

2022 Paraeducator Conference

Course Descriptions

The Essential Para Series

In this 5-part module, Dr. Trudy Arriaga, former bilingual paraeducator and retired Superintendent, will lay the foundation for what is expected in the role of paraeducator. New paras will learn the basics, how to collaborate and adapt with the larger educational team, the importance of being a confidential employee, and how to manage student behavior. Each module is approximately one (1) hour.

Module 1: The First Week on the Job

Approx Run Time: 60 minutes

Congratulations! And welcome to the important role of the paraeducator. This workshop covers the basic information for a successful transition into the role of paraeducator. The workshop begins with the roles and responsibilities of the position to best serve the students in collaboration with staff and parents. Important first steps to include navigating the school system and joining the organizational culture will be covered in this entry session. Legal mandates will be reinforced to include confidentiality and mandated reporting. Start off confidently with the basic information you will need to have a great first week.

Module 2: Communicating and Collaborating with the Educational Team

Approx Run Time: 60 minutes

An important aspect in the role of paraeducator is to collaborate and communicate with the adults on the campus and within the district. Paraeducators have the privilege and responsibility of interacting with various teachers, administrators, support professionals, community and parents. Positive communication strategies and respectful relationship building will be a key to your success and fulfillment. Tools to adapt to different styles and methods will be emphasized in this presentation.

Module 3: Conflict Resolution and De-escalating Behavior

Approx Run Time: 60 minutes

What can you expect in the classroom and how can you minimize disruptive or unacceptable behavior of students? This session will assist you in knowing what you may expect and how you may handle situations that may arise with students. Your responses can be controlled and can assist students in de-escalating behaviors. Enhancing your behavior management skills and strategies will support positive behavior and assist in creating a safe and secure learning environment for

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all. Together we will discuss strategies to create a sense of belonging, safety and inclusion for all.

Module 4: Intro to Special Education

Approx Run Time: 60 minutes

Special Education is a complex and well-developed resource for children who have unique needs and contributions. This session is an introduction to special education. The session will give you knowledge and information about the IEP process and plan. Modifications and accommodations will be defined and modeled. What is your role to ensure that all children have access to and are included in the educational program? The knowledge gained will assist to empower you with the resources needed to help students thrive.

Module 5: Instructional Support

Approx Run Time: 60 minutes

This session will introduce best practices for assisting students toward academic success. The importance of equity and inclusion will be emphasized in this session as we learn to redirect, encourage student engagement and advocate on behalf of students. The unique role of the paraeducator in the classroom will be discussed in this session to ensure practical application strategies that promote student academic success. Your role as a support person in the classroom can make all the difference in the performance and understanding of a student.

5 Buckets. The Science of Work/Life Balance

Target Audience Grade Level: All

Class Length: 90 minutes

Presenter: Wendy Wollner, CEO, Balancing Life's Issues, Inc.

Is it possible to meet the competing demands of finances, friends and family, work, health and community? The resounding answer is yes! In this fun, interactive seminar, participants will learn the 5 Buckets Principle™ of work/life balance to get the tools to prioritize what is and should be important to them. They will learn how to think about the BIG PICTURE without ignoring the little things that matter. We will show them how to find the time to manage it all, including time for themselves and for fun, by identifying priorities, making choices and managing expectations.

Celebrating Neurodiversity: Brains are Exciting!

Target Audience Grade Level: All

Presenter: Dr. Monica Wilson, Beacon Health Options

This class offers a genuine discussion on understanding and embracing the multiple ways our brains work. Whether it's ADHD, Autism, mental health, or a number of other

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differences, understanding neurodiversity can be relevant to us all. Join in the conversation to learn how we can partner together to celebrate the value neurodiversity brings to our workplace, home, social community and lives.

Challenging Students, Challenging Behaviors; Strategies That Really Work!

SimuLive Broadcast: Wednesday, March 9 from 12:30-2:00pm Available On-Demand on March 10

Target Audience Grade Level: All Class Length: 90 minutes

Presenter: Dr. Randy M. Boardman

This course will add skills to your behavior management tool belt. Paraeducators have a unique role with challenging behavior on the front lines. Expect several outcomes: 1) Help more students to learn more. 2) Decrease off-task and disruptive behavior. 3) Increase the emotional safety in your school. Youth today continue to present an array of complex, challenging behaviors. We need to respond to new challenges and continue to develop our skill sets. In this session I will share selected examples of strategies that work, from over 40 years of working with educators and youth. I will share key concepts and interactions embedded within the literature and best practice. Examples of strategies will be shared from the Center for Teacher Effectiveness; from the Boys Town Education Model®; Reclaiming Youth at Risk; and Life Space Crisis Intervention Institute; which are grounded in evidence-based practice, as well as practice-based evidence. You will gain at least one skill, and more, that you can use immediately.

Cross-Cultural Sensitivity in the Workplace

Target Audience Grade Level: All

Presenter: Theresa Francois, Beacon Health Options

As we work towards more dynamic and inclusive workplaces, we must consider crosscultural sensitivity in the workplace. This in-depth course touches on unconscious biases and aggressions that we may commit, or experience, in the workforce, while also presenting solutions to help avoid these situations in the first place. We will also discuss why it is important to foster inclusion and how to combat aggressions when we see them.

CSEA Know Your Rights

Target Audience: All

Presenter: Janell Hampton, CSEA Labor Relations Representative

This Know Your Rights training is used throughout the state to help members understand that Classified Employees have a unique set of rights and protections in the field of education. The workshop covers where the rights are found (Education Code, Collective Bargaining Agreements, other codes and administrative/Board Policies, and Case Law etc.); how the rights apply at the workplace, on leave, and during separation

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of service; and how and when worker rights may change. The truest purpose of this course is to inspire and educate members to reach their fullest potential as essential workers and in life and to help grow the chapter strength in membership.

Effective Strategies for Teaching Students with ADHD/ASD

This class will go over the best practices for teaching students with Attention-Deficit/Hyperactivity Disorder and Autism Spectrum Disorder. The goal of this presentation is to provide paraeducators with the best practices in teaching students with an emphasis on reading, writing, and critical thinking skills in an effort to highlight the importance of accessibility and equity.

Everyday Stress Management

Target Audience Grade Level: All

Presenters: Robin Wood, Health Program Manager, California's Valued Trust (CVT)

Stress is a part of everyday life, compounded by the uncertainties of COVID 19. How we manage and reduce that stress can be something we can better control. Participants in this workshop will learn to recognize the signs that they are experiencing stress, recognize the circumstances that trigger stress reactions and learn and practice stress management strategies to help them better cope and relax. In this workshop, participants will begin to build a toolbox of stress management tools that can be used everyday.

Evidence Based Positive Behavior Supports for Students with Autism

Target Audience Grade Level: PK-12

Presenter: Laura Blackburn, SELPA Program Specialist, Placer County SELPA

Evidence based practices for students with autism are research based practices that when used with fidelity will increase positive behaviors and decrease negative behaviors for students with Autism. This presentation will focus on two evidence based practices that can help those who work with students with Autism, specifically those students who need to increase their positive behaviors. Antecedent based interventions and reinforcement, when used with fidelity, can increase positive behaviors while decreasing negative behaviors for students with Autism.

Demonstrate:

- Disseminate information on Evidence Based Practices and CAPTAIN- Providing information and outreach to groups who could benefit from learning more about EBPs. Emphasizing how to use EBPs to assist students in accessing the California Common Core State Standards
- Antecedent Based Interventions are interventions that modify the environment or an activity in order to prevent a behavior from occurring.
- Reinforcement application of consequences after a skill or behavior occurs that increase the learner's use of the skills or behavior in future situations.

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Expected Behaviors, Who is Expecting

Target Audience Grade Level: All

Class Length: 90 minutes

Presenter: Eric Combs, Curriculum, Center for Teacher Effectiveness

Through a unique approach to teaching expected behaviors, we will explore how to teach behaviors we want and need to see in our students.

Exploring the Multilingual Learning Toolkit: An Online Resource Hub for Educators of Young Multilingual Learners

Target Audience Grade Level: PreK-3

Presenter: Carolyn Crolotte, Director of Dual Language Learner (DLL) Programs, Early Edge California

In our session, participants will learn about and explore a new online resource hub: The Multilingual Learning Toolkit. This website features a vetted selection of resources and best practices for supporting PreK-3rd grade Multilingual Learners. The session will include a brief overview of the latest research around bilingualism, an introduction to the new website, a walkthrough of key features and resources, and an opportunity for participants to access and explore the site on their own devices.

Filling Your Cup

Target Audience Grade Level: All

Class Length: 90 minutes

Presenters: Mindy Markowitz, Labor Liaison & Mary Mancuso, Thriving Schools, Kaiser Permanente

A practical walk through of how to fill our cups through setting boundaries, resilience, and other self-care strategies. It is packed with tools and resources to help school staff focus on their own well-being. This deep dive into comprehensive self-care centers around five interconnected aspects.

How to create inclusive accessibility content in the classroom

Target Audience Grade Level: All

Class Length: 90 minutes

Presenter: Melany Blanski, Education Customer Success Manager, Microsoft

Tune in and learn how people can achieve more with the built-in accessibility tools and features in Microsoft technologies. It focuses on features for those who need to customize their settings for hearing, sight, and neurodiverse needs, as well as for those that wish to be more inclusive in the content they create and the way they present.

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Latest Trends Among the Young

Target Audience Grade Level: All

Class Length: 90 minutes Presenter: Clark Morrow, Crime Prevention Program Coordinator, San Bernardino County Sheriff's Department

A detailed overview of how adolescents are using and abusing social media, practicing cyberbullying, acquiring and using illicit drugs, falling into human trafficking, and engaging in a miscellaneous host of absurd and amusing trends.

Learn How to Fully Utilize Your Desktop for Windows 10

Target Audience Grade Level: All

Class Length: 45 minutes Presenter: Herman Cheung, Microsoft Customer Success Trainer

Work smarter with Microsoft's new Modern Desktop course. Learn more about managing content, staying secure and working faster and more productively using new features in Microsoft 365, Edge and Windows.

Making Modifications in Minutes!

Target Audience Grade Level: All

Class Length: 90 minutes

Presenter: Nicole Eredics, Inclusion Specialist, The Inclusive Class

Learn how to make curriculum modifications in minutes so classroom lessons become accessible and achievable for students with severe learning and intellectual disabilities. Whether you are a seasoned paraeducator or new to the profession, this session will give you the resources, tips, and strategies you need to modify K-12 content. Specifically, participants will learn when and how curriculum modifications are used, techniques for modifying grade level content, as well as shown numerous real-life examples. Paraeducators will leave the session feeling confident in their ability to modify lessons for students with disabilities!

Managing Fear and Anxiety in Children

Target Audience Grade Level: All

Presenter: Theresa Francois, Beacon Health Options

During this presentation, we will discuss some important tactics to help students, throughout all age groups, deal with anxiety and fear. Educators will learn that our own fears and anxieties must be handled in order to provide proper support to our students. After completing this training, participants will be able to help students cope with their anxieties through compassion, structure, and flexibility.

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Mental Health Awareness

Target Audience Grade Level: All

Presenters: Alicia Loncar, Labor Liaison, Kaiser Permanente & Christiane Wert Rivard

This informative webinar will help union members to better understand mental health, its conditions, and how to promote a stigma-free workplace.

We will share best practices on how to increase mental health awareness amongst union members and discuss how to support members in the workplace.

The Kaiser Permanente mental health awareness training will help you:

- Understand the impact of mental health and wellness in the workplace
- Recognize common mental health challenges
- Help you speak more openly about mental health through learning and practicing the “Notice, Engage and Support” model.

Microsoft 365 Accessibility – Creating Accessible Content

Target Audience Grade Level: All

Class Length: 47 minutes

Presenter: Donald Church, Microsoft Customer Success Trainer

There is no limit to what people can achieve when technology reflects the diversity of all who use it. This course shows how people at school and work can achieve more with the built-in accessibility tools and features in Microsoft technologies. It will focus on features in Microsoft 365 for those who wish to be more inclusive in their work and create accessible content.

Mindfulness Based Stress Reduction and Relaxation

Target Audience Grade Level: All

Paul Sugar, Director, Center for Mindfulness Scottsdale Institute for Health and Medicine

The Mindfulness Based Stress Reduction and Relaxation Program (MBSR) was pioneered by Jon Kabat Zinn, PhD at the University of Massachusetts Medical Center's Center for Mindfulness over 40 years ago. Since then over 6000 studies have been published worldwide attesting to the effectiveness of the program. The effects of stress can be felt physically, mentally and emotionally and the studies delve into all these categories and more. We define mindfulness as paying attention moment by moment on purpose and without judgment. The practice of mindfulness has been around for thousands of years and the far-reaching benefits have been attested to by practitioners over the centuries. Mindfulness can now be found in practically every segment of our lives including, but not limited to, healthcare, academics, the arts, sports, business and peak performance. It has spawned other related programs such as Mindfulness Based

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Cognitive Therapy (MBCT), Mindfulness Based Relapse Prevention Program for Depression, Mindful Eating Programs and Mindfulness in the Schools just to name a few. Along with all the other benefits, as the practice of mindfulness unfolds in your life it can be recognized by a sense of experiencing life more fully along with a deeper sense of peace, compassion and feeling of wellbeing. There is a renewed sense of being connected to yourself and the world around you.... a renewed sense of curiosity, resilience and the adventure of life. So become a Phoenix mindfulness enthusiast, begin the adventure now!

Nonverbal Communication

Target Audience Grade Level: All

Presenter: Theresa Francois, Beacon Health Options

In this class, we will discuss how we communicate, without words. We'll look at the importance of body language and the messages it can convey. Discussion will focus on awareness and practice.

Opening Doors for Diversity, Equity and Access

Target Audience Grade Level: All

Dr. Trudy T. Arriaga has served as a committed educator to cultural proficiency for each and every student and their communities for over 40 years. She started her career in the Ventura Unified School District as a bilingual paraeducator and ended her career in the same district as the superintendent. She co-authored her first book, *Opening Doors: An Implementation Template for Culturally Proficiency* with her esteemed colleague and mentor, Dr. Randy Lindsey.

In this session, Trudy will demonstrate how to bring the tools of cultural proficiency to action and application in schools and districts as we challenge ourselves to ensure that our actions reflect our values. Special emphasis is placed on the very significant role of the paraeducator as an equity steward. Join this inspirational and practical session as we engage in a common vision to escort students and their communities through open doors.

Positive Childhood Experiences: Using The Matrix of Needs to Structure Educational Experiences

Target Audience Grade Level: All

Class Length: 90 minutes

Presenter: Bob Bowen, Developer, The Matrix of Needs

Since the publication of the Adverse Childhood Experiences Study by Vincent Felitti and Robert Anda and the work of Jennifer Freyd, Sandra Bloom, Bessel van der Kolk and others, we have learned a great deal about the neurobiological effects of trauma. We know less, unfortunately, about the Positive Childhood Experiences, though thanks to

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the work of Christina Bethell, Angela Narayan, Andrew Skodol and others, we are learning more. This session will explore how to structure interactions and environments using The Matrix of Needs model in order to focus on creating educational environments that initiate and reinforce the positive interactions that human beings need in order to grow and develop to their full potential.

Screen Guide

Target Audience Grade Level: PreK-12

Presenter: Tony Buon, Work Psychologist, Mediator, Coach, Speaker & Author, Beacon Health Options/CVT

In today's digital world many parents are conflicted on when and how often to let children use their "screens". We will discuss age limits, and help parents define for themselves and their families their limits. We will also recommend some of the apps/web sites that have been approved. Setting limits often brings many challenges and we will delve into how to tell our children why guidelines are necessary.

Staying Focused During Times of Change

Target Audience Grade Level: All Presenter: Wendy Wollner, Beacon Health Options/CVT

This class is designed to explore the value of mindfulness and focus during times of change. We will look at how the brain works and the importance of regulating emotions. Steps and tools for improving focus for ourselves and others will be discussed.

Staying Strong and Resilient

Target Audience Grade Level: All

Presenter: Tony Buon, Work Psychologist, Mediator, Coach, Speaker & Author, Beacon Health Options/CVT

Have you recently changed jobs, had a change or loss in your life, or begun caring for an aging relative? How do you handle challenges, problems and hardships in your life? Learn strategies for staying strong and resilient, maintaining a positive outlook and reducing stress in your life.

Stress Reduction Toolkit

Target Audience Grade Level: All

Presenter: Diane Pulleyblank, Fitness & Wellness Expert, Beacon Health Options/CVT

How do you know you are stressed? Do you recognize the symptoms of stress? Explore the newest research and what experts are saying about good and bad stress. Participants will gain the tools to manage stress, including mindful communication.

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Versions of this class are also available with a focus on CISD, tragedies, or veteran's unique needs.

Student Motivation and Engagement Strategies

Target Audience Grade Level: All

Class Length: 85 Minutes

Attendees will see a demonstration of three strategies to help keep their students on their toes. Randomization, Storytelling and What's the Story with... These approaches will touch on almost all of the multiple intelligence strategies (and then some). Learn to excite the mind, elicit deeper questions and earn the right to explore your curriculum with your students. Fun and also very valuable!

Suicide Identification and Prevention

Target Audience Grade Level: All

Presenter: Theresa Francois, Beacon Health Options

In today's world, knowing the early warning signs of suicide is of critical importance. In a considerate manner, this seminar will explore the ways we can all play a role in identifying the warning signs and implementing suicide prevention programs at work and in our community.

Supporting Students Where They Are, Not Where They Have Been

Target Audience Grade Level: K-12

Do you serve or support students who have significant behavior problems or have been through the Juvenile Court system? Then this presentation is for you. Looking through the lens of mental health this presentation will focus on identifying, addressing and supporting the unique needs of at-risk students.

The Gentle Way to De-Escalate Conflict

Target Audience Grade Level: All

Class Length: 3 hours in Two 1.5 hour parts

Presenter: Tim Morrow, Verbal Judo Institute

Learn techniques to de-escalate tense situations by choosing the right words to show dignity and respect to all stakeholders.

The Greatest (Slides) Show

Target Audience Grade Level: K-8

Class Length: 90 minutes

Presenters: Cassandra Gartung & Tonja Parkin, On Site Instructional Curriculum Coordinators, Victor Elementary School District

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This session will explore the immense versatility of Google Slides and how this app can provide opportunities for collaboration, creativity, communication, and critical thinking with students. Google Slides is more than a presentation app. It can provide a versatile canvas for students to interact with content and demonstrate learning.

The Myth of Attention Seeking Behavior

Target Audience Grade Level: All

Class Length: 90 minutes

Presenter: Bob Bowen, Developer, The Matrix of Needs

As a behavioral consultant, one of the most common phrases used in referral information is that the student is engaging in a series of behaviors “just to get attention”. Attention has been postulated as a motivation for behavior by the most widely used behavioral assessments such as the Motivation Assessment Scale, the Functional Assessment Screening Tool and others. This workshop will present the concept that people do not want attention, rather they want the things that attention brings, such as safety, affection, acceptance and other specific unmet needs the student is experiencing. In a sense, attention is the means to an end, and not the end itself. A framework for identifying the antecedents that drive what is called “attention getting behavior” will be presented within the context of several case studies.

Understanding Colleagues with Autism

Target Audience Grade Level: All

Presenter: Tony Buon, Work Psychologist, Mediator, Coach, Speaker & Author, Beacon Health Options/CVT

This training provides important information related to adults living on the autism spectrum. This training will identify common behaviors, challenges and how to set your employees with ASD up for success within your organization.

Using Apps for Health & Technology

Target Audience Grade Level: All

Presenter: Tessie Tracy, Certified Behavioral Nutrition Coach, Beacon Health Options/CVT

Apps have many benefits and we will break down which ones can help finances, health, and productivity.

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