



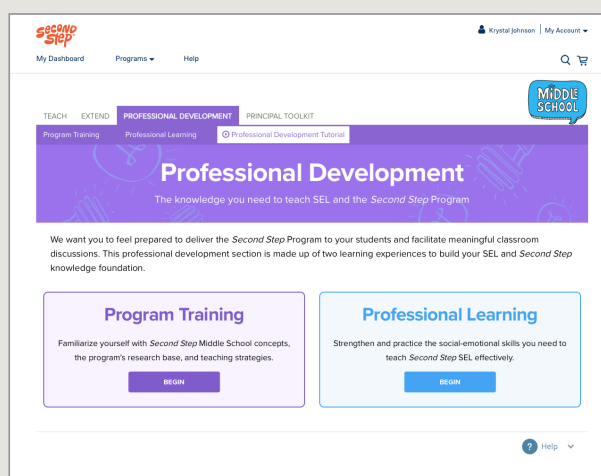
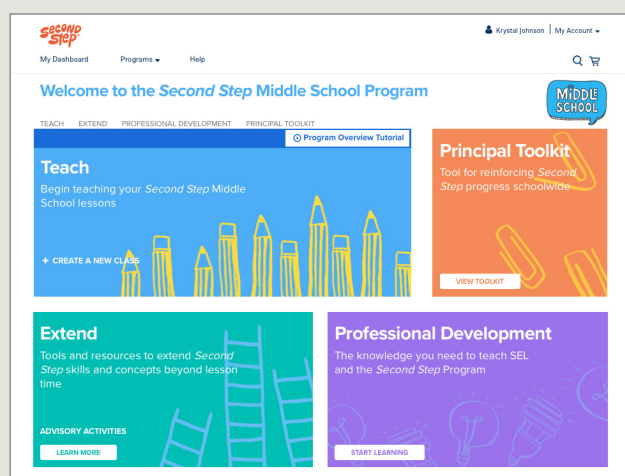
Second Step Middle School Program Professional Development

Learn, Grow, Teach

The Second Step Middle School Program's Professional Development is an easy-to-access online resource that sets the stage for successful social-emotional learning (SEL).

The program offers two sets of learning modules to train and prepare educators. In program training, educators can familiarize themselves with key concepts, the program's research base, and teaching strategies. In professional learning, educators can strengthen and practice the social-emotional skills they need to teach Second Step effectively.

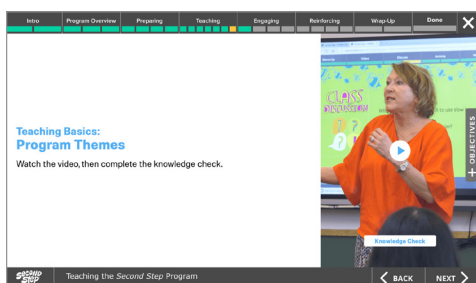
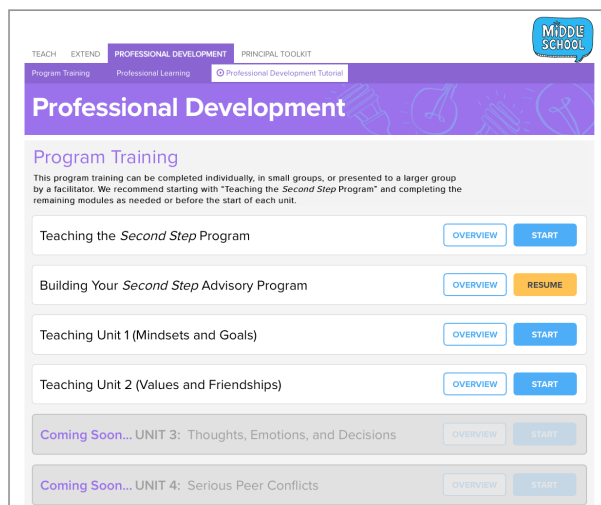
Built with busy schedules in mind, these resources can be accessed online in any setting, individually or in a group.





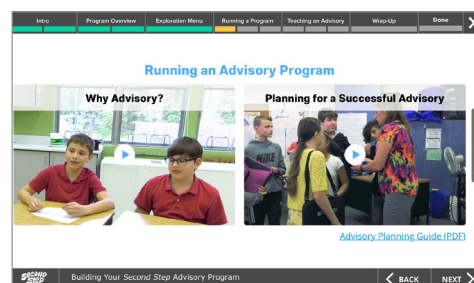
Program Training

The four program training modules currently offered contain videos and prompts to help facilitate reflection and discussion. Two more modules, Teaching Unit 3 and Teaching Unit 4, are coming soon!



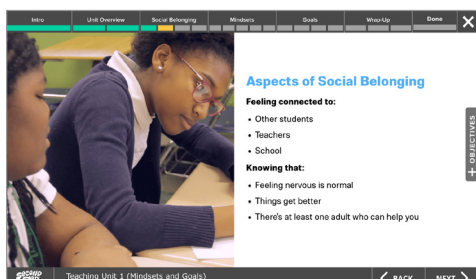
1 Teaching the Second Step Program

This foundational introduction to teaching Second Step gives educators an opportunity to acquaint themselves with the essential concepts and practices they need to create a positive class climate and engage students.



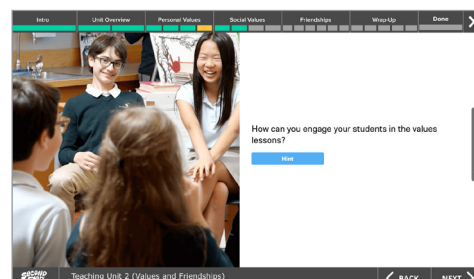
2 Building Your Second Step Advisory Program

This module introduces the extensive advisory resources included in the program and offers planning strategies, practical ideas, and teaching tips to help educators build and teach an advisory program in combination with SEL lessons.



3 Teaching Unit 1

This module offers information about key skills and concepts to help educators teach Unit 1 lessons, including social belonging, mindsets, and goals.



4 Teaching Unit 2

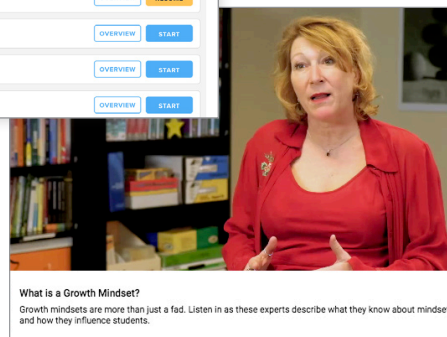
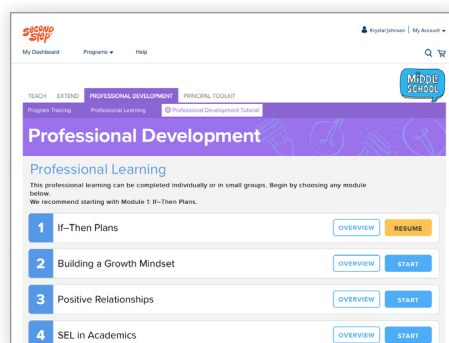
This module supports educators with information about key skills and concepts in Unit 2, including personal values, social values, and friendships.



Professional Learning

The professional learning section offers flexibility both in its design and how users experience it. Educators can navigate the modules at any pace. They are given a clear objective, engaging challenges, and multiple pathways through the material.

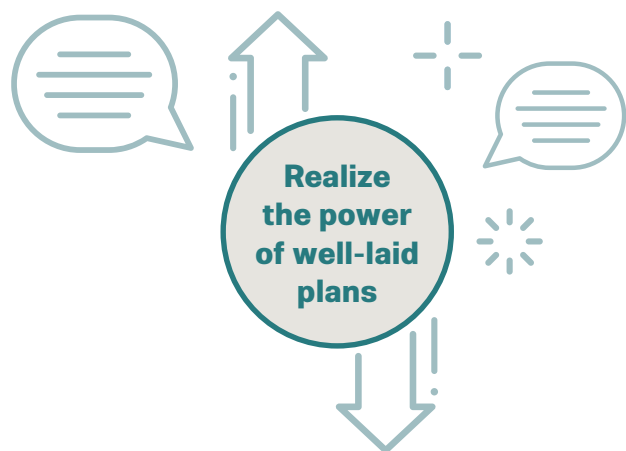
There are four professional learning modules addressing growth mindset, successful goal setting, positive teacher-student relationships, and incorporating SEL into academic subjects—and a fifth module reinforcing the previous four through case study examples.



1 If-Then Plans

The ability to attach implementation intentions to a goal is a powerful skill with lifelong benefits. Research shows that when we set a stand-alone goal, we only have a 28% chance of success. When we support each goal with a plan, our chance of success jumps to 61%.

If-Then Plans provide structure for building and reaching goals. In this module, teachers are given clear guidelines for creating their own If-Then Plans. They begin by brainstorming triggers and follow up with corresponding actions to move them toward their goals when the triggers occur. Once educators are adept at building their own plans, they can help students use If-Then Plans to develop strategies and well-thought-out actions for taking on challenges.






2 Building a Growth Mindset

Growth mindset is the belief that you have the ability to learn, grow, and change with hard work and good strategies. Coming to the classroom with the right mindset can significantly influence academic success and affects students' academic goals, attitudes toward effort in school, and how they respond to setbacks and difficulties.

Every day, educators have the power to foster a growth mindset by modeling behavior and believing in themselves and their students. Through the two sections of this module, educators gain the skills and knowledge to foster a growth mindset in themselves and their students.



Second Step Middle School

MODULE 2 HOME

A TEACHER'S MINDSET


A STUDENT'S MINDSET

1/4 COMPLETED




5/5 COMPLETED

A Teacher's Mindset

As a teacher, what you believe and do determines all for your students. You have the ability and the responsibility to help your students develop growth mindsets. You can do so by believing in your own ability to improve first, then by believing in your students' abilities and providing the guidance they need.



Learning Objectives

-  Discover how you can identify a fixed or growth mindset in yourself and your students
-  Identify how having a growth mindset helps someone learn
-  Describe strategies for fostering a growth mindset

DISCOVER

How to Identify a Growth Mindset

1

CLICK TO BEGIN

INVESTIGATE

The Change a Growth Mindset Can Make

2

CLICK TO BEGIN

EXPLORE

How to Help Your Brain Grow

3





CLICK TO BEGIN

CREATE

A Plan to Improve Your Mindset

4

CLICK TO BEGIN



BACK TO SCHOOL

BACK

NEXT



3 Positive Relationships

Positive student-teacher relationships are an important factor for middle school students. Research shows that positive relationships are connected to higher achievement, improved behavior, and long-term success.

In this three-part positive relationships module, educators are offered strategies to build meaningful relationships with students. The skills and concepts covered include the benefits of positive student-teacher relationships, modeling social-emotional skills and behaviors, relationship-building strategies, and the broader impact positive relationships can have.





4 SEL in Academics

The concepts taught in the Second Step Middle School Program benefit students far beyond the lessons themselves. Every subject—from math, to music, to history—can incorporate SEL. By including SEL in academics, educators can empower students to tackle a difficult math problem, respectfully disagree with a fellow student, and face everyday challenges in the classroom. In this module, sample lesson plans, SEL rubrics, and other tools help educators develop these integrations and gauge how social-emotional skills and concepts are being used in the classroom.

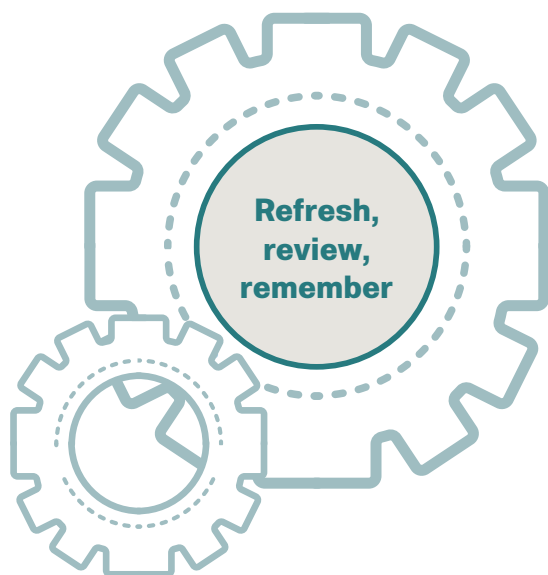


The screenshot shows the 'SEL in Academics' module interface. At the top, there's a navigation bar with 'Second Step' and 'Second Step Middle School' logos, and a 'MODULE HOME' button. Below this, the title 'SEL in Academics' is displayed, followed by a subtitle: 'Every lesson can be an opportunity to help your students improve their social-emotional skills.' The main content area is divided into sections. The first section, 'Learning Objectives', has two icons: a group of people and a person with a magnifying glass, with descriptions: 'Explore how Second Step skills and concepts apply to different subject areas' and 'Practice using Second Step rubrics to integrate SEL into academic subjects'. Below this, there are five numbered steps, each with a 'CLICK TO BEGIN' button: 1. 'DISCOVER: How Second Step Skills Relate to All Subjects' (orange box), 2. 'UNDERSTAND: Sample Lesson' (blue box), 3. 'UNDERSTAND: Crafting SEL Lesson Plans' (green box), 4. 'EXPLORE: How to Challenge Your Students' (red box), and 5. 'REVIEW: Using Rubrics to Guide Each Lesson' (green box). To the right of these steps are various icons: a person with a lightbulb, a question mark, a brain, a lightbulb with a thumbs up, and a person at a desk. At the bottom, there are 'BACK' and 'FINISH MODULE' buttons.



5 Case Study Examples

Educators can reinforce their own professional learning from all the other modules with scenarios that put their skills to the test. In choose-your-own-adventure-style stories, educators make decisions about what to do in classroom situations, just as they would at school. With the goal of fostering a growth mindset and building positive relationships with students, this four-part module helps prepare educators for real-life situations.



Second Step

Second Step Middle School

MODULE HOMEEXAMPLE 1EXAMPLE 2EXAMPLE 3EXAMPLE 4

A Prickly Day in Thistledeale

The town of Thistledeale has had a large influx of refugees. The local middle school has taken on 37 new students, and some of the teachers, including Mr. Garrett, have been struggling to teach these new English-language learners.

Mr. Garrett has taught biology for 15 years, and he thought he had a pretty good grasp of how it should be taught.

But communicating with his new students has challenged his teaching methods.

He met with the principal to discuss a reassignment, but he's the only one who can teach the class.

Decision Point 1
Mr. Garrett is seriously doubting his ability to teach science to his ELL students.
How should he approach this situation?

1

Mr. Garrett has successfully taught hundreds of students over the years. If it's not broken, don't fix it.

2

Mr. Garrett can't expect himself to be perfect. If his regular lesson plans aren't working, he'll just have to adapt them.

3

Mr. Garrett should slow down the pace of the class to accommodate the students' abilities. He must consider their needs above his own.

← BACK

NEXT →

Get Started

Experience the professional development opportunities included with the Second Step Middle School Program. Teach students valuable social-emotional skills and build your own knowledge foundation for the classroom and beyond.

Learn more at SecondStep.org/middle-school-program or call Committee for Children at 800-634-4449, ext. 1.