TRAUMA-SENSITIVE SCHOOLS AND CLASSROOMS

shop.ascd.org
The shifts in teaching and learning that you and your students have had to make over the past few months have been physically and mentally draining.

As leaders, you must be mindful of balancing your needs while empowering and engaging your students and giving them a say in their education. To ease your struggles, we have specially curated popular ASCD titles to help you address your needs and aid you as you work to meet your students’ social and emotional needs during these trying times.
New Resources
Support Your Students’ Learning and Well-Being

NEW!
Improving Student Learning One Teacher at a Time, 2nd Edition
Jane E. Pollock and Laura J. Tolone
This book combines updated research and real-world stories to demonstrate how a sole teacher can make a difference in student performance. One key ingredient is added to the classic three-part curriculum-instruction-assessment framework—feedback. Teachers will find it easy to build better curriculum documents, research-based instruction, assessment that maximizes feedback, and feedback that tracks and reports students’ progress by standards.

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Print $27.95 $22.36
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NEW!
Engaging Students in Reading All Types of Text Quick Reference Guide
Pam Allyn and Monica Burns
New kinds of text are constantly emerging through various media platforms, which creates exciting opportunities to embrace all the ways students can interact with what they read. Pam Allyn and Monica Burns give you tips and tools to help students read widely, critically, deeply, closely, and socially. They also share online tools, discussion questions, and assessment guidelines built on best practice to show how teaching readers to effectively and efficiently navigate text in digital spaces can help them meaningfully engage with all types of text.

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Stock # QRG121059C2
ISBN 978-1-4166-3006-7

NEW!
Giving Students a Say: Smarter Assessment Practices to Empower and Engage
Myron Dueck
Assessment, an essential part of teaching and learning, too often leads to misleading conclusions—sometimes with dire consequences for students. Educator and best-selling author Myron Dueck draws from his firsthand experience to show you that putting student voice and choice at the center of the process can improve assessment practices so that the results are accurate, meaningful, informative, and fair.

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From Traditional Framework to the Big Four

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—from Improving Student Learning One Teacher at a Time, 2nd Edition by Jane E. Pollock and Laura J. Tolone. © 2020 by ASCD. All rights reserved.
Help Meet Your Students’ Social-Emotional Needs

Educators around the globe are working through a dramatic shift in their teaching practice. Along with technical struggles, students are experiencing unprecedented trauma that affects their learning. For teachers, principals, and education leaders alike, managing change and helping their students cope with trauma is crucial in overcoming challenges and breaking through to success.

Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom
Kristin Souers with Pete Hall
Kristin Souers and Pete Hall explore an urgent and growing issue—childhood trauma—and its profound effect on learning and teaching. As an educator, you face the impact of trauma in your classroom every day. Let this book be your guide to seeking solutions to building relationships that allow students to grow, thrive, and learn at high levels. Discover how you can cultivate a trauma-sensitive learning environment for students across all content areas, grade levels, and education settings.

Fostering Resilient Learners PD Online Course (Reimagined)
Each year, schools are encountering more and more students who are entering the classroom burdened by the overwhelming stress of trauma or psychological scars of neglect and abuse. After taking this course, learners will understand how trauma affects learning and how to create a trauma-sensitive classroom. Through self-reflection, readings, and videos, learners will come away with instructional strategies to foster resilient learners.

Universal Trauma-Invested Relationship-Enhancing Strategies

1. Say “Good morning.”
2. Smile.
3. Ask questions.
4. Listen.
5. Say the person’s name.
6. Say something kind.
7. Give hugs, high-fives, and handshakes.
8. Whisper-wish.
9. Work as a team.
10. Offer tangibles.

—from Relationship, Responsibility, and Regulation: Trauma-Invested Practices for Fostering Resilient Learners by Kristin Van Marter Souers with Pete Hall. © 2018 by ASCD. All rights reserved.
Teaching and Supporting Students Living with Adversity Quick Reference Guide

Debbie Zacarian and Lourdes Alvarez-Ortiz

Research demonstrates the urgent need to use an asset-based rather than a deficit-based approach when teaching students living with adversity. In this quick reference guide, Debbie Zacarian and Lourdes Alvarez-Ortiz outline five keys to supporting students living with trauma, violence, and chronic stress. The guide’s strategies and examples will help teachers create a strengths-based learning environment where students feel safe, valued, and competent.

(ASCD Quick Reference Guide, 2020) 8 1/2” x 11”, 3-hole punched, 3 laminated panels, 6 pages

Format | List Price | Member Price
Print | $12.95 | $9.95
Stock # | QRG120035C2
ISBN | 978-1-4166-2888-0

Trauma-Invested Practices to Meet Students’ Needs Quick Reference Guide

Kristin Souers and Pete Hall

You are looking for solutions to help all your students succeed. This quick reference guide introduces the new three Rs of education: relationship, responsibility, and regulation. These three Rs will support teachers in designing interventions aimed at meeting four areas of student need: emotional, relational, physical, and control.

(ASCD Quick Reference Guide, 2019) 8 1/2” x 11”, 3-hole punched, 3 laminated panels, 6 pages

Format | List Price | Member Price
Print | $12.95 | $9.95
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ISBN | 978-1-4166-2802-6

Teaching to Empower: Taking Action to Foster Student Agency, Self-Confidence, and Collaboration

Debbie Zacarian and Michael Silverstone

We want our students to master academic standards, and we want them to find meaning and satisfaction in their lives. Achieving these goals requires a concerted focus on the social-emotional skills that empower students in and beyond the classroom. In Teaching to Empower, Debbie Zacarian and Michael Silverstone explore what an empowered student looks like in contemporary schools and show you how to foster an inclusive culture of agency, self-confidence, and collaboration that will give each of your students the tools to become an active learner, thoughtful community member, and engaged global citizen.

(ASCD book, 2020) 7” x 9”, 178 pages

Format | List Price | Member Price
Print | $28.95 | $23.16
E-Book | $27.99 | $22.16
Stock # | 120006C2

Teaching to Strengths: Supporting Students Living with Trauma, Violence, and Chronic Stress

Debbie Zacarian, Lourdes Alvarez-Ortiz, and Judie Haynes

If you work with students who are experiencing or have experienced trauma, violence, or chronic stress, you know that little has been written about teaching this population and doing so from a strengths-based perspective. This ASCD book outlines a comprehensive approach to teaching that focuses on students’ strengths and resiliency. It also encourages educators to embrace teaching and schoolwide practices that support and enhance the academic and socio-emotional development of students living with trauma, violence, and chronic stress.

(ASCD book, 2017) 7” x 9”, 204 pages

Format | List Price | Member Price
Print | $30.95 | $24.76
E-Book | $29.99 | $23.76
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ISBN | 978-1-4166-2640-8
Integrate Social-Emotional Learning into Your Curriculum

How can educators integrate social-emotional learning into everyday content, and how can schools measure its impact? Find answers to these questions and real-life examples that show you how to find opportunities for social-emotional learning within the K–12 curriculum.
Social-Emotional Learning and the Brain: Strategies to Help Your Students Thrive
Marilee Sprenger

Learn how you can awaken your students’ awareness and ensure a positive learning experience. Sprenger addresses how you can create supportive classroom environments by helping students, many of whom carry the burden of adverse childhood experiences, manage their behavior. This essential guide offers an easy-to-understand explanations of brain activity and dozens of specific strategies for all grade levels to creating and improving outcomes.

(ASCD Premium, Select, and Institutional Plus Member book, September 2020) 6” x 9”, 200 pages

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Best Seller!
The Formative Five: Fostering Grit, Empathy, and Other Success Skills Every Student Needs
Thomas R. Hoerr

For success in school and in life, students need more than academic proficiency and good test scores. Author Tom Hoerr shows how to foster the “Formative Five” attributes (empathy, self-control, integrity, embracing diversity, and grit) that today’s students need. When students are engaged in understanding and developing these five skills, mindsets change and expectations for student learning are raised.

(ASCD Premium, Select, and Institutional Plus Member book, November 2016) 6” x 9”, 200 pages

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Fostering Grit: How do I prepare my students for the real world?
Thomas R. Hoerr

In addition to teaching students how to read, write, and calculate, you want students to acquire other skills for success in the real world. That means teaching them to develop grit—a combination of tenacity and perseverance and a willingness to take risks and bounce back from failure. Explore what teaching for grit looks like, and get a sample lesson plan with self-assessments and a six-step process applicable across grade levels and content areas to help students build skills they need.

(ASCD Arias publication, 2013) 5” x 7 3/4”, 48 pages

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NEW!
Social-Emotional Learning and the Brain: Strategies to Help Your Students Thrive
Marilee Sprenger

Learn how you can awaken your students’ awareness and ensure a positive learning experience. Sprenger addresses how you can create supportive classroom environments by helping students, many of whom carry the burden of adverse childhood experiences, manage their behavior. This essential guide offers an easy-to-understand explanations of brain activity and dozens of specific strategies for all grade levels to creating and improving outcomes.

(ASCD Premium, Select, and Institutional Plus Member book, September 2020) 6” x 9”, 219 pages

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Social-Emotional Learning PD Bundle

Learn how you can foster a safe and positive learning environment for your students by building relationships and connections that enable you to respond to their social and emotional needs. This 10-hour PD bundle includes a customized remote learning experiences, in which you’ll consult and collaborate with our team of skilled practitioners to devise an exception learning experience.

You’ll select from a combination of remote keynote speakers, collaborative workshops, and one-on-one support with our ASCD Faculty to help you integrate SEL into your learning environment.

https://professional-development.ascd.org/main
Explore Ways to Better Manage the Stresses of Being a Classroom Teacher

Whether your school is employing in-person, virtual, or hybrid instruction, you’ll need help as you work to stave off burnout and recharge your love of teaching—and ASCD is here for you.

We designed our resources to help you practice mindfulness, manage your time, and elevate your voice and the voices of your students.

**Mindfulness in the Classroom: Strategies for Promoting Concentration, Compassion, and Calm**

*Thomas Armstrong*

In today’s schools, students and teachers feel unprecedented—even alarming—levels of stress. How can we create calmer classrooms in which students concentrate better and feel more positive about themselves and others? Author Thomas Armstrong offers a compelling answer in the form of mindfulness, a secular practice he defines as the intentional focus of one’s attention on the present moment in a nonjudgmental way. Dozens of observations from students and educators provide evidence of the power of mindfulness and offer hope to anyone who wants to make classrooms more productive places of learning.

(ASCD Premium, Select, and Institutional Plus Member book, Editor’s Selection, July 2019) 6” x 9”, 160 pages

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**The Power of Voice in Schools: Listening, Learning, and Leading Together**

*Russ Quaglia, Kristine Fox, Lisa Lande, and Deborah Young*

For nearly four decades, Russ Quaglia has been laying the groundwork to transform schools through student voice. That deep commitment is reflected in this inspirational book. Quaglia and his coauthors synthesize the thoughts and feelings of hundreds of thousands of stakeholders and offer a vision for schools where everyone’s voice matters. To that end, *The Power of Voice in Schools* articulates the lessons learned from listening to these voices over the past decade and suggests concrete strategies for combined teams of students, teachers, parents, and administrators to make a difference together.

(ASCD book, 2020) 7” x 10”, 224 pages

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**Practical Tips for Successful Mindfulness Programs**

- Have students discuss their experiences after mindful practices.
- Consider the time and space for mindfulness.
- Anticipate normal distractions.
- Use technology.
- Share your own experiences with mindfulness.
- Let students be involved in leading mindful practices.
- Don’t use mindfulness practices as a substitute for classroom control.

—From *Mindfulness in the Classroom: Strategies for Promoting Concentration, Compassion, and Calm* by Thomas Armstrong. © 2019 by ASCD. All rights reserved.
The Resilient Teacher: How do I stay positive and effective when dealing with difficult people and policies?

Allen Mendler

As every educator knows all too well, teaching can be an incredibly challenging profession. Whether the challenges are rooted in district policies, colleagues’ actions, or student behaviors, the effect on teachers is always the same: frustrating and demoralizing. In The Resilient Teacher, Allen Mendler offers simple but effective strategies for dealing with a variety of thorny situations that most teachers will face in their careers. In these pages, you will find the solutions you need to resolve common problems quickly and neatly—and to bounce back stronger than ever.

(ASCD Arias publication, 2014) 5” x 7 3/4”, 48 pages

Manage Your Time or Time Will Manage You: Strategies That Work from an Educator Who’s Been There

PJ Caposey

In this book, award-winning educator PJ Caposey goes beyond practical suggestions for time management to look at the deeper problems behind educator time management challenges and offers different roads to improvement, depending on the cause. For instance, the person who struggles with time management because he is work avoidant needs different solutions than the person who struggles with time management because she never says no to anybody. With educators’ tight schedules in mind, the author helps educators better understand themselves and those they serve and make positive changes to take control of their time.

(ASCD Premium Member book, August 2018) 6” x 9”, 135 pages

Fighting Educator Burnout

This special issue of Educational Leadership takes a step toward redressing the balance in today’s education climate by exploring ways schools and educators themselves can work to mitigate stress and burnout amid heightened accountability pressures and spiraling initiatives. To thrive in schools, today’s educators need a broad range of resources and support that go beyond the strictly academic. School systems need to be mindful of the whole person dimension of the often emotionally demanding work educators do.

(Educational Leadership magazine, online-only issue, June 2018) Volume 75

To subscribe to EL and access magazine archives, go to www.ascd.org/educationalleadership

Mental Health for Educators

This issue highlights ideas and programs for promoting teacher well-being and mental health and explores ways schools can provide better supports to help stave off burnout, depression, and anxiety. Educator mental health need not be the “elephant in the classroom” any longer.

(Educational Leadership® magazine, December 2020/January 2021) Volume 78 | Number 4

Personalized Professional Learning: A Job-Embedded Pathway for Elevating Teacher Voice

Allison Rodman

According to Allison Rodman, it’s time to say goodbye to “sit-and-get, one-size-fits-all” PD sessions and embrace professional learning that meets the needs of all teachers. Supported by research and informed by the experiences of educators across the United States, this book distills best practices for adult learning into clear advice and ready-to-use tools for leaders who are tired of the status quo and ready to commit to a professional learning model that prioritizes teacher voice and provides meaningful opportunities for co-creation, social construction, and self-discovery.

(ASCD Premium Member book, May 2019) 7” x 9”, 168 pages

The Resilient Teacher: How do I stay positive and effective when dealing with difficult people and policies?

Allen Mendler

As every educator knows all too well, teaching can be an incredibly challenging profession. Whether the challenges are rooted in district policies, colleagues’ actions, or student behaviors, the effect on teachers is always the same: frustrating and demoralizing. In The Resilient Teacher, Allen Mendler offers simple but effective strategies for dealing with a variety of thorny situations that most teachers will face in their careers. In these pages, you will find the solutions you need to resolve common problems quickly and neatly—and to bounce back stronger than ever.

(ASCD Arias publication, 2014) 5” x 7 3/4”, 48 pages
Stress-Busting Strategies for Teachers: How do I manage the pressures of teaching?

M. Nora Mazzone and Barbara J. Miglionico

Does stress keep you up at night? Is there never enough time to do what you want and need to do at school and at home? Veteran educators Nora Mazzone and Barbara Miglionico have been there, too. Here, they offer simple, proven tactics to help you manage the stresses of being a classroom teacher. Choose to act now so that you can look forward to entering the classroom every day for many years and finding and keeping a healthy balance between work and home.

(ASCD Arias publication, 2013) 5” x 7 3/4”, 48 pages

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ON SALE!
The Well-Balanced Teacher: How to Work Smarter and Stay Sane Inside the Classroom and Out

Mike Anderson

While there are already many books about how to deal with stress and take care of your health, this one takes into account a teacher’s heavy workload and busy lifestyle. The author, an experienced teacher himself, avoids the blithe simplicity of typical “self-help” books to give you factual evidence, realistic steps, and straight-talk advice you can use immediately. So instead of always shoving your personal needs into the background, here’s your chance to address them head-on and do a better job for your students by taking better care of yourself.

(ASCD book, 2010) 7” x 9”, 125 pages

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Teach, Reflect, Learn: Building Your Capacity for Success in the Classroom

PD Online Course (Reimagined)

In this course, you will have the opportunity to deepen your knowledge, hone your self-reflective skills, and ultimately build your capacity for success. This course has been carefully constructed for you, the classroom teacher—no matter your years of experience or amount of expertise. You will discover how to take charge of your own learning and follow one of four differentiated paths on the journey to grow your personal capacity, maximize your influence through continuous improvement, and grow as a reflective practitioner and a skilled educator.

(ASCD online course, 2015) Self-paced asynchronous online course. Upon completion, learners will be awarded an ASCD certificate worth up to 20 clock hours.

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- The Empowered Principal: April 21, 2021

ASCD National Conference (formerly Empower)
- Empowered and Connected: June 23–25, 2021

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