**The Social Brain: Relationships, Stress, & Optimal Learning**

**After School Professional Development Program (ASPDP) registration required**  
New York City district participants seeking P/A+ credits towards a Master’s +30 or any other salary differential must complete additional registration with ASPDP. When available, register for the course on the ASPDP website during the semester you are completing coursework. The ASPDP course catalog is found here: <https://pci.nycenet.edu/aspdp/Course/Search>.

**Credits earned upon completion of semester coursework**  
Earn 3 P/A+ Credits and 45 CTLE hours upon successful completion of semester coursework. Time spent engaged in the course is reviewed by our instructors and staff members.

**To start your online coursework**

First, purchase on quikitech.com the individual course or a multi-course bundle (you will be able to select the course as part of your course bundle when the semester begins). Second, log in to your Quikitech account to access your course link.

**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

**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.)

Any questions? Please ask our Support Team at [support@quikitech.com](mailto:support@quikitech.com).