

TeachME Professional Development

Promoting Social and Emotional Well-being through a Whole School Approach

1. What is a whole-school approach to social-emotional wellness?

- A. One in which wellness is assumed, not taught
 - B. One in which no member of the community is invested in physical or mental wellness
 - C. One in which every member of the school community works to support whole-child wellness
 - D. One in which gym class is mandatory and lengthy
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2. What is health literacy?

- A. A library of health books
 - B. A more comprehensive, holistic way to think about health, encompassing mental, physical, and emotional wellness.
 - C. A more holistic, comprehensive way to think about health, encompassing health from infancy to geriatric care
 - D. A way for people to discuss test results
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3. What is one of the best ways to ensure that employees are better-equipped to help students become healthier?

- A. If they're healthy and happy themselves
 - B. If they're told to do so by the students themselves.
 - C. If they're all registered nurses.
 - D. If they're incentivized with pizza.
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4. How can a school extend their academic community off-campus?

- A. By building a larger school.
 - B. By partnering with local businesses and volunteer organizations
 - C. By buying up local businesses.
 - D. By volunteering free classes for community members
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5. What is one of the most telling indicators of student wellness and performance among the following four options?

- A. How much their families are engaged in the school environment
- B. How old they are
- C. The size of the school

D. The median age of the students

6. Whole-school, whole-child programs support both academic outcomes and students' ability to communicate well, deal with problems effectively, and:

- A. Become more intrinsically motivated
 - B. Enhance curiosity
 - C. Increase their perseverance
 - D. Practice empathy
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7. What's an easy (and practical) way to help students practice mindfulness?

- A. Sign them up for yoga
 - B. Give them all a popular mindfulness app for their phones
 - C. Give them a minute of quiet transition time at the beginning and end of each class.
 - D. Mindfulness is not necessary for students
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8. Why might your school decide to put a student on the committee overseeing any whole-school wellness implementations?

- A. For a cute photograph
 - B. This isn't something a school should do
 - C. If there are no parents interested in the position
 - D. To engage with and listen to the student body better
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9. What is one reason that whole-school wellness initiatives often don't work

- A. They don't receive buy-in from the whole community
 - B. They don't work
 - C. They have never been tried
 - D. They receive too much community support and become swarmed
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10. Should social-emotional learning be incorporated at the classroom level or at the community level (and why)?

- A. Community; it's less successful with total buy-in
 - B. Community; it's more successful with total buy-in
 - C. Classroom; this is a less expensive approach
 - D. Classroom; that way, individual teachers can take individual approaches
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11. What's one reason that physical health and mental wellbeing or academic performance could be connected?

- A. People need a certain level of energy and alertness in order to learn effectively.

- B. They're both difficult to achieve.
 - C. People learn better when they are in poor physical health.
 - D. They are in no way connected.
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12. Students who develop higher emotional resilience and wellness tend to have more or less counts of disciplinary infractions, and why?

- A. More: They get into more arguments with their peers
 - B. More: They tend to skip school more
 - C. Less: They practice too much mindfulness
 - D. Fewer: They may have higher emotional resilience, which can lead to fewer fights or lowered stress
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13. Which of the following statements generally reflects the connection between academic performance and social-emotional wellness?

- A. Better learners are happier and healthier
 - B. Healthy learners are healthier
 - C. Happier, healthier students are better learners
 - D. Students who aren't healthy can never learn
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14. Thorough social-emotional instruction led to a beneficial (reduced) impact on which of the following:

- A. Assessments
 - B. Absenteeism
 - C. Athleticism
 - D. Aestheticism
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15. What are three factors that lead to a higher likelihood of success of any whole-school initiatives your school implements?

- A. Assessments, strong partnerships, and planned communication
 - B. Social, mental, and behavioral wellness
 - C. Emails that go out to the entire school community on a weekly basis
 - D. A lack of buy-in from the entire community
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16. When teachers who make a point of standing outside their classrooms and happily greeting their students perform this action, what are they doing?

- A. Getting some mild physical activity in
 - B. Subtly taking attendance
 - C. This is not a recommended practice
 - D. Building good relationships with students, and possibly making them happier and healthier in the long run.
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17. What are the first two steps a school must take when implementing a whole-school approach to wellness?

- A. Paving school walkways and investing in a new theater
 - B. Rebranding and coming up with a new mission statement
 - C. Narrowing the focus, and establishing a streamlined leadership team.
 - D. Making sure that a child and a doctor are on the leadership team
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18. In order to model social-emotional wellness for your students, what's a good way to go about making a decision?

- A. With a pro-con list
 - B. Use a demonstrably strategic problem-solving process, and speak about it with your students.
 - C. Ask your students to make the decision for you
 - D. Never make a visible decision
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19. What is the first step in learning effective self-regulation?

- A. Getting a thermometer
 - B. Taking five deep breaths
 - C. Figuring out how to identify your emotion, or finish the sentence, "I am feeling..."
 - D. This is not a learned skill
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20. What is one of the most important strategies to employ for social-emotional wellness if your student population is experiencing a rapid shift to distance learning?

- A. Give your students as much structure as you can
 - B. Get a really high-quality webcam and a ring light
 - C. Don't shift to distance learning
 - D. Visit your students at home
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