Rebuilding School Support: Supporting Student Well-Being in a COVID World
hello!

I AM

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Learning Objectives

1. Participants will develop strategies for personal wellness and self-care
2. Participants will apply research on the importance of relationship building by designing connection activities to use with students
3. Participants will evaluate approaches to support struggling students in academic or social/emotional domains.
Things have Changed!

- COVID-19 has resulted in schools shutting down all across the world. Globally, over 1.2 billion children are out of the classroom (Li & Lalani, 2020).
- As a result, education has changed dramatically, with the distinctive rise of e-learning, whereby teaching is undertaken remotely and on digital platforms.
Under normal circumstances teaching is a stressful occupation, even more so with all that is happening in our world. Research shows that teachers who are under stress have a greater tendency to mismanage, classrooms, are less attentive to students, and struggle to form necessary relationships with their students. It is imperative that school staff address their own social and emotional needs in order to serve students well.
Burnout – What causes it?

- Workload
- Perceived Lack of Control
- Empathetic/Empathic Flooding
- Lack of Reward/Recognition
- Negative Community/Environment

- Mismatched Values
- Lack of Support
- Poor Boundaries
- Lack of Restorative
Burnout – What does it look like?

◎ Sleep Issues: insomnia or exhaustion
◎ Physical Issues: headaches, high blood pressure, muscle tension
◎ Physiological symptoms: apathy, irritability, anxiety and depression
◎ Feeling Ineffective/Lacking Accomplishment
Educator Burnout

As many as 41.3% of all teachers in the US will leave the profession within the 1st five years (Campbell, 2020)

What can we do to turn this around?
Honest Inventory

The Traumatology Institute Burnout Assessments

Burnout Self-Test
https://www.mindtools.com/pages/article/newTCS_08.htm

NAMI Self-Care Inventory
Self-Care/Restorative Plan

It is important to establish preventative practices AND ALSO a plan for restoring your self when burnout starts to creep in.
Self-Care Assessment Worksheet:

Access a blank Self-Care Wheel here:
Human connection is a vital part of well-being. During the last several months students, families and school staff have not had the same level of interaction with others that they were previously accustomed to. Peer to peer relationships are important for social and academic development. As the Social Learning Theory asserts, learning takes place in a social context. In addition, relationships between teachers and students can increase engagement, promote positive behaviors, and positively impact academic gains.
Let’s Connect

Communication
● Weekly announcements/weekly recap
● Prompt replies to email/phone calls
● Video engagement
● Timely feedback

Social Learning/Online Learning Communities
● Connect with professor
● Connect with peers

Make your classes engaging with:
● Role Plays
● Video chats, discussions, presentations
● Recorded demonstrations
● Internet Scavenger Hunt
● Padlet
● Poll Everywhere
● Pear Deck
Emerging research is showing that this year’s regression may be as much as double as what has been seen in previous years. This is particularly true for low social-economic-status students who may not have had access to necessary technology to engage in online learning, or who lack the support at home to continue education without the structure of school. In addition to academic regression, students may struggle without the social and emotional resources that a school provides. Often school counselors provide the only mental health services that students can access. Therefore, school staff need to be prepared to meet the academic and mental health needs that students have as they return to school.
Fill the Gaps

**Academic**
- Don't expect miracles
- Use Benchmark Testing
- Scale expectations
- Meet them where they are

**Emotional**
- Acknowledge uncertainty
- Genuinely care
- Allow space for sharing feelings

**Social**
- Encourage interactions with peers
- Provide opportunities for non-academic discussions
- Consider online hangouts
Academic Interventions

- Use benchmark testing to find the gaps
- Adjust Tier 1 Classroom Instruction to fill gaps that more than 80% of your students have
  - Unit reviews
  - Drills for key concepts
  - Supplemental resources
- Use intervention resources to target the gaps that only 20% of your students have
  - Intervention Central: https://www.interventioncentral.org/response-to-intervention
  - Intervention Hero: https://www.interventionhero.com/academic
Social/Emotional Interventions

- Create Class/School Community
  - Consistent Expectations
  - Good Things
  - Student of the Week/Month
  - Shout outs

- Intervention Central: https://www.interventioncentral.org/rti_behavior_2

- PBIS World: https://www.pbisworld.com/

- Solution Tree: https://www.solutiontree.com/
thanks!

ANY QUESTIONS?

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References


