

Course Title: Addressing Student Anxiety in the Classroom	
Number of Content Modules: 4	Grade Levels: K-12
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Course Description

The purpose of this course is for teachers to learn how to identify anxiety in the classroom and, more importantly, how to effectively support students who are affected by it. By becoming more aware and versed in strategies for identifying these conditions, educators will have the tools to nurture and foster a positive learning environment.

The course will review different anxiety disorders, circumstances, and situations of a student with an anxiety disorder. Participants will delve into research-backed strategies that extend beyond traditional boundaries, embracing the principles of cultural responsiveness and equity. In addition to learning how to identify anxiety and strategies to combat it, educators will develop plans to help address these issues in their own classrooms.

Course Objectives

- CO.1** Develop a comprehensive understanding of anxiety, including how it impacts students' social interactions and emotional regulation both in and out of the classroom. [Danielson Component 1b, 2a, 2b]
- CO.2** Identify and assess a range of factors that contribute to the cause and persistence of social anxiety in children and adolescents. [Danielson Component 1b,1d]
- CO.3** Determine the role of educators in supporting students with anxiety. [Danielson Component 1b, 2a, 2b, 2d, 3a]
- CO.4** Examine the principles of Social and Emotional Learning (SEL) to reduce stressors and anxiety among students. [Danielson Component 1d, 2b, 3e]
- CO.5** Compare good and bad stress, and the techniques students may use to reduce stress. [Danielson Component 1d, 2a, 2d, 3e]
- CO.6** Understand the levels of stress for marginalized populations and possible ways to make your own classroom/school setting calmer, especially for those marginalized populations. [Danielson Component 1b, 2a, 3a, 3c]
- CO.7** Evaluate how stress affects students differently based on their unique background and identity. [Danielson Component 1b, 2d, 4a]
- CO.8** Examine and determine the critical role of educators in recognizing, responding to, and supporting students who may be experiencing depression. [Danielson Component 1b, 2d, 3e]
- CO.9** Identify evidence-based strategies for cultivating a calm and supportive school environment for promoting student well-being. [Danielson Component 2a, 2b, 2e, 4a]
- CO.10** Consider the impact of teacher anxiety and stress on the overall classroom environment and identify ways to combat it. [Danielson Component 2c, 4a, 4e]
- CO.11** Review and implement ways to promote the reduction of stressors in the classroom. [Danielson Component 2d, 3e]
- CO.12** Develop equitable practices in the classroom or school setting to create inclusion and alleviate stress and anxiety. [Danielson Component 1b, 1c, 2a, 2b]
- CO.13** Create a plan for how the strategies discussed in the course will be used and implemented in the classroom setting. [Danielson Component 1d, 1e, 4e, 4f]

Course Outline

Course Introduction Module

Module Topics

In this module, you will learn about the course set-up, expectations for learning and collaborating, meet your colleagues, and reflect on your prior knowledge about teaching with artificial intelligence.

- Course Methodology & Navigation
- Course Description
- A Transformative Approach to Education
- Expectations and Community Agreements for Engaging in Brave Dialogue
- Community Building Circle: Course Story
- Course Objectives

Module 1: Current Research and Best Practices in Anxiety

Module Topics

In this module, you will be introduced to current best practices in addressing anxiety, including what's working and what's not. You will be shown an analysis of current data, and learn about past and present approaches to addressing anxiety, and the effects of anxiety, particularly with marginalized populations.

Section 1: Understanding Anxiety

- Reflect on It! Activate Prior Knowledge
- Learn About It! Different Types of Anxiety and Anxiety Disorders
- Learn About It! Psychological Effects
- Learn About It! Physical Effects
- Reflect on It! My Classroom Experience
- Learn About It! Trends In Data

Section 2: Prevalence of Anxiety

- Reflect on It! Supporting Marginalized Groups Vulnerable to Anxiety
- Learn About It! Stakeholders and Student Anxiety
- Reflect on It! Challenging Assumptions
- Learn About It! Cycle of Socialization
- Practice It! From Data to Classroom

Section 3: Past and Present Practices

- Practice It! Rating an Anxiety Classroom Plan
- Learn About It! Practices & Pitfalls
- Practice It! Supporting All Students

Section 4: Wrap-Up

- Master It! Developing an Anxiety Management Plan

Module 2: Exploring the Roots of Anxiety

Module Topics

In this module, you will investigate some of the underlying reasons students experience anxiety, and you will learn about the importance of understanding risk levels associated with marginalized populations.

Section 1: Anxiety Types & Triggers

- Reflect on It! Thinking Ahead
- Learn About It! Making Connections
- Practice It! Student-Focused Resolution

Section 2: Trauma-Informed Teaching

- Learn About It! Cycle of Trauma
- Learn About It! Trauma-Informed Practices
- Master It! Sharing Knowledge

Section 3: Supporting Every Student

- Reflect on It! In My Classroom
- Learn About It! Equitable Practice
- Learn About It! Culturally Responsive Education
- Learn About It! Analyzing Risk

Section 4: Wrap-Up

- Master It! Uncovering Behaviors

Module 3: Managing Anxiety in the Classroom Through Awareness, Prevention, Intervention, and Monitoring

Module Topics

In this module, you will focus on awareness and prevention, intervention, and monitoring of anxiety in the classroom. You will learn ways to prevent anxiety before it happens, what to do when it is currently happening, and how to manage it on an ongoing basis.

Section 1: Stakeholder Awareness

- Reflect on It! Thinking Ahead
- Reflect on It! Managing Personal Biases

Section 2: Prevention

- Learn About It! Methods of Prevention and Management
- Learn About It! Community Culture
- Learn About It! Using Stress to Your Advantage
- Learn About It! Creating Safe Classroom Environments
- Practice It! Prevention Plan of Practice

Section 3: Intervention

- Learn About It! Intervention Strategies
- Learn About It! Reduction of Classroom Stressors
- Practice It! Intervention Ideas

Section 4: Managing & Monitoring

- Practice It! Systems for Managing Anxiety
- Reflect on It! Student-Adult Relationships
- Master It! Monitoring Progress

Section 5: Anxiety Monitoring Tool

- Practice It! Anxiety Monitoring Tool
- Master It! Anxiety Management Strategies

Module 4: Developing Response Plans

Module Topics

In this module, you will focus on a culminating project, putting what you have learned into an actionable plan.

Section 1: Putting Into Practice

- Reflect On It! Discussion Activities
- Practice It! Creating Strategies for Marginalized Groups
- Practice It! A Classroom Approach

Section 2: Course Wrap-Up

- Reflect on It! Reflecting On Learning and Current Practices
- Master It! Student Assessments
- Master It! Final Project

Module 5: Course Wrap-Up

Module Topics

In the Course Wrap-Up Module, you will reflect on your learning from the course and your mastery of the course objectives.

Section 1: Summative Reflection

- Reflect On It! Summative Reflection
- Reflect On It! Course Evaluation and Reference List