



# **PROFESSIONAL LEARNING CATALOG**

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**SPRING 2024**

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# COURSE OFFERINGS BY SUBJECT

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Learning opportunities are organized by topic below. PDUs are available for all opportunities and \$50 semester undergraduate and graduate credits are available for some courses (designated with an \*) and all micro-credentials. All event times are in Pacific Time. Questions? Email [OEALearn@oregoned.org](mailto:OEALearn@oregoned.org)



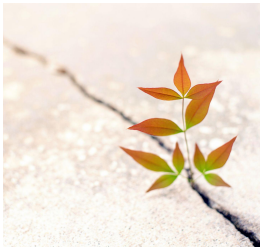
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## 01

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### SAFE, WELCOMING & INCLUSIVE SCHOOLS

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## 02

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### WELLNESS & RESILIENCY

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## 03

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### TEACHING & LEARNING

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## 04

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### LICENSURE

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## 05

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### MICROCREDENTIALS

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# 01

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## SAFE, WELCOMING & INCLUSIVE SCHOOLS

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# Safe, Welcoming & Inclusive Schools

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## **New! SPED Connect: Building Bridges, Empowering Educators - Affinity Group**

**Level:** Foundational/Intermediate/Advanced\*\*

**Dates and Times:** TWO Thursdays, April 25 and May 23 from 5:00-6:15 p.m.

**Cost:** 0\$, free as a benefit of membership; non-members \$100

*\*\*This event is exclusive to Special Education professionals.*

Facilitators: Billy Ray & Malory Turner

**[Register Here](#)**

Join us for our first ever pilot program of the Special Education Affinity Group, aimed at fostering connection, unity, and support among Special Educators throughout our state. These (2) 75-minute sessions, will provide a platform for networking, resource sharing, and community building. Participants can expect engaging discussions about best practices, collaborative activities to explore and solve issues within our scope (parent partnership, documentation, advocacy, policy, administrative constraints, etc.), and the opportunity to attain valuable insights and strategies from fellow educators. Whether you're a seasoned or new Special Education professional, this opportunity offers a space to connect, grow, and thrive together. Earn up to 3 PDUs while investing in your professional development and expanding your network within the SPED community. Don't miss out on this opportunity to be part of SPED Unity!

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# Safe, Welcoming & Inclusive Schools

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## Special Education Inclusion Best Practices - Course\*

**Level:** Foundational/Intermediate

**Dates and Times:** April 16-May 21. Live sessions (6) on Tuesdays from 6:00-7:00 p.m.

**Cost:** 0\$, free as a benefit of membership; non-members \$225. Optional one graduate or undergraduate semester credit for \$50.

[Register Here](#)

In this six-week course, learn about best practices for special education inclusion from two expert practicing OEA members. Topics include inclusion practices, barriers, and impacts, special education systems and supports, inclusive instructional designs, transformative family engagement, community services, and more. Earn PDUs OR one semester academic credit.

Facilitators: Venus Reeve and Niels Pasternak

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## Efficiency Strategies for Working with Special Education Students - Webinar

**Level:** Foundational/Intermediate

**Date and Time:** Thursday, April 18 from 5:00-6:00 p.m.

**Cost:** 0\$

[Register Here](#)

This session was designed exclusively for special education teachers seeking to enhance their efficiency and organizational skills, specifically with regard to case management. It is crafted to empower educators with practical strategies, focusing on crucial aspects like preparing for IEPs, mastering stakeholder communication, and optimizing to-do lists.

Facilitator: Alyssa Potasznik

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# Safe, Welcoming & Inclusive Schools

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## Becoming a Trauma Informed Educator Series

Students thrive in safe, welcoming and inclusive schools. Building a strong school community takes intentional work and requires educators and school staff to build their skills in understanding student behavior, using trauma informed practices, and knowing how to respond to students who are struggling. OEA remains committed to supporting members in developing these skills. OEA members can build their skills through these learning opportunities.

- Becoming a Trauma Aware Educator Course – Beginning
- Becoming a Trauma Sensitive Educator Course – Intermediate
- Becoming a Trauma Responsive Educator Course – Advanced
- Becoming a Trauma Informed Educator Course - Applied Learning

Each 7-week course includes live sessions, forum discussions, and weekly activities and readings. Members should take courses sequentially and not concurrently with other trauma informed courses. PDUs OR academic credit available for each course.

Oregon Education Association

## Becoming a Trauma Informed Educator

A learning journey

|  |  |                                   |  |                                    |
|--|--|-----------------------------------|--|------------------------------------|
| <b>Trauma Aware</b>                                      | <b>Trauma Sensitive</b>                              | <b>Trauma Responsive</b>          | <b>Trauma Informed</b>                                       | <b>Trauma Leadership</b>           |
| Build awareness, examine mindset, and grow understanding | Deepen understanding and reflect on current practice | Integrate knowledge into practice | Conduct action research project to change practice or policy | Lead learning with other educators |
| Foundational   | Intermediate   | Advanced                          | Applied Learning   | Leadership                         |

[grow.oregoned.org](http://grow.oregoned.org)

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# Safe, Welcoming & Inclusive Schools

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## Becoming a Trauma Aware Educator - Course\*

**Level:** Foundational

**Dates and Times:** April 2-May 17 with weekly live sessions (7) on Tuesdays from 6:30-7:30 p.m.

**Cost:** Members \$0, free as a benefit of membership; non-members \$225. Optional two (2) undergraduate OR graduate credits for \$100.

[Register Here](#)

Traumatic experiences in students' lives can disrupt their education and their ability to be successful in school. In this 7-week course, educators will start their journey to becoming a trauma informed educator and build a foundation of behavior intervention, classroom management, and mental health. Participants will learn to recognize trauma in their schools and community, realize the impact of trauma on students' ability to learn, and respond in ways that resist re-traumatization and improve mental health and a strong community. Becoming a Trauma Aware Educator is the first course in a four-part learning series and is ideal for educators just learning about trauma in schools. The course is relevant for all members, including higher education members and ESPs. To be successful in this course, participants should expect to spend three to four hours per week engaged in asynchronous forum discussions, readings, and activities, and a weekly synchronous live session. Live sessions are recorded.

Facilitator: Roxanne Winston

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## Becoming a Trauma Sensitive Educator - Course\*

**Level:** Intermediate

**Dates and Times:** April 2-May. 17. Weekly live sessions (7) on Tuesdays from 5:00-6:00 p.m.

**Cost:** Members, \$0, free as a benefit of membership; non-members, \$225. Optional two (2) undergraduate OR graduate credits for \$100.

[Register Here](#)

Becoming a Trauma Sensitive Educator helps participants deepen their understanding of trauma informed education and how it supports behavior intervention, classroom management, and mental health. In this 7-week course, educators will learn more about how to create strong classroom communities, improve student and adult mental health, and approach behavior management through prevention. This course is relevant for all members, including higher education members and ESPs. This course is ideal for members who have completed the Becoming a Trauma Aware Educator Course or other foundational professional learning on trauma informed education. Live sessions are recorded for those that cannot participate synchronously.

Facilitator: Angela Adzima

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# Safe, Welcoming & Inclusive Schools

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## Changeable – Book Study\*

**Level:** Foundational/Intermediate

**Dates and Times:** April 1-May 17. Weekly live sessions (7) on Mondays from 5:00-6:00 p.m.

**Cost:** Members \$0, free as a benefit of membership; non-members \$200. Optional two (2) undergraduate OR graduate credits for \$100.

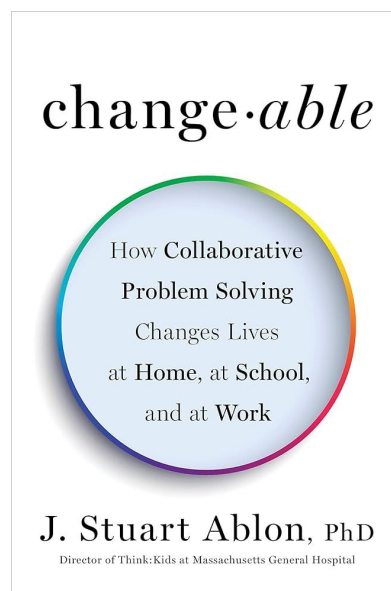
[Register Here](#)

In this book study, participants will learn about problem behavior and how to approach it by discussing *Changeable: How Collaborative Problem Solving Changes Lives at Home, at School, and at Work* by J. Stuart Ablon.

From the author's website: "Why is it so hard to change problem behavior -- in our kids, our colleagues, and even ourselves? Conventional methods often backfire, creating a downward spiral of resentment and frustration, and a missed opportunity for growth. What if the thinking behind these old methods is wrong? What if people don't misbehave because they want to, but because they lack the skills to do better? Or as renowned psychologist Dr. Stuart Ablon asks, what if changing the problem behavior is a matter of skill, not will?"

Opportunities for PDUs, credit, and a "choose your own book study adventure": meet virtually for informal discussion and/or reflect more deeply and develop plans for implementing new ideas and strategies for additional PDUs or undergraduate or graduate credit. OEA will provide copies of the print book to participants. Participants receiving a book from OEA must commit to participating in at least 50% of the discussions and/or assignments.

Facilitator: Mary Michael



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# Safe, Welcoming & Inclusive Schools

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## Social Emotional Learning - Self-paced Modules

**Self-awareness** is one of five competencies designated by The Collaborative for Academic Social, and Emotional Learning as crucial to effective social and emotional learning for children and adults. In this foundational SEL tutorial, learners gain a better understanding of their emotions, thoughts, behaviors, values, strengths, and challenges. The module introduces concepts and strategies for self-perception, self-efficacy, and self-confidence.

**Relationship skills** covers topics and activities that are key to building, maintaining, and restoring relationships: expressing care, building trust, listening, challenging growth, sharing power, and expanding possibilities. Learners will have the opportunity to reflect on their own relationships as well as their students' relationships.

**Level:** Foundational/Intermediate

**Cost:** Members: \$0, free as a benefit of membership; Non-members: \$25. Most participants complete these module in 90-120 minutes. Participants earn 2 PDUs for either module. There is no time limit and no facilitator.

**[Register Here](#)**

# 02

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## WELLNESS & RESILIENCY

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# Wellness & Resiliency

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## **Introduction to Mindfulness - Webinar**

**Level:** Foundational/Intermediate

**Date and Time:** Wednesday, May 1 from  
5:00-6:00 p.m.

**Cost:** 0\$

**[Register Here](#)**

Mindfulness is a wellness tool that can be used in your personal and professional life as well as with students. In this introductory session, we will discuss skills, tools, and benefits of mindfulness. We will also introduce the concepts of awareness, attention, “monkey mind”, genuine happiness, and self-compassion. The session will include a one-minute and a five-minute guided meditation. It is appropriate for all member classifications and there is no previous experience or knowledge needed.

Join OEA member Talia Akre (Multnomah ESD EA) for this one-hour session. If you require live captioning to participate, submit a request by April 24 and we will provide a live captioner. Requests can be sent to [OEALearn@oregoned.org](mailto:OEALearn@oregoned.org). If no request is received, we will provide Zoom automatic captions.

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# Wellness & Resiliency

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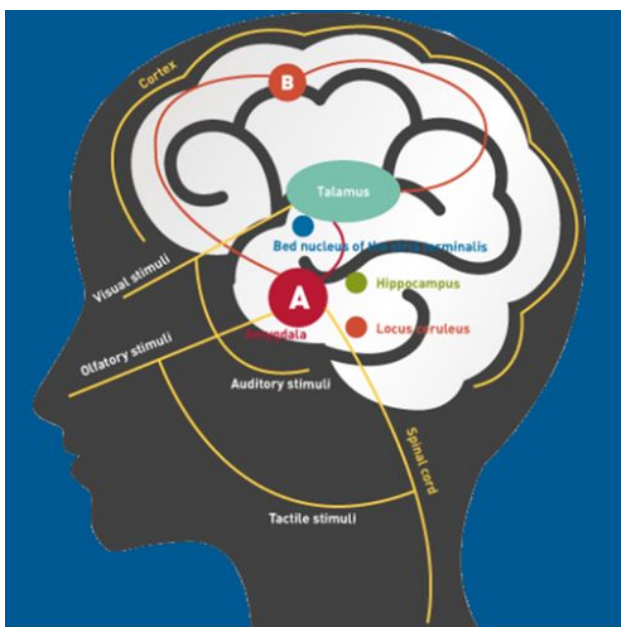
## Using Body Wisdom to Calm the Stressed Brain - Self-paced module

**Level:** Foundational/Intermediate

**Cost:** Members: \$0, free as a benefit of membership; Non-members: \$25.

**[Register Here](#)**

This self-paced module utilizes straightforward language and hands-on activities to guide you in developing new tools for self-regulating during times of stress. Many activities can easily be adapted for use with students. Beginning with a simple art making exercise, learners illustrate their typical stress reaction. This is followed by an overview of how our brains identify stressful events and signal our bodies to respond on our behalf. Most participants complete the module in 90-120 minutes. Earn 2 PDUs for completing the module. There is no time limit and no facilitator.





# 03

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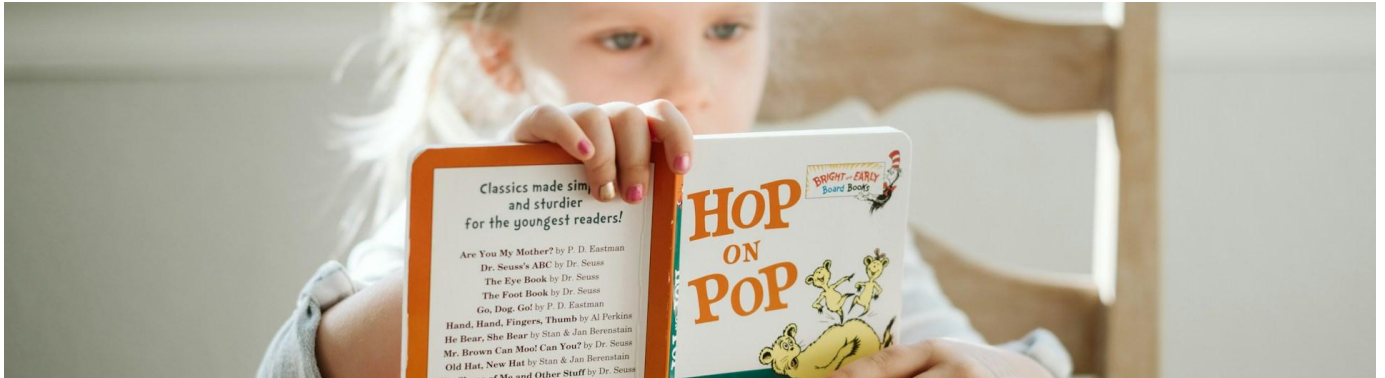
## TEACHING & LEARNING

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# Teaching & Learning

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## Understanding Early Literacy & The Science of Reading – Panel presentation

**Level:** Foundational/Intermediate/Advanced

**Date and Time:** Thursday, May 9 from 5:00-6:00 p.m.

**Cost:** 0\$

**[Register Here](#)**

Join us to explore the Science of Reading and the Oregon Early Literacy Framework with a panel of practicing OEA member educators and Angelica Cruz, Director of Literacy at the Oregon Department of Education (ODE). ODE's Framework provides a research-based vision for how to teach reading and writing, focusing on the importance of student belonging alongside the Science of Reading. Our panel of practicing educators will share how they are using the Framework and the Science of Reading to provide intentional and systematic reading instruction to elevate best practices in early literacy and support growth for early learners. Participants are invited to submit their questions to the panel in the registration form.

Panelists: Angelica Cruz, ODE; OEA member educators Ashley East and Stephany Weedon

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# Teaching & Learning

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## Facilitating Online Learning for Adults - Course\*

**Level:** Foundational/Intermediate

**Dates and Times:** April 11-May 23. Live sessions (7) on Thursdays from 6:00-7:00 p.m. Live sessions are recorded.

**Cost:** Members \$0, free as a benefit of membership; non-members \$225. Two semester graduate OR undergraduate credits are available, optional, and cost \$100.

**[Register Here](#)**

Ready to start leading online learning for other educators? Not sure you're ready but have interest? Are you already teaching adult students and looking for ways to increase your students' success?

In this seven-week course, participants will learn about online community building, facilitator presence, adult learning theory, and strategies and best practices for facilitating both asynchronous learning and synchronous (live) discussions. To be successful in this course, plan on participating at least two hours a week. This course is open to ALL types of educators because anyone can share their expertise and skills with other educators. No experience leading adult learners required.

Facilitator: Judy Jesiah

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# Teaching & Learning

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## Grading for Equity for K-8 - Book Study\*

**Level:** Foundational/Intermediate/Advanced\*\*

**Dates and Times:** April 15-May 20. Live sessions (6) on Mondays from 5:00-6:00 p.m.

**Cost:** Members: \$0, free as a benefit of membership; Non-members: \$200. Optional one (1) semester undergraduate OR graduate credit for \$50.

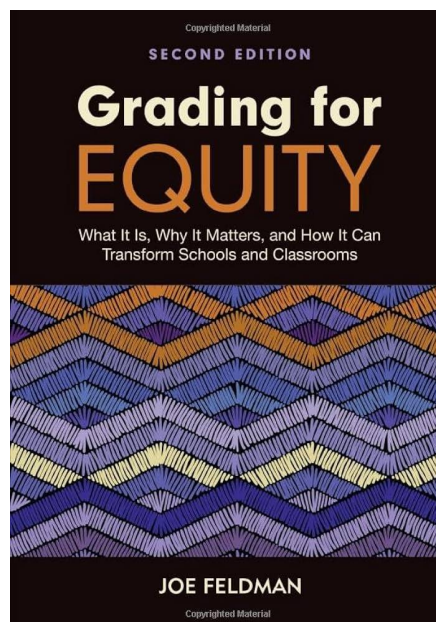
In this "choose your own book study adventure", meet virtually for informal discussion and/or reflect more deeply and develop plans for implementing new ideas and strategies for additional PDUs. OEA will provide copies of the book to participants. Participants receiving a book from OEA must commit to participating in at least 50% of the discussions and/or assignments.

**[Register here](#)**

With the goals of analyzing current grading practices and taking action to make them more equitable, educators will discuss Grading for Equity: What it is, Why it matters, and How it can transform schools and classrooms. Numerous creative and well-intentioned responses to educational inequities have arisen recently. Yet inequitable grading practices have undermined even the most impactful work for student-centered equity. Implementing equitable grading practices holds tremendous potential to transform both academic and social-emotional learning and teaching.

\*\*This is a book study for those who work in a K-8 environment.

Facilitator: Nicole Butler-Hooton



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# Teaching & Learning

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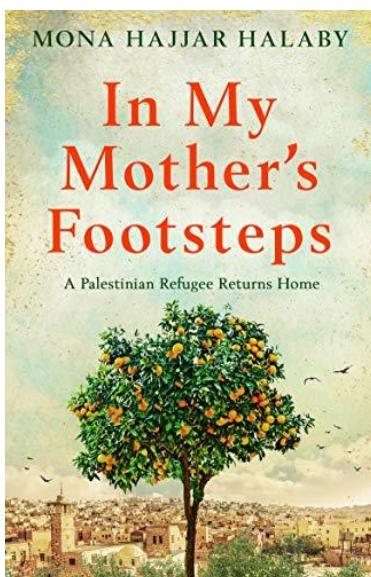
## In My Mother's Footsteps: A Palestinian Refugee Returns Home- Book Study\*

**Level:** Foundational/Intermediate/Advanced

**Date and Time:** April 17-May 15. Live sessions (5) on Wednesdays from 6:00-7:30 p.m.

**Cost:** Members \$0, free as a benefit of membership; non-members \$200. Optional one (1) semester undergraduate OR graduate credit for \$50.

Facilitators: Thuynga Barr and Zoé Diacou



“When Mona moved from California to Ramallah to teach conflict resolution in a school for a year, she kept a journal. Within its pages, she wrote her impressions of her homeland, a place she had only experienced through her mother’s memories. As she settled into her teaching role, getting to know her students and the challenges they faced living in a militarized, occupied town, Mona also embarked on a personal pilgrimage to find her mother’s home in Jerusalem. *In My Mother’s Footsteps* is a journey of a daughter discovering her roots and recovering her mother’s beloved past. It’s also an intimate and tender account of daily life for Palestinians.”

In this "choose your own book study adventure", meet virtually for informal discussion and/or reflect more deeply and develop plans for implementing new ideas and strategies. OEA will provide copies of the book to participants. Participants receiving a book from OEA must commit to participating in at least 50% of the discussions and/or assignments.

**[Register Here](#)**

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# 04 Licensure

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We're here to help  
with your licensure!

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## Licensure Workshops

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Licensure workshops are available to schedule for your council or local by request. Please reach out to Leah Starkovich to get a date on the calendar:  
[leah.starkovich@oregoned.org](mailto:leah.starkovich@oregoned.org)

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## Licensure Consultations

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Need help navigating a licensure question or concern? Rather than an email or phone call, would you prefer to walk through your question or concern on a 1-1 consultation ZOOM meeting with OEA's Staff Liaison to TSPC, Leah Starkovich? If so, register for a consultation. Multiple dates are available each month. [Register here!](#)

After registering for your 1-1 consultation, you will be mailed a Licensure Kit to assist you and sent a ZOOM calendar invite to accept for your meeting. You must register for these consultations a week ahead of time, as registration closes 7 days before each scheduled meeting date. If you need licensure advice right away and cannot wait to schedule a 1-1 consultation, feel free to email the details of your question or concern at [leah.starkovich@oregoned.org](mailto:leah.starkovich@oregoned.org) or leave a message with your cell phone number at 503-495-2109.

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# 05 Micro-credentials

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Custom,  
competency-based  
learning on your own  
schedule

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## All about micro-credentials

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A micro-credential is a short, competency-based recognition that allows an educator to demonstrate mastery in a particular area such as Addressing Challenging Behaviors, Restorative Practices, Trauma Informed Pedagogy, Bully Free Schools, English Language Learners, and many others. There are over 175 NEA micro-credentials to choose from. Choose any micro-credential and submit your work. When you are awarded your micro-credential, send confirmation of your micro-credential to [OEALearn@oregoned.org](mailto:OEALearn@oregoned.org) and receive 15 PDUs from OEA OR obtain 1 semester graduate credit for \$50 with our academic partner Augustana University's online registration form (<http://www.augielink.com/OR>).

Tips for micro-credential success:

- Choose your micro-credential wisely. Consider the evidence required, what you already know, and the submission requirements.
- Study the guidelines and scoring rubrics carefully. There is a lot of information and a close read will improve the quality of your work.
- Answer all the prompts completely, and ensure you provide all the required evidence.
- Text help for micro-credential questions: Text micro to 48744. An NEA educator will respond to your questions within 48 hours.

To get started, visit <https://oregoned.org/professional-learning/independent-study>.

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# OEA Grow Podcast

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**OEA Grow** (<https://oregoned.org/podcast>) is a member-led podcast designed to share tools, ideas, and strategies to improve educators' professional and personal lives. OEA Grow has rotating member hosts who interview other OEA member educators. In this way, OEA Grow truly amplifies member educator voice.

Episodes are posted every Wednesday, with most lasting about 25-30 minutes to create an accessible, easy-to-digest format that is listenable on your drive to work, while cooking dinner, etc. Past seasons are available anytime and include topics like special education, wellness, student-centered curriculum, and conflict resolution. Listen to OEA Grow on our website, Podbean, Spotify, Apple Podcasts, Google Podcasts, and all other usual spots.

**This quarter's seasons:** The Rural School Experience (season 12) and The Educator Lifespan (season 13)



oea  
**GROW**  
an educator-led podcast

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## OEA'S PODCAST

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The OEA Grow podcast is designed to share tools, ideas, and strategies to improve your professional and personal life. This weekly podcast interviews OEA members and community partners from across Oregon.

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# Featured Facilitators

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OEA professional learning is member led! Fantastic educators from around the state are dedicated to your learning and growth. Read about all of the OEA member facilitators at <https://oregoned.org/facilitators>. Here are some of this quarter's facilitators:



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## Judy Jesiah

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Eugene EA

Judy Jesiah ( B.Sc, PGDBA, M.Ed ) started her career as a Clinical Nutritionist /Business Executive with Novartis Pharmaceuticals. Her job was an amalgam of science & business. Her desire to make science education accessible and achievable for all kids encouraged her to get her Master's in Education with an endorsement in Chemistry & ESOL. She currently works as a TOSA in her district and has previously taught physics, biology & chemistry (secondary science). She loves to garden, cook and take naps during her free time.



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## Venus Reeve

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Springfield EA

Venus started her career as a special educator in the late 1990's in rural Virginia. She taught for ten years in a variety of settings. After earning her MS in Special Education from the University of Oregon, Venus began teaching special education in Eugene and presenting training to para-educators in her area of specialization: supporting students with emotional and behavioral disabilities. She is an active member of OEA, at local and state levels, including hosting Season 7 of the OEA Grow Podcast and working with legislators on SB 283. In 2022, Venus won the OEA Noel Connall IPD Award for leadership and excellence in her work around creating and presenting professional development for educators. She is currently the chairman of the OEA Special Education Advisory Committee.

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# Featured Facilitators

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## Zoe Diacou

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OEA Retired

Zoé Diacou retired early from the Salem-Keizer School District where she primarily taught middle and high school. Then she spent the next three years teaching in Thailand and Viet Nam. She's now on the next leg of her life journey with her feline companion, living in La Paz, Baja California Sur, Mexico. She is an active volunteer with environmental, health, and social justice concerns.



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## Angela Adzima

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Hillsboro EA

Angela Adzima is a Digital Curriculum Technology Integration TOSA in Hillsboro School District. She also serves as Vice President to Washington County UniServ and Hillsboro Education Association. With over 15 years of elementary teaching experience spanning 2 states, 3 districts, and every grade K-5 she has a wealth of knowledge and a depth of experiences to share. Angela is passionate about developmentally appropriate, inclusive and adaptable classroom practices and pedagogy that embrace diverse learners and harness technology to enhance education and teacher efficiency. Angela is also a wife and mother of two amazing children and two crazy dogs.