

# Online Book Studies for Educators

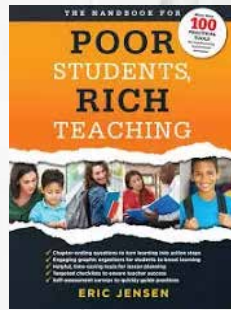
**\$20 per session**  
\*book not included\*

We selected a book for each session; Winter, Spring and Summer of 2024 with 2 months to complete each session. This opportunity is funded by the Illinois SEL Hub Grant and focuses on Social Emotional Learning and Trauma Informed for Students, Teachers, and Schools, and Teacher Well-ness Strategies. Each book is split into 8 weeks with a portion of the book each week. Each week participants post online 2 original posts in response to questions posed by instructor and will respond to at least 2 other students' posts. A short final implementation post will come at the end of the course. Educators can earn PD Credits from home responding asynchronously each week and connect with educators across the state.

## Winter Book Study

January 1, 2024 - February 29, 2024  
12 PD hours

**The Handbook for Poor Students, Rich Teaching (A Guide to Overcoming Adversity and Poverty in Schools)**



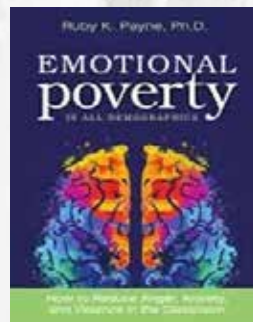
by Eric Jensen (Author)

Research on poverty and education shows that the majority of public school students in the United States qualify as poor, but you have the power to change their futures for the better. A companion to the revised edition of Eric Jensen's Poor Students, Rich Teaching, this book for teachers provides a plethora of tools, organizers, worksheets, and surveys designed to help you fully embrace the mindsets in the classroom that lead to richer teaching.

## Spring Book Study

March 1, 2024 - April 30, 2024  
8 PD hours

**Emotional Poverty In All Demographics: How to Reduce Anger, Anxiety, and Violence in the Classroom Paperback**



by Ph.D. Ruby K. Payne (Author)

Address anger, anxiety, and violence in the classroom with strategies and best practices that work in classrooms. Under-resourced students, wealthy students, and students in all demographics can benefit from calming and healing techniques Ruby Payne, author of A Framework for Understanding Poverty, shares in this book.

## Summer Book Study

June 1, 2024 - July 31, 2024  
8 PD hours

**180 Days of Self-Care for Busy Educators (A 36-Week Plan of Low-Cost Self-Care for Teachers and Educators)**



by Tina H. Boogren (Author)

Rely on 180 Days of Self-Care for Busy Educators to help you lead a happier, healthier, more fulfilled life inside and outside of the classroom. With author Tina H. Boogren's guidance, you will work your way through thirty-six weeks of daily self-care strategies and techniques, each corresponding with a week of the school year. Weekly themes range from creativity and inspiration to relationships



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