

The Social Brain: Relationships, Stress, & Optimal Learning

3 P Credits offered through After School Professional Development Program (ASPDP)
36 Hours

Course Description and Objectives:

Course participants learn foundational principles related to the brain's structure, functioning, and development, especially related to relationships and stress, in order to better create, through definite actions, a conducive learning environment. Optimal stress levels will be examined, and ways to manage and reduce stress will be taught. Attachment theory will be discussed, and classroom relationships evaluated as to whether they enhance or diminish the students' capacity for learning. Practical ways to improve the health of relationships in the social environment of the classroom and school will be provided, in order to optimize learning and to prevent bullying and teacher burnout.



Course Outline:

Session 1: The Basics of the Social Brain: Its Structure, & How It Works, Develops and Learns

Session 2: The Impact of Stress on Development and Learning

Session 3: Relationships, Attachment Styles, and the Effects on Learning

Session 4: Psychosocial Factors of an Environment Conducive to Learning

Session 5: Bullying & Burnout – Causes, Effects, & Preventative Measures

Session 6: Final Project – Online Presentation of Research on Related Topic of Interest