

## NYSUT's Education & Learning Trust Response to COVID-19

### Free Seminars

*Descriptions-*

#### **Self-Care: Wellness Series for Educators**

**I. The AOM Principle Seminar (45 minutes) S1**

The Airplane Oxygen Mask principle seminar provides a forum for educators to engage in structured conversations around how to manage their well-being amidst the anxiety, preoccupation and uncertainty of the COVID-19 virus. This seminar highlights the importance of taking care of yourself before you can effectively take care of others, providing practical mindful strategies that can be used at home or at any location.

**AOM Principle Check-in (15 minutes) S1a**

A virtual wellness check for participants to share what strategies they tried, what worked and what other supports they might need.

**II. Developing virtual SEL environments for the youth (45 minutes) S2**

Using mindfulness and SEL techniques and skills, assist your students to navigate their learning while developing resilience during the advent of COVID-19. This seminar will provide a forum for educators to share their concerns, while providing an avenue for educators to build their toolbox to help students during these times. The seminar intends to build on your expertise while providing tips to help students succeed emotionally and academically.

**Developing Virtual SEL Environments for the Youth Check-in (15 minutes) S2a**

A virtual wellness check for participants. How are things going with your students, what strategies have you tried, what has worked?

#### **Organization and Time Management Seminars**

**III. The Juggle (45 minutes) S3**

Working from home can have its challenges. Some of us juggle work, our children, the phone ringing, cooking, interacting with loved ones, interruptions, the list can go on and on. How can we manage all these distractions and still complete all the demands put on us? This seminar offers some practical tips to help you get organized. The seminar will provide you time to create a schedule for your demands at work while providing tips to manage your self-care.

## **Technology Basics**

### **IV. Help! I am not technological savvy! (45 minutes) S4**

This seminar will provide the basics on how to use Google Classroom or Zoom. The instructor will be able to go step by step to help you navigate the tools and help provide you with tips in real time.