

# Minnesota State University Moorhead

## STL 482: Behavior, Trauma, and Mental Health in the Classroom

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites:

This course requires the following prerequisite

STL 325 - Using Technology to Enhance Effective Teaching Practices

Corequisites: None

MnTC Goals: None

This course will focus on developing an understanding of trauma in children as well as other childhood experiences manifesting in challenging school behaviors. The course will also provide teacher candidates with strategies to address challenging behaviors, trauma, and mental health in school-age children and youth. Candidates will be challenged to reflect on their own biases and interpretation of behavior and will develop a plan for their own self-care for continuing professional growth.

**B. COURSE EFFECTIVE DATES:** 01/01/2019 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Develop an awareness of adverse childhood experiences and the effects of trauma on today's classrooms.
2. Identify and apply strategies for assisting self and students demonstrating challenging behaviors to become increasingly self-aware, regulated, and resilient.
3. Evaluate effective communication techniques when having conversations about racial and ethnic differences.
4. Evaluate lesson plans for student interest, specific accommodations, and student engagement to alleviate potential challenging behaviors.
5. Create a system for helping students monitor self-control.
6. Develop a lesson or activity that will foster student development of grit, empathy or other success skills.
7. Self-assess their understanding of empathy, self-control, integrity, embracing diversity, and grit.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted