



Trauma-Informed Instructional Strategies

Prework

October 12, 2020 (Insight Park @ Ole Miss)

October 13 & 15, 2020 (Virtual Workshop 12:00 PM – 3:30 PM)

Directions: Complete the following 3 hours of prework prior to the face-to-face training. You will want to use the Prework Notes to document your learning. Be sure to bring a copy of your Prework Notes with you (for the in-person training) or have it near you (for the virtual training) so you can use it during the Prework Assessment.

- I. Defining Trauma and ACEs (.75 hour)
 - a. Download or print [this notes document](#) so you can take notes as you work through the prework readings and videos. (Open with Google Docs. Click on “File” and then “Download a Copy” and specify the location.)
 - b. Watch [this introductory video](#).
 - c. Watch this brief video, [What is Trauma? Understanding Trauma Meaning and Trauma Definition](#).
 - d. Watch the video, [“What is Trauma”?](#)
 - e. Read the article, [“Preventing Adverse Childhood Experiences”](#).
 - f. Read the article [here](#) to understand the differences between trauma, ACEs, adversity, and toxic stress.
- II. Impact of Trauma and ACEs on Child Development (1.75 hours)
 - a. Examine the infographic linked [here](#) to learn more about ACEs and toxic stress.
 - b. Take the ACEs test [here](#), and read about what it does and doesn’t mean.
 - c. Read about ACEs and their impact on brain development [here](#).
 - d. Watch the video, [Adverse Childhood Experiences \(ACEs\): Impact on Brain, Body and Behaviour](#).
 - e. Read the paper, [Excessive Stress Disrupts the Architecture of the Developing Brain](#), to learn more about how stress impacts brain development.
 - f. Finally, watch [this video](#) to reinforce what you have learned about how the brain responds to trauma and regular real or perceived threats.
- III. Impact of Trauma and ACEs on a Child’s Education (.5 hour)
 - a. Watch [this brief video](#) to refresh your memory about how the brain responds to stress.
 - b. Watch [this brief video](#) to learn about long-term effects of stress on the body.
 - c. Reflect upon what you have learned so far. How might the effects of trauma, ACEs, and toxic stress manifest in our students? What might teachers and school leaders notice?

Be sure to bring your Prework Notes document with you to the in-person training or have it beside you if you are participating in the virtual face-to-face training so you can use them for the Prework Assessment as well as other training activities.

Please email Dr. Lisa White @ lisadeannewhite@gmail.com if you have any questions.