

# ED 245 : TRAUMA SENSITIVE CLASSROOMS

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## Transcript title

Trauma Sensitive Classrooms

## Credits

3

## Grading mode

Standard letter grades

## Total contact hours

50

## Lecture hours

20

## Other hours

30

## Recommended preparation

ED 140, ED 200, or ED 265.

## Course Description

Addresses the role of the education environment in supporting lifelong coping mechanisms. Addresses the impact of stress on children's overall development. Explores Adverse Childhood Experiences (ACEs) and the role of mindfulness and resiliency-based programs to address and mitigate the effects of early trauma. Addresses the impact of stressors on children's participation, relationships, and overall success in learning environments. Explores strategies and resources for designing and leading Trauma Sensitive Classrooms.

## Course learning outcomes

1. Explain what trauma is and how it impacts the learning, motivation, and success of all students in the classroom.
2. Apply theories of learning, development, and resiliency to facilitate strong relationships and create a safe learning space.
3. Practice strengths-based approaches in order to reframe student behaviors as communication and to observe what students need to build resilience.
4. Explore professional development and self-care techniques, including mindfulness, to remain focused on classroom interactions.
5. Apply theories and practices to design elements of a trauma-sensitive classroom.

## Content outline

Part I. Trauma -Understanding Trauma and its Prevalence -The Manifestation of ACEs in the Classroom Part II. Self-Awareness - Intentional Teaching -Remaining Present -Self Care Part III. Relationship - The role and power of relationships in learning

## Required materials

Students are required to use a course textbook, have regular access to Blackboard, and will need to cover costs related to field placement completion.