



# **PROFESSIONAL LEARNING CATALOG**

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**SUMMER 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)

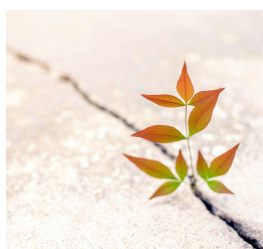


## 01

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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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## Exploring Restorative Practices – Virtual Learning Community\*

**Level:** Foundational

**Dates and Times:** June 25-July 30. Live sessions (6) on Tuesdays from 9:00-10:00 a.m. Live sessions are recorded.

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

**[Register Here](#)**

Educators will learn the foundations of Restorative Practices, analyze and reflect on their current practices, and begin to think of ways to implement restorative practices. Participants will also build a sense of community as educators. This is a foundational level virtual learning community for those with little to no previous experience with restorative practices. Participants will have the opportunity to complete the NEA [Exploring Restorative Practices micro-credential](#) and can also earn up to 27 PDUs (or one graduate credit + 12 PDUs). This VLC will meet for 6 weeks (it's okay to be on vacations and trips during the VLC). Learners can expect to spend 2-3 hours per week on this VLC. The semester graduate credit (\$50) is optional and dependent on completing the micro-credential. Learn more about the [NEA micro-credentials](#).

Facilitator: Erin Taylor



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# Safe, Welcoming & Inclusive Schools

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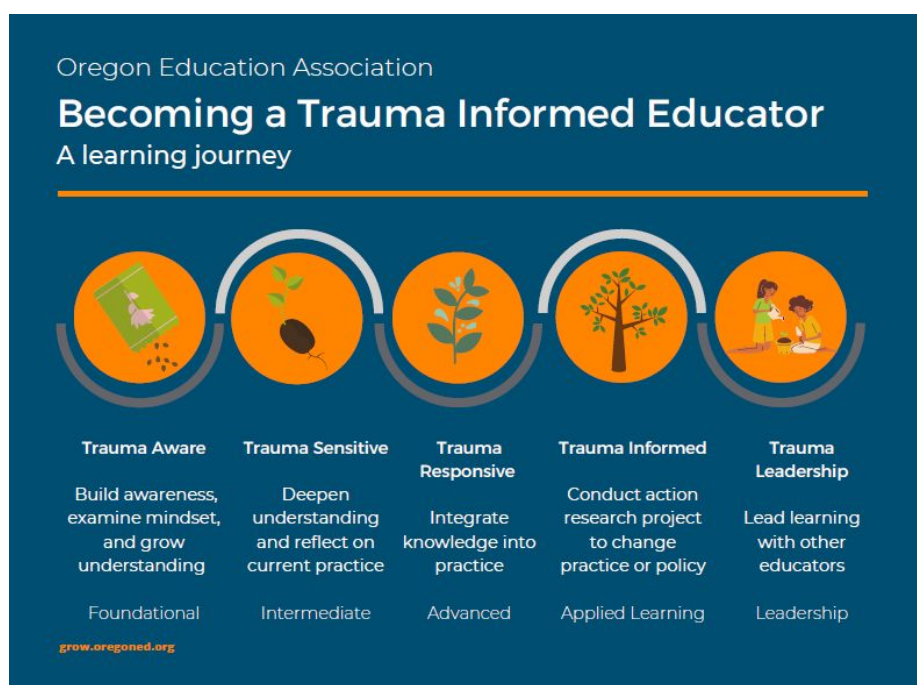


## Becoming a Trauma Informed Educator Series

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.



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# Safe, Welcoming & Inclusive Schools

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## Becoming a Trauma Aware Educator – Course\*

**Level:** Foundational

**[Register Here](#)**

**Dates and Times:** July 3-August 14 with weekly live sessions (7) on Wednesdays from 6:00-7:00 p.m.

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

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: Judy Jesiah

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## Becoming a Trauma Sensitive Educator – Course\*

**Level:** Intermediate

**[Register Here](#)**

**Dates and Times:** July 8-August 23. Weekly live sessions (7) on Mondays from 8:30-9:30 a.m.

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

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: Billy Ray

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# Safe, Welcoming & Inclusive Schools

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## Becoming a Trauma Responsive Educator - Course\*

**Level:** Advanced

**[Register Here](#)**

**Dates and Times:** June 27-August 8 with weekly live sessions (7) on Thursdays from 9:00-10:00 a.m. Live sessions are recorded.

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

Begin applying what you are learning about the core concepts of trauma informed education in your daily practice in the third part of OEA's four-part learning series. In this third course, educators will learn more advanced concepts of how the brain responds to trauma; behavior prevention and mental health support from a trauma-informed lens; and how to build plans to head off crises in the classroom. The course will focus on deepening participants' knowledge of the core concepts of trauma and creating proactive plans to use regularly. This course is relevant for all members, including higher education members and ESPs and is ideal for members who have completed the Becoming a Trauma Aware Educator and/or the Becoming a Trauma Sensitive Educator courses offered through OEA. Because this is an advanced course, prior knowledge on the topic is required and registrations are subject to approval. To be successful in this course, participants should expect to spend three to four hours per week engaged in asynchronous forum discussions, readings, and assignments, and a weekly synchronous live session. Live sessions are recorded for those that cannot participate synchronously.

Facilitator: Stephany Weedon

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# Safe, Welcoming & Inclusive Schools

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## The Boy Who Was Raised as a Dog – Book Study\*

**Level:** Foundational/Intermediate

**[Register Here](#)**

**Dates and Times:** July 3-August 7. Weekly live sessions (5) on Wednesdays from 9:00-10:00 a.m.

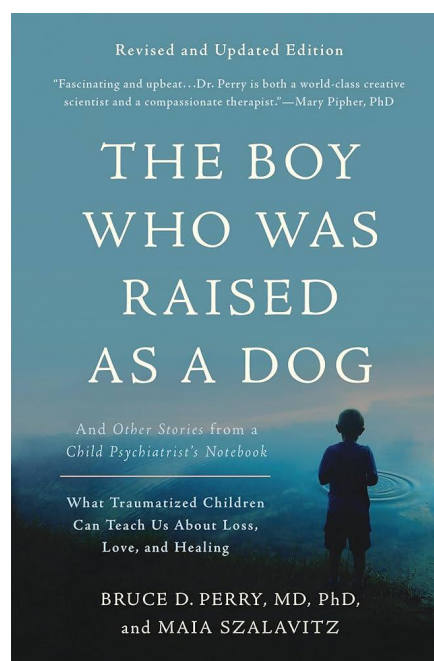
**Cost:** Members \$0, free as a benefit of membership; non-members \$200. Optional one (1) undergraduate OR graduate credits for \$50.

In this book study, participants will learn about trauma and trauma informed practices by discussing *The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook -- What Traumatized Children Can Teach Us About Loss, Love, and Healing* by Bruce Perry and Maia Szalavitz. From the publisher's website:

"In the classic *The Boy Who Was Raised as a Dog*, Dr. Perry tells their (children's) stories of trauma and transformation and shares their lessons of courage, humanity, and hope. Deftly combining unforgettable case histories with his own compassionate, insightful strategies for rehabilitation, Perry explains what happens to children's brains when they are exposed to extreme stress—and reveals the unexpected measures that can be taken to ease such pain and help them grow into healthy adults."

Opportunities for PDUs OR academic credit in this "choose your own book study adventure": meet virtually for informal discussion and/or reflect more deeply in assignments. 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.

Facilitator: Talia Akre





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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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## Practicing Mindfulness with Students – Virtual Learning Community

**Level:** Foundational/Intermediate

**Dates and Times:** July 9-July 23. Live sessions (3) on Tuesdays from 5:00-6:00 p.m. Live sessions are recorded.

**Cost:** Members \$0, free as a benefit of membership; non-members \$125.

**[Register Here](#)**

This is a 3-week course that explores Practicing Mindfulness with Students. You will learn ideas for how to bring mindfulness to your work with students even if you can only dedicate 5-10 minutes per day. These are practical ideas and lessons for busy educators. Weekly mindfulness topics include breathing, affirmations, and art. This course is most geared towards K-8 educators, but all are welcome. There are no assignments or additional work and this opportunity does not offer academic credit.

Facilitator: Sara Roadman

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## SEL Relationship Skills – ESP Micro-credential Virtual Learning Community

**Level:** Foundational/Intermediate

**Dates and Times:** June 25-August 6. Live sessions (6) on Tuesdays from 6:00-7:00 p.m. Live sessions are recorded. NO session the week of July 1.

**Cost:** OEA Members only and \$0, free as a benefit of membership.

**[Register Here](#)**

This 6-week course is about relationship skills, a component of Social Emotional Learning (SEL), and focuses on listening, communication, and reflection. Live discussion sessions and reflections/projects will occur weekly for six weeks. At the end of the six weeks, participants will be prepared to submit the [NEA SEL: Relationship Skills micro-credential](#). OEA members who complete the VLC activities will be eligible for a \$150 stipend. **This VLC is ONLY available to ESPs/Classified Staff.** Questions? Email [OEAllearn@oregoned.org](mailto:OEAllearn@oregoned.org).

Facilitators: Regina Lara & Colette Smith



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# Wellness & Resiliency

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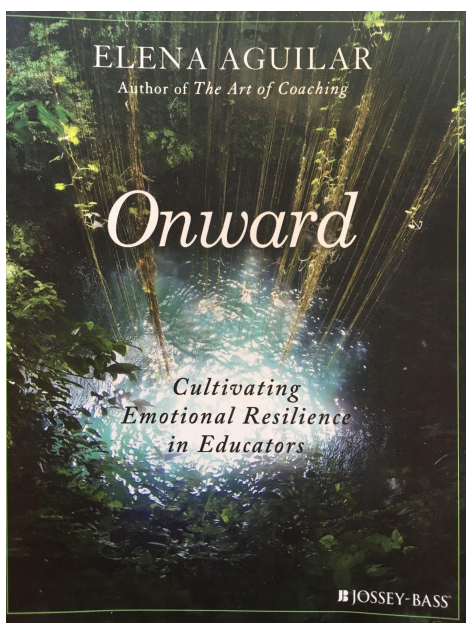
## Onward: Cultivating Resilience in Educators – Book Study\*

**Level:** Foundational/Intermediate/Advanced

**Dates and Times:** June 2024-May 2025. Live sessions (12) meet once a month on Thursdays from 5:30-6:30 p.m. Live sessions are NOT recorded.

**Cost:** Members \$0, free as a benefit of membership. This is a MEMBERS ONLY book study.

**[Register Here](#)**



In community with other educators, discuss the book, [Onward: Cultivating Emotional Resilience in Educators](#) by Elena Aguilar. Onward tackles the problem of educator stress and provides a practical framework for taking the burnout out of teaching. This actionable framework gives you concrete steps toward rediscovering yourself, your energy, and your passion for teaching.

The book Onward is designed to be read one chapter each month for an entire year. This **12-month book study** will meet once a month starting in June and ending in May 2025. There are also optional reflective opportunities to engage deeper and more personally with the content and earn additional PDUs OR academic credit.

OEA Choice Trust will provide participants with books and workbooks. Participants receiving books must commit to participating in at least 75% of the live sessions and/or personal reflections.

Facilitator: Stacey Dalton

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# Wellness & Resiliency

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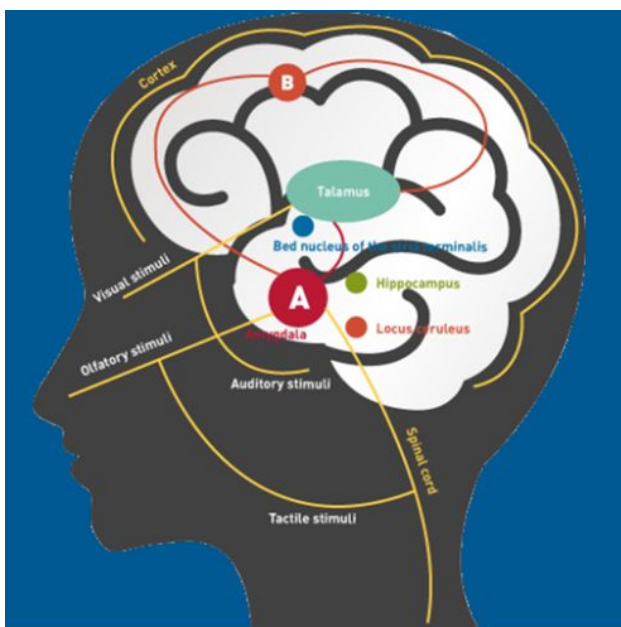
## Using Body Wisdom to Calm the Stressed Brain - Self-paced module

**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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## Case Studies on Diversity and Social Justice Education – Book Study\*

**Level:** Foundational/Intermediate

**Dates and Times:** July 8-July 29. Live sessions (4) on Mondays from 5:00-6:00 p.m. Live sessions are NOT recorded.

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

**[Register Here](#)**

## Case Studies on Diversity and Social Justice Education

Third Edition

Paul C. Gorski and Seema G. Pothini



In this 4-week book study, discuss the recently revised *Case Studies in Diversity and Social Justice Education* by Paul C. Gorski and Seema G. Pothini. This book is short and an easy read!! The case studies are most applicable to secondary, high school, and college educators, but all are welcome.

From the publisher website: *Case Studies on Diversity and Social Justice Education* offers the opportunity to analyze and reflect upon a variety of real-life scenarios related to educational equity and social justice...They involve classroom, school, and district issues that are relevant to all grade levels and content areas, allowing significant flexibility in how and with whom they are used.

OEA will provide copies of the book to participants. Registration is limited and the book will be provided free of charge to active participants of the book study. Participants receiving a book from OEA must commit to participating in at least 50% of the discussions and/or assignments.

Facilitators: Lori Wamsley and Jessica Classen

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# Teaching & Learning

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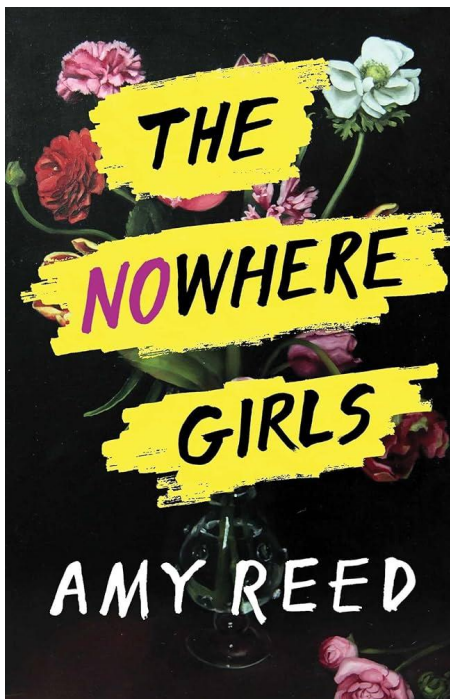
## The Nowhere Girls – Book Study\*

**Level:** Foundational/Intermediate/Advanced

**Dates and Time:** June 18-July 9. Live sessions (4) on Tuesdays from 7:00-8:30 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



This four-week book study is based on reading and discussing *The Nowhere Girls* by Amy Reed. “Three misfits come together to avenge the rape of a fellow classmate and in the process trigger a change in the misogynist culture at their high school transforming the lives of everyone around them in this searing and timely story...Told in alternating perspectives, this groundbreaking novel is an indictment of rape culture and explores with bold honesty the deepest questions about teen girls and sexuality.”

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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# Teaching & Learning

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## National Board Jump Start – Seminar Series

**Level:** Foundational/Intermediate/Advanced

**Date and Time:** Various in-person and virtual dates in June, July, and August. See this webpage for details:

<https://oregoned.org/professional-learning/core-programs/national-board-certification>

**Cost:** \$75, OEA Members only.

### **Register Here**

OEA's National Board Jump Start is a comprehensive, multi-day seminar designed to provide National Board candidates with important information about the certification process, time to examine component and Assessment Center requirements, the opportunity to plan how to meet requirements, and time to collaborate and gather resources and information needed to pursue certification. All this happens in a supportive, constructive, and collegial environment led by Oregon and Washington National Board Certified Teachers.

There are six seminar modules that complete the full suite of the Jump Start Seminar series. You must complete the full suite of modules. Foundation 1 module is required before you can participate in the following modules (1, 2, 3, 4, Foundation 2). Participants will receive 30 PDUs for completing a full suite of modules.



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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. More than 100 past episodes 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:** Arts Integration (Season 14) and Community Schools (Season 15).



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:



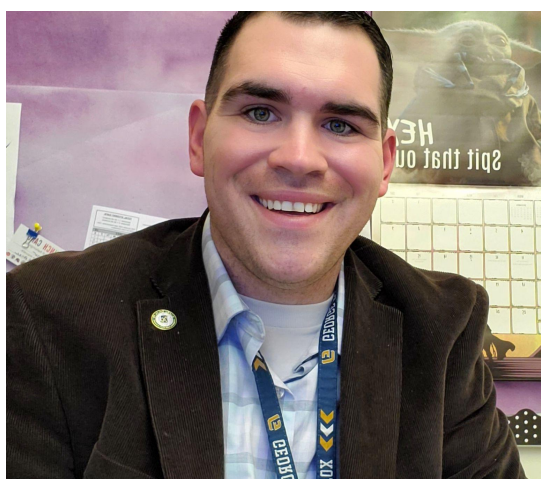
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## Lori Wamsley

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Mt Hood Community College FA

Dr. Lori Wamsley has over 15 years of combined experience as a community college library director, reference/instruction librarian, and teaching library and education courses at the undergraduate and graduate levels. Lori holds a PhD in Education, a Master's in Library Science, a second Master's in Instructional Design and Technology, and a business degree. Lori also serves as peer evaluator for the Northwest Commission for Colleges and Universities. Her professional interests include assessment, leadership, and instructional design.



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## Billy Ray

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Hillsboro EA

Billy is a Social Skills program specialist working with students who demonstrate extreme behaviors. He's a native of Portland, Oregon, and loves everything about the Pacific Northwest. Before he jumped into teaching middle school, he spent ten years in the United States Marines and private security contracting. He loves teaching, advocating for students with disabilities, and diving deeper to help students discover and employ success strategies. He's passionate about educator health, special education policy, and trauma informed frameworks. When he has a couple of moments to himself, Billy loves to do calligraphy, long distance running, writing, or watching Star Trek with his amazing and supportive partner.

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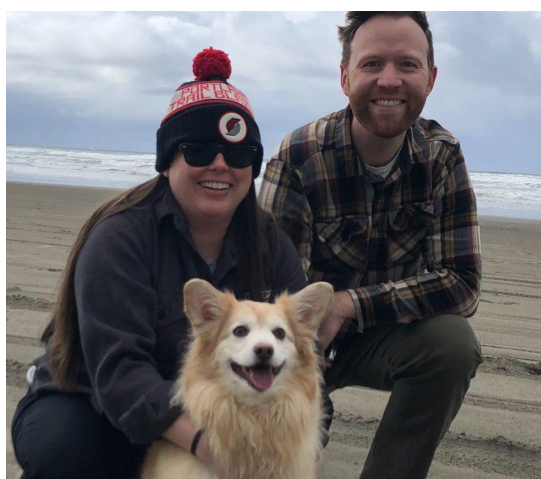
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## Jessica Classen

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David Douglas EA

Jessica Classen has been in education since 2006. She's spent the last three years as a New Teacher Mentor in the David Douglas School District, and prior to that, taught multiple levels of ELA at David Douglas High School. In addition to her work at David Douglas, Jessica has served at the regional and state level as a member of the Coordinating Body of the Multnomah/Clackamas REN and as a TSPC commissioner.



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## Stacey Dalton

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Beaverton EA

Stacey Dalton is a third grade teacher in Beaverton. She is in her tenth year of teaching and is an enthusiastic and active member of OEA. She is a dedicated educator that takes the 'life-long learner' approach to education sincerely. She is so excited for the opportunity to collaborate with other educators that pursue meaningful, quality professional development. When not teaching, or seeking out further learning and leading opportunities, Stacey enjoys reading, traveling, hiking, kayaking, and spending quality time with her husband and dog.