

# 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
- 

### 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
- 

### 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.
- 

### 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
- 

### 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
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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.
- 

**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
- 

**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
- 

**14. Thorough social-emotional instruction led to a beneficial (reduced) impact on which of the following:**

- A. Assessments
  - B. Absenteeism
  - C. Athleticism
  - D. Aesthetics
- 

**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
- 

**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.
-

**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
- 

**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
- 

**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
- 

**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
-