



### ONLINE: Cohesive Classroom Communities

*“This course made me think about the variety of mental illnesses I might encounter in my classroom and how important it is to develop an environment of safety, respect, and support for these students, an environment that is inclusive and welcoming.”*

- Heather H.

A teacher’s role can be summarized as ‘the provider of learning.’ This course helps teachers recognize key warning signs and navigate mental health issues to build safe classroom environments and encourage optimal learning.

The first section, Classroom Collaboration, is designed to educate teachers about collaborative instruction, involving joint intellectual effort by students, and teachers together. Strategies, examples, and printable templates are included to help teachers implement improved practices in their own classrooms.

Taking this forward, the second section, focuses on Mental Health, helping teachers understand mental illness, and accommodate students who have been diagnosed with mental illnesses, in their classrooms. This section also provides the key warning signs of early-onset mental illnesses in children and adolescents, the potential connection to substance use, knowledge of steps to be taken if such warning signs are observed; as well as information about specific conditions like ADHD, Oppositional Defiant Disorder, Depression, and Bipolar Disorder. To equip teachers for adverse circumstances, the third section titled, ‘Suicide Prevention’, focuses on the role teachers can play in preventing suicide. The creative techniques presented in this course can be used to build strong, understanding, empathetic and caring students. The warning signs of suicide will help teachers recognize students who may be at risk for suicide.

#### Standards:

This course aligns to all of the INTASC Standards including Learner Development, Learning Differences, Learning Environments, Content Knowledge, Application of Content, Assessment, Planning for Instruction and Instructional Strategies.

It also aligns to all of the McRel Teacher Evaluation Standards including Teacher Leadership, Diverse Learners, Teachers Know Content, Teachers Facilitate Learning and Teachers Analyze and Reflect.

Each online semester course includes:

- **Convenient access** anytime, anywhere, any device
- Interactive **online** textbook
- Implement **practical resources and tools** in your classroom
- Demonstrate comprehension with quizzes and checks for understanding
- Align with your **Professional Learning Plan**
- Course Action Plan
- **Official Transcript** from regionally accredited university



Cohesive Classroom Communities  
Humboldt State University



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### Course Outline

#### **SECTION A: *Classroom Collaboration***

##### **LESSON 1: Introduction to Collaborative Learning**

- What is Collaborative Learning?
- Why should students collaborate?
- Collaboration vs. Traditional Approach
- Benefits and Importance of collaborative learning
- Overview on Effective Collaboration in the Classroom
- Alignment of collaboration to State Standards
- The Collaborative Learning Model

##### **LESSON 2: Collaborative Tools and Strategies**

- Characteristics of a collaborative teacher
- Grouping Strategies
- Designing grouping assignments
- Collaborative Learning Techniques
- Web Tools for Collaboration
- Examples of Collaborative Projects
- Interactions in a Collaborative Classroom
- Activities that students can collaborate on
- Around the world collaboration
- Resources for collaboration

##### **LESSON 3: The Collaborative Classroom**

- Characteristics of a Collaborative Classroom
- Student and Teacher Roles in a Collaborative Classroom
- Preparing for Collaborative Activities
- Examples of Classroom Collaboration
- Collaborative Learning Spaces
- Managing today's classroom

##### **LESSON 4: Assessment, Accommodations, and Challenges**

- Collaborative Assessment
- Approaches to Collaborative Assessment
- Challenges in a collaborative classroom
- Conflict Resolution
- School-wide policies to promote collaboration



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#### SECTION B: *Mental Health*

##### LESSON 1: Introduction to Mental Illnesses

- An overview of the prevalence, nature, causes and experience of mental illnesses.
- Understanding effective treatments and the role and limitations of medication.
- The application of behavioral therapy and other creative therapies under the umbrella of Cognitive Behavior Therapy to target the root of the problem.
- The stigma associated with mental illnesses and ways to combat it.
- The educational implications of the evaluation and treatment of mental illnesses.
- Interactive Scenario: Dealing effectively with behavior which perpetuates stigma.

##### LESSON 2: ADHD, ODD and Anxiety in the Classroom

- Understanding the manifestations of ADHD (Attention Deficit Hyperactive Disorder) in the classroom and ways to manage behavior effectively in this context.
- Examining the common signs, treatment and classroom strategies to deal with ODD (Oppositional Defiant Disorder) and CD (Conduct Disorder).
- The various subtypes within Anxiety Disorders, their treatment and classroom applications.
- Interactive Scenario: Managing the behavior of students with mental illnesses in the classroom.

##### LESSON 3: Other Mental Health Conditions in Children

- Symptoms and warning signs associated with OCD, Schizophrenia, Bipolar Disorder, PTSD, etc.
- Examining treatments used in each disorder.
- Classroom applications of the knowledge of such mental illnesses and strategies to deal with them.
- Interactive Scenario: Understanding and teaching students with these mental illnesses.

##### LESSON 4: The Team

- Working with parents of children with mental illnesses, and the need to understand their emotions during the process.
- The role of mental health professionals and coordinating with them for the child's best interest.
- Examining the IEP process – setting and evaluating appropriate learning goals.
- Understanding assessments and assignments in the context of mental illnesses.
- Interactive Scenario: Understanding parents' emotional reactions to their child's mental illness.



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#### **SECTION C: *Suicide Prevention***

##### **LESSON 1: Introduction**

- Suicide - Myth and Truth
- Role of Mental Health
- Suicide Warning Signs
- Interventions & Treatments

##### **LESSON 2: Resilience**

- Adolescent Stressors
- Responsibility and Self-Esteem
- Social and Emotional Learning
- Connections and Relationships

##### **LESSON 3: Helping Students at Risk**

- Response Protocol
- Dealing with Suicide
- Healthy Response to Grief
- Non-Fatal Suicide Attempts

##### **LESSON 4: Schools & Communities**

- Need for School Involvement
- Suicide Prevention Programs
- Crisis Response Teams
- Family Partnerships