

## The Social Brain: Relationships, Stress, & Optimal Learning (NYC ASPDP Version)

### Credits through After School Professional Development Program (ASPDP)

Register with ASPDP to earn P-credits and CTLE hours.

### Total course hours

3 P-credits = 36 coursework hours.

### Summer 2019 semester dates

Start coursework on June 17, 2019 and finish by September 6, 2019.

Register with ASPDP by August 12, 2019.

### Start your online coursework

Go to [quikitech.com/nyc](http://quikitech.com/nyc) and log in to access your course portal.

### Aligned with Danielson's Framework for Teaching, including Components:

- 2b: Establishing a Culture for Learning
- 4a: Reflecting on Teaching

### Aligned with Next Generation Standards, including:

- Lifelong Practices of Readers: Readers think, write, speak, and listen to understand
- Lifelong Practices of Writers: Writers write for multiple purposes, including for learning and for pleasure (personal narrative writing is one strategy for developing improved health & connections)

(Course is also aligned to NYS Standards for Health, and NYC Applied Learning Standards.)

**Course Description:** 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, including improved listening and speaking skills and effective - and therapeutic - writing practices (aligned with Next



Generation Learning Standards). 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:** This course consists of 6 sessions.

**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