

Take Charge of Yourself

Strengthening
Self-determination
Setting goals
Building resilience
Persevering
Managing stress
Caring for yourself
Caring for your body
Calming yourself
Changing self-talk
Managing your feelings
Mad
Afraid
Letting go
Asserting yourself
Assertive voice
Assertive body
Assertive face
Assertive message
Controlling impulses

Stopping reactions
Predicting consequences

Make Good Decisions

Making decisions
Problem solving
Naming the problem
Identifying options
Weighing alternatives
Trying solutions

UNIT 2: Honing Effective Teaching Practices

See Through an Equity Lens

Reaching diverse learners
Understanding equity
Determining aspects of culture
Socio-economic status
Race and racism
Gender
Sexual orientation
Transgender
Disproportionality

Address Challenging Behavior

Apathy
Attention seeking
Bias activity
Bullying
Defiance
Disrupting class
Disrupting outside of class
Fighting
Impulsivity—students'

Empower Learners

Setting expectations
Fostering growth mindset
Promoting agency
Increasing engagement
Understanding motivation
Recognizing intelligences
Respecting different styles
Differentiating instruction
Facilitating discussion

Address Learning Challenges

Learning-related challenges
Specific learning disorders
ADHD/Attention issues

Autism spectrum
Giftedness
Intellectual disability

Facilitate Positive Behavior

Behavior management plan
Positive climate
Classroom rules
Consequences
PBIS
Restorative practices
De-escalating

Strengthen Your Leadership

Being a leader
Holding a vision/purpose
Transforming yourself
Modeling SEL skills
Modeling social values
Modeling respectful authority
Engaging families

Student Mental Health

Student mental health
Anxiety—students'
Traumatic stress response
Handling disclosure

UNIT 3: Addressing Personal Stressors

School Stressors

Unheard
Unsupported
Overworked
Bullied—adult
Testing pressures
Missing too much work
Sexual misconduct

Out-of-School Stressors

Domestic abuse
Your children
Financial pressures

Your Mental Health

Secondary trauma
Burnout
Anxiety—adult
Depression—adult
Substance use—adult

UNIT 1

Helps educators leverage strengths, remedy weaknesses, bond with diverse students, build resilience to prevent burnout, make good decisions under pressure, command respect, and show it—to all.

UNIT 2

Helps educators distinguish learning issues from behavior, cultural, and health issues, and address each with technical skill, good judgment, and emotional intelligence.

UNIT 3

Helps educators address self-identified sources of stress and burnout, including school-based adult relationships, relationships outside of school, and private mental health issues.

