



PROFESSIONAL
LEARNING
CATALOG



ADMINISTRATION/CENTRAL STAFF

A BRIEF INTRODUCTION TO SEL

Description: Participants will be introduced to the basics of Social Emotional Learning from the CASEL perspective.

Other info: In Person, front line staff .5-1 hour

A DEEP DIVE INTO THE WORLD OF SEL

Description: Learn how respect agreements, brain breaks, and expectations are integral to the successful implementation of SEL-focused classroom management.

Other info: In Person, front line staff. Half Day (4)

ADULT TEAM PROBLEM SOLVING

Description: Participants will practice participating in and leading Fish Bowl and Triad Labs as a strategy for brainstorming solutions to consistent implementation problems.

Other info: In Person, front line staff .5- 1 hour or 1.5-2 hour available

AN INTRODUCTION TO GROWTH MINDSET

Description: Learn about growth mindset from the perspective of Carol Dweck, and the advantages of using a growth mindset both personally and in the classroom.

Other info: In Person, virtual-synchronous/asynchronous for train the trainer, front line staff. 1.5-2 hours

CONFLICT MANAGEMENT: A DEEP DIVE

Description: Participants will learn techniques to help manage both internal and external conflict that adhere to the principles of Social Emotional Learning.

Other Info: In Person, front line staff. 2.5- 3 hours

EARLY CHILDHOOD BRAIN DEVELOPMENT

Description: Participants will discover the meaning of executive functioning, as well as factors that can adversely affect this development in young children.

Other Info: In Person, front line staff. 1.5- 2 hours.

GETTING RELATIONSHIPS RIGHT: THE BASICS

Description: Participants will discover the power of building strong relationships with students and learn techniques that will foster this growth within their own programs.

Other Info: virtual-synchronous/asynchronous, In Person, front line staff. .5-1 hour

GETTING RELATIONSHIPS RIGHT: A DEEP DIVE

Description: Participants will explore ways in which to build healthy relationships within their program as well as how to evaluate if their program is adequately committed to fostering strong relationships.

Other Info: In Person, front line staff. Series

MANAGING INTERPERSONAL CONFLICT PART 2

Description: Participants will learn the effectiveness of breathing, I-statements and naming emotions in managing interpersonal conflict.

Other Info: In Person, front line staff.

UNDERSTANDING STRESS PART 2

Description: Participants will learn about the different types of stress, how stress can affect the body, and useful strategies to help deal with stress.

Other Info: In Person, virtual-synchronous/asynchronous. front line staff. 1.5- 2 hours

PROMISE CHAMPIONS INITIATIVE

Description: The Champion Training is a space for individuals to: learn tips, strategies and tools that will assist Promise Champions with best practices to engage with their Dallas County Promise Scholar.

Other Info: In Person, volunteers. .5 - 1 hour; 1.5- 2 hours

REFLECTION AND EXTENDING ANSWERS

Description: Participants will leave with a campus plan how to integrate meaningful reflection.

Other Info: In Person, front line staff. 2.5- 3 hours

SEL 101 - PART A AND B

Description: Participants will have the opportunity to learn about CASEL, acronyms, and five different competencies within social and emotional learning.

Other Info: In Person, front line staff. 1.5- 2 hours

SOCIAL EMOTIONAL LEARNING AND THE TEENAGER

Description: Participants will learn how to effectively incorporate Social Emotional Learning strategies into their programs with teenagers, such as active listening and mindfulness.

Other Info: In Person, front line staff. 2.5- 3 hours

SOCIAL EMOTIONAL LEARNING FOR THE ADULT

Description: Participants will be introduced to concepts and tools that will allow them to implement social emotional practices into their daily interactions and personal lives, such as active listening, I-statements and metamoments.

Other Info: In Person, front line staff. 2.5- 3 hours

STAFF BUY-IN FOR SEL

Description: Participants will learn how to engage their staff with Social Emotional Learning through practice and evidence-based research.

Other Info: In Person, front line staff. 1.5- 2 hours

TEACH YOUR STAFF TO WRITE LESSON PLANS

Description: Participants will learn how to write effective lesson plans using unit lesson plans, weekly lesson plans and agenda scripts.

Other Info: In Person, Learning Partners Representative; Partner Organization; Program/Project Coordinator; Site Coordinator; Specialistf. 2.5- 3 hours

THE SIX DIMENSIONS OF QUALITY

Description: Participants will learn the purpose behind unit lesson plans, weekly lesson plans and an agenda script, along with how to properly implement these tools with their own staff for an effective instruction time.

Other Info: In Person, front line staff. 1.5- 2 hours

UNDERSTANDING STRESS

Description: Participants will learn the difference between good and toxic stress, the impact of stress on the brain and body, and how to implement de-stressing techniques.

Other info: In Person, virtual-synchronous, front line staff. 1.5- 2 hours

WEIKART'S ASK-LISTEN-ENCOURAGE

Description: Participants will learn about effective communication strategies with youth through the Ask-Listen-Encourage model and be challenged to consider encouragement statements over praise statements.

Other info: In Person, virtual-synchronous for train the trainer, front line staff. 1.5- 2 hours



FRONT LINE STAFF (IST AND OST)

AN INTRODUCTION TO GROWTH MINDSET

Description: Learn about growth mindset from the perspective of Carol Dweck, and the advantages of using a growth mindset both personally and in the classroom.

Other info: In Person, virtual-synchronous/asynchronous for train the trainer, front line staff. 1.5-2 hours

CONFLICT MANAGEMENT: A DEEP DIVE

Description: Participants will learn techniques to help manage both internal and external conflict that adhere to the principles of Social Emotional Learning.

Other Info: In Person, front line staff. 2.5- 3 hours

EARLY CHILDHOOD BRAIN DEVELOPMENT

Description: Participants will discover the meaning of executive functioning, as well as factors that can adversely affect this development in young children.

Other Info: In Person, front line staff. 1.5- 2 hours.

GAMES THAT TEACH SEL

Description: Informal Education; Instructional Quality; Lesson Planning; Program Design; Program Quality; Social and Emotional Learning

Other Info: In Person, front line staff. 2.5 - 3 hours; Half Day (4)

GETTING RELATIONSHIPS RIGHT: A DEEP DIVE

Description: Participants will explore ways in which to build healthy relationships within their program as well as how to evaluate if their program is adequately committed to fostering strong relationships.

Other Info: In Person, front line staff. series

GETTING RELATIONSHIPS RIGHT: THE BASICS

Description: Participants will discover the power of building strong relationships with students and learn techniques that will foster this growth within their own programs.

Other Info: In Person, front line staff. .5-1 hour

HOW TOLERANCE CAN TRANSFORM YOUR CLASSROOM MANAGEMENT STRATEGY

Description: Participants will reevaluate their perceptions of classroom management and learn how to integrate concepts of Social Emotional Learning into their thinking and practice surrounding classroom management.

Other Info: In Person, front line staff. .5- 1 hour

PHASE 1- AN INTRO TO GROWTH MINDSET

Description: Learn about growth mindset from the perspective of Carol Dweck, and the advantages of using a growth mindset both personally and in the classroom.

Other Info: In Person, virtual-synchronous/asynchronous. front line staff. 1.5- 2 hours

PHASE 1- GETTING RELATIONSHIPS RIGHT

Description: Participants will learn about developmental relationships from the perspective of the Search Institute and evaluate those effects in their personal lives.

Other Info: In Person, virtual-synchronous/asynchronous. front line staff. 1.5- 2 hours

PHASE 1- INTRO TO CONFLICT MANAGEMENT

Description: Learn about your style of conflict management and how ineffective conflict management can be an unnecessary boundary.

*Other Info: In Person, virtual-synchronous/asynchronous. front line staff.
1.5- 2 hours*

INTRO TO SEL PART 1

Description: Participants will learn about SEL from the CASEL perspective, as well as its many advantages to students and programs.

Other Info: In Person, front line staff. 1.5- 2 hours

SEL CLASSROOM MANAGEMENT PART 1

Description: Learn how respect agreements, brain breaks, and expectations are integral to the successful implementation of SEL-focused classroom management.

*Other Info: In Person, virtual-synchronous/asynchronous. front line staff.
1.5- 2 hours*

A DEEP DIVE INTO SOCIAL EMOTIONAL LEARNING PART 2

Description: Learn both skills and activities to enhance your program's expertise in each of the five CASEL competencies.

Other Info: In Person, front line staff. 1.5- 2 hours

MANAGING INTERPERSONAL CONFLICT PART 2

Description: Participants will learn the effectiveness of breathing, I-statements and naming emotions in managing interpersonal conflict.

Other Info: In Person, front line staff.

UNDERSTANDING STRESS PART 2

Description: Participants will learn about the different types of stress, how stress can affect the body, and useful strategies to help deal with stress.

*Other Info: In Person, virtual-synchronous/asynchronous. front line staff.
1.5- 2 hours*

PROMISE CHAMPIONS INITIATIVE

Description: The Champion Training is a space for individuals to learn tips, strategies and tools that will assist Promise Champions with best practices to engage with their Dallas County Promise Scholar.

Other Info: In Person, volunteers. .5 - 1 hour; 1.5- 2 hours

REFLECTION AND EXTENDING ANSWERS

Description: Participants will leave with a campus plan how to integrate meaningful reflection.

Other Info: In Person, front line staff. 2.5- 3 hours

SEL 101-PART A AND B

Description: Participants will have the opportunity to learn about CASEL, acronyms, and five different competencies within social and emotional learning.

Other Info: In Person, front line staff. 1.5- 2 hours

SEL DALLAS FAMILY ENGAGEMENT TRAINING

Description: Participants will learn SEL Dallas' approach to Family Engagement

Other Info: In Person, front line staff. 1.5- 2 hours

SEL DALLAS TRAINING - PROJECT BASED LEARNING AND SERVICE LEARNING

Description: Participants will learn how to effectively plan, implement and reflect on project-based learning and service-learning projects in their program. Participants will have the opportunity to determine which type of project will work best for their needs.

Other Info: In Person, front line staff. 2.5- 3 hours; Half Day (4)

SEL DALLAS TRAINING - SEL OVERVIEW

Description: This course will go over the CASEL five competencies of self-awareness, self-management, social awareness, relationship building, and responsible decision making. It will also cover ACES, brain science, and developmental relationship building.

Other Info: In Person, front line staff. 2.5- 3 hours

SEL DALLAS TRAINING - SIGNATURE PRACTICES AND CLASSROOM MANAGEMENT

Description: Learn the importance of the three main signature practices- warm welcomes, engaging practices and optimistic closures. Learn about the most important aspects of classroom management and how they will influence a program's functioning.

Other Info: In Person, front line staff. 2.5- 3 hours; Half Day (4)

SEL DALLAS TRAINING - VIRTUAL BEST PRACTICES

Description: This course will allow participants to learn best practices for engaging students on virtual platforms, setting norms for synchronous SEL practices, and creating a virtual bitmoji classroom.

Other Info: In Person, front line staff. .5- 1 hour

SEL DALLAS WORKSHOP - FAMILY ENGAGEMENT

Description: Participants will learn how family engagement can positively affect the overall quality of an OST program. Additionally, participants will learn helpful strategies to effectively implement family engagement in their programs.

Other Info: In Person, front line staff. .5 - 1 hour; 1.5- 2 hours

SEL DALLAS WORKSHOP - GETTING STARTED WITH SEL

Description: Participants will learn a broad overview of SEL. Participants will explore the definition of SEL and gain understanding of what it means to begin using, implementing, and embedding SEL into programming.

Other Info: In Person, front line staff. .5- 1 hour

SEL DALLAS WORKSHOP - LANGUAGE & MINDSET

Description: Participants will learn about the potential impact that positive language can have within their program. Participants will reflect on the power of a growth mindset and learn strategies to implement that within their program

Other Info: In Person, front line staff. .5 - 1 hour; 1.5- 2 hours

SEL DALLAS WORKSHOP - OST SEL CURRICULUM

Description: In these site-based mini-workshops, participants will learn to implement components of the OST SEL Curriculum, including how to lead the explicit skills activities, how to lead read-alouds and literacy extension activities, and how to lead SEL integration guiding questions/reflections. Often this course is offered as a "look forward" to the next unit/lesson of implementation.

*Other Info: In Person, front line staff.
.5 - 1 hour*

SEL DALLAS WORKSHOP - PROGRAM LOGISTICS

Description: Participants will learn about key logistical aspects for a well-run program, that include schedule and systems, respect agreements and relationship building.

Other Info: In Person, front line staff. .05 - 1 hour; 1.5- 2 hours

SEL DALLAS WORKSHOP - RELATIONSHIPS TO REDIRECT SEL

Description: Participants will evaluate the relationships within their program and understand the importance of positive redirection for a healthy program.

Other Info: In Person, front line staff.

SEL DALLAS WORKSHOP - STRESS MANAGEMENT

Description: TBD

Other Info: In Person, front line staff. .5 - 1 hour

SEL OBSERVATION & COACHING CAMPUS TRAINING

Description: Participants will understand the expectations for the SEL observational tool modified from CASEL. Participants will also gain knowledge on how to self score, calibrate, and set goals with an SEL specialist, to ensure quality SEL instruction.

Other Info: In Person, front line staff. .5- 1 hour

SEL OBSERVATIONS PART 1 & PART 2

Description: This course will allow participants to understand the what, how, and why in observing and scoring OST SEL.

*Other Info: Part 1 is virtual/asynchronous/Part 2 is virtual/synchronous.
front line staff. 1.5- 2 hours*

SEL SIGNATURE PRACTICES

Description: Participants will have an opportunity to learn, practice, and understand SEL signature practices: warm-welcome, engaging practices, and optimistic closing.

Other Info: In Person, front line staff. 1.5- 2 hours

SOCIAL EMOTIONAL LEARNING AND THE TEENAGER

Description: Participants will learn how to effectively incorporate Social Emotional Learning strategies into their programs with teenagers, such as active listening and mindfulness.

Other Info: In Person, front line staff. 2.5- 3 hours

SOCIAL EMOTIONAL LEARNING FOR THE ADULT

Description: Participants will be introduced to concepts and tools that will allow them to implement social emotional practices into their daily interactions and personal lives, such as active listening, I-statements and metamoments.

Other Info: In Person, front line staff. 2.5- 3 hours

STAFF BUY-IN FOR SEL

Description: Participants will learn how to engage their staff with Social Emotional Learning through practice and evidence-based research.

Other Info: In Person, front line staff. 1.5- 2 hours

TEACH YOUR STAFF TO WRITE LESSON PLANS

Description: Participants will learn how to write effective lesson plans using unit lesson plans, weekly lesson plans and agenda scripts.

Other Info: In Person, Learning Partners Representative; Partner Organization; Program/Project Coordinator; Site Coordinator; Specialistf. 2.5-3 hours

TEENAGE BRAIN AND HOW TO EFFECTIVELY ENGAGE WITH YOUTH

Description: Participants will learn about typical functions and development of the brain, the effects of trauma on the brain and different ways to interact with adolescents.

Other info: In Person, virtual-synchronous for train the trainer, front line staff. 1.5-2 hours

THE INTERSECTION OF CONFLICT MANAGEMENT AND SEL

Description: Participants will be introduced to the basics of managing conflict within themselves and externally using emotion identification, I-Statements and breathing techniques.

Other Info: In Person, front line staff. .5- 1 hour

THE SIX DIMENSIONS OF QUALITY

Description - Participants will learn the purpose behind unit lesson plans, weekly lesson plans and an agenda script, along with how to properly implement these tools with their own staff for an effective instruction time.

Other Info: In Person, front line staff. 1.5- 2 hours

UNDERSTANDING STRESS

Description: Participants will learn the difference between good and toxic stress, the impact of stress on the brain and body, and how to implement de-stressing techniques.

Other info: In Person, virtual-synchronous, front line staff. 1.5- 2 hours

WEIKART'S ASK-LISTEN-ENCOURAGE

Description: Participants will learn about effective communication strategies with youth through the Ask-Listen-Encourage model and be challenged to consider encouragement statements over praise statements.

Other info: In Person, virtual-synchronous for train the trainer, front line staff. 1.5- 2 hours



TRAINING OF THE TRAINER (TOT)

A BRIEF INTRODUCTION FOR SEL (TRAIN THE TRAINER)

Description: Participants will learn how to effectively introduce others to the basics of Social Emotional Learning from the CASEL perspective and practice the implementation of this training.

Other info: virtual-synchronous/asynchronous for train the trainer, front line staff. 2.5-3 hours

AN INTRODUCTION TO GROWTH MINDSET: TRAIN THE TRAINER

Description: Participants will be introduced to the concept of growth mindset and exposed to ways in which growth mindset has been positively implemented with students.

Other Info: In Person, virtual-synchronous/asynchronous for train the trainer. 5-1 hour

GETTING RELATIONSHIPS RIGHT: TRAIN THE TRAINER

Description: Participants will learn how to effectively teach their staff the power of building strong relationships, along with techniques that will foster this growth within their own programs.

Other Info: In Person, virtual-synchronous/asynchronous for train the trainer. 2.5- 3 hours

SEL OBSERVATION & COACHING CAMPUS TRAINING (TRAIN THE TRAINER)

Description: Participants will understand the expectations for the SEL observational tool modified from CASEL. Participants will also gain knowledge on how to self score, calibrate, and set goals with an SEL specialist, to ensure quality SEL instruction.

Other Info: In Person, virtual-synchronous/asynchronous for train the trainer. .5- 1 hour

SEL OBSERVATIONS PART 1 & PART 2 (TRAIN THE TRAINER)

Description: This course will allow participants to understand the what, how, and why in observing and scoring OST SEL.

Other Info: Part 1 is virtual/asynchronous/Part 2 is virtual/synchronous. front line staff. 1.5- 2 hours

THE INTERSECTION OF CONFLICT MANAGEMENT AND SEL (TRAIN THE TRAINER)

Description: Participants will learn how to introduce their staff to the basics of managing conflict using emotion identification, I-Statements and breathing techniques.

Other Info: n person, virtual-synchronous for train the trainer. 2.5- 3 hours

UNDERSTANDING STRESS (TRAIN THE TRAINER)

Description: Participants will learn the difference between good and toxic stress, the impact of stress on the brain and body, and how to implement de-stressing techniques.

Other info: In Person, virtual-synchronous for train the trainer, front line staff. 1.5- 2 hours

IN ADDITION...

Big Thought will offer courses for administration, frontline staff, and “Train the Trainer” in SEL coaching, Culturally Responsive Teaching, Healing Centered Engagement, Diversity, Equity, and Inclusion that are synchronous, asynchronous and in-person.