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

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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. Atheticism
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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