

## **Creating a Conducive Learning Environment through Fostering Healthy Relationships LAUSD Course #NA-17-07 Approved for 3 Salary Points (LAUSD-Specific)**

### **Brief Overview**

In this course, participants will learn the interconnection of relationships, stress, and learning in order to create, through definite actions, a conducive learning environment. The development of the brain, with its parts and functions, will be taught, particularly as it relates to social functioning and learning. Attachment theory will be discussed, and classroom relationships evaluated as to whether they enhance or diminish the students' capacity for learning.



Stress' impact on a student's developing brain and capacity to learn will be examined, as well as how students' attachment styles can impact their ability to regulate their own anxiety and cognitive functioning. Practical ways to improve the health of relationships in the social environment of the classroom and school will be provided, in order to ensure more optimal learning and to prevent bullying (one of the most prevalent and damaging experiences for students' health, learning, functioning and well-being) and teacher burnout (a serious threat to the quality of education, since teaching is such a socially demanding, critical role). The last lesson is bright, with a speech by Dr. Sara Lawrence-Lightfoot, a talk by Rita Pierson, with an examination of mutual respect and the universal need of students: the need for a champion. The course ends with a call to action: Let's be a champion for our students, modeling respect, inclusion, tolerance, and the best in humanity, to bring out the best in them.

### **Outline of Course**

**Session 1:** Understanding How the Brain Works: How Relationships and Stress Affect Learning

**Session 2:** Structure & Function of the Developing Brain: The Basics

**Session 3:** Stress & Its Impact on Healthy Development and Learning

**Session 4:** Attachment Theory: Understanding the Impact of Insecure Relationships on Learning

**Session 5:** Psychosocial Factors in Creating the Optimal Learning Environment (A) – A Secure Base

**Session 6:** Psychosocial Factors in Creating the Optimal Learning Environment (A) – Affect Regulation

**Session 7:** Teacher Reflection – A Requirement for Building Secure Relationships with Students

**Session 8:** Bullying: Effects & Preventative Strategies

**Session 9:** Teacher Burnout: Causes, Effects, and Inefficacy in the Classroom

**Session 10:** Principles and Practices of Respect as Central to Learning: Portraiture Model of Education

**Session 11:** Course Conclusion and Final (Research & online presentation on chosen related topic)

## Description of Activities

For each module please expect the following activities:

- Read through the lesson/session contents (including articles) and watch videos
- Take a short quiz on the material presented
- Complete a written assignment with open-ended responses
- Post your written responses on a discussion forum for interaction with others

## Have Questions?

Email our Help Desk at [help.ed4equity@gmail.com](mailto:help.ed4equity@gmail.com)