



LIVE VIRTUAL COMPLIMENTARY PROFESSIONAL DEVELOPMENT WORKSHOP VIA  ZOOM

## Cultivating Resilience with Social Emotional Learning

### By Using Structured Self-Questioning Framework

Tuesday, April 18, 2023

8:30 am-11:30pm 12:00-3:00pm

Presented by Lydia M. Sandoval M.

Graduate Certificate- Applied Behavior Analysis (ABA) & Certified Trauma Support Specialist (CTSS),  
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- Join this live virtual webinar to learn about one very simple tool to increase focus, gather information, brainstorm, evaluate, plan, act and reflect. This tool will increase our students metacognitive thinking. Metacognition simply stated is the “awareness and management of one’s own thought” (Kuhn & Dearn, 2004, p. 270) I will introduce the SELF-questioning strategy to develop cognitive flexibility and guided self-talk for,
  - academic mathematics,
  - reading and writing
  - social problem solving
  - coping abilities and mental health

The goal is to teach all students problem solving skills they need for success at school and in life.

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