

Monday, Thursday, & Saturday Evenings

1. **Microsoft Teams 101** (Would you be interested in a presentation structured around technology training (specifically learning how to use the Microsoft Teams platform?))
 - a. PSD150 specific (<https://www.peoriapublicschools.org/Domain/2738>)
 - i. [Tour of Peoria Public Schools Website](#) -3:32
 - ii. [Logging into MS Teams \(PSD150\)](#) -1:06
 - iii. [ACCESSING MICROSOFT OFFICE AND MICROSOFT TEAMS](#)
 - iv. [How Students Use MS Teams to Turn in Assignments](#) -5:37
 - b. [Microsoft Teams 101: A guide for beginners and tips for experienced users](#)
 - c. [How to Use Microsoft Teams - Beginner's Guide](#) -13:57
2. **Social Emotional Learning** (Would you be interested in a presentation structured around the social/emotional needs of students, both in and outside of the school setting?)
 - a. [5 Keys to Social Emotional Learning Success](#) - 6:02
 - b. [How Social-Emotional Learning Benefits Everyone](#) -9:52
 - c. [6 Steps to Improve Your Emotional Intelligence | Ramona Hacker | TEDxTUM](#)
17:00
 - d. [Developing a Growth Mindset with Carol Dweck](#) -9:37
 - e. [MindUP | Helping Children Thrive In School, Work and Life!](#)
 - f. In action
 - i. [Classroom Examples of Social and Emotional Learning and Character Development](#) -6:12
 - ii. [Social-Emotional Skills in School](#)
 - g. Activities
 - i. [28 Social Emotional Activities that Support Distance Learning at Home](#)
 - ii. [Free Social Emotional Learning Activities](#)
 - iii. [Second Step](#)
 - iv. [Social Emotional Learning at Home: All About Emotions](#) -9:41
 - v. [Social Emotional Learning at Home: What Does It Mean To "Flip Your Lid?"](#) -18:01
 - h. Older kids activities
 - i. [Social Emotional Learning At Home - Day 1](#) -14:26

- ii. [Emotional Intelligence From a Teenage Perspective | Maximilian Park | TEDxYouth@PVPHS](#) -13:14
 - iii. [Grid Diary: The simplest way to get started with keeping a diary](#)
 - iv. [Longwalks - Journal together grow closer](#)
 - v. [11 Best Meditation Apps 2020 - Free Meditation Apps for Anxiety](#)
3. **Working with High School Counselors Concerning Student Readiness** (Would a presentation structured around how to work closer with high school counselors concerning student readiness be of interest to you)
- a. [CX Podcast Ep17 - All About School Counselors](#) -39:59
 - b. [The High School Counselor on Apple Podcasts](#)
 - c. [School Counselor Gone Rogue | Listen via Stitcher for Podcasts](#)
 - i. PSD150 High School Counselor Suggestions
 - 1. [Create a Solid Academic Portfolio](#)
 - 2. [Make a College Plan in Five Simple Steps](#)
 - 3. [How to Build a College List](#)
 - 4. [College Planning: 9th/10th Grade](#)
 - 5. [Five Ways Ed Pays: Having a college degree means a richer life in every way!](#) -1:56
 - 6. [College Application Checklist](#)
4. **Improving Child Accountability & Parent-Teacher Relationships** (Would you be interested in a presentation on improving both children's and teacher's accountability?)
- a. Child Accountability
 - i. [The Case for Holding Students Accountable: How extrinsic motivation gets kids to work harder and learn more - Education Next](#)
 - ii. [CNN: Why parents matter in education](#) -2:23
 - iii. [Turning Parent-Teen Stress Into Parent-Teen Success | Neil D Brown | TEDxsalinas](#) 12:14
 - iv. [How to raise successful kids -- without over-parenting | Julie Lythcott-Haims](#) -14:16
 - v. [How Do I Get My Kid Motivated for School? 3 Things You Can Say to Motivate Your Kids](#) -4:05

- b. Teacher Communication- parent/teacher relationships
 - i. [Teacher and parent relationships - a crucial ingredient: Cecile Carroll at TEDxWellsStreetED](#) 9:20
 - ii. [PowerPoint on Teacher Communication by PSD150 Teacher Ms. Skahill](#)
 - iii. [Teachers' Accountability: Key To Quality Education](#)
 - iv. [Establishing a Parent-Teacher Relationship](#)
 - v. [Establishing healthy parent-teacher relationships for early learning success](#)
 - c. Student Activities
 - i. [Accountability Self-Examination Worksheet](#)
 - ii. [Student Success - Time Management](#) -2:04
 - iii. [How a student changed her study habits by setting goals and managing time | Yana Savitsky | TEDxLFHS](#) -5:07
 - iv. [How To Be Productive After School // study tips +](#) -8:13
 - v. [What do top students do differently? | Douglas Barton | TEDxYouth@Tallinn](#) -14:37
 - vi. [How to Study Effectively for School or College \[Top 6 Science-Based Study Skills\]](#) -8:27
- 5. How to Begin Discussing & Combatting Racism** (Would you be interested in taking a presentation structured around supporting our children through the challenges of racism, sexism, sexual biases and other prejudices concerning marginalized identities?)
- a. [How to talk to young children about the Black Lives Matter Guiding Principles](#)
 - b. [How to talk to your children about protests and racism](#)
 - c. [Talking to Children After Racial Incidents - Lion's Story](#)
 - d. [Talking to kids about race](#)
 - e. [George Floyd. Ahmaud Arbery. Breonna Taylor. What do we tell our children?](#)
 - f. [Systemic Racism Explained](#) -4:23
 - g. [The emotional impact of injustice | Dr. Dharius Daniels](#) -11:22
 - h. [8 powerful speakers that might make you think differently about racism | Big Think](#) -23:34
 - i. [The US medical system is still haunted by slavery](#) -8:49
 - j. [Let's get to the root of racial injustice | Megan Ming Francis | TEDxRainier](#) -19:37

k. Resources

- i. [Homepage | Eji.org](#)
- ii. [NAACP](#)
- iii. [What Matters | Black Lives Matter](#)
- iv. [PFW.GUIDE pfw.guide](#)
- v. [Ways To Help](#)
- vi. [The Conscious Kid \(@theconsciouskid\) • Instagram photos and videos](#)
 1. `
- vii. [www.ally.wiki](#)
- viii. [This hand-out is from the Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism](#)

l. Podcasts (Can be found on Spotify, Apple Podcasts, etc.)

- i. 1619
- ii. Intersectionality Matters
- iii. Code Switch
- iv. Black Wall Street 1921
- v. The Diversity Gap
- vi. Angela Davis Speeches on Spotify/Apple Music
- vii. Library Talks: Toni Morrison and Angela Davis on Connecting for Progress

m. Movies/Documentaries

- i. 13th (Netflix)
- ii. Just Mercy (can rent on Youtube & Amazon Prime)
- iii. Whose Streets (Hulu/can rent on Youtube & Amazon Prime)
- iv. When They See Us (Netflix)
- v. The Hate U Give (HBO GO/can rent on Youtube & Amazon Prime)
- vi. 16 Shots (SHOWTIME)
- vii. Time: The Kalief Browder Story (Netflix)
- viii. Detroit (Hulu/can rent on Youtube & Amazon Prime)

n. Read

- i. The Hate U Give, YA
- ii. The Parker Inheritance, YA

- iii. [Centering Black Authors with The Conscious Kid: A Storytime Playlist for YouTube Kids](#)
- iv. Hair Love, children's book
- v. Woke, children's book
- vi. The Youngest Marcher, children's book

Non-fiction anti-racist works

- vii. Pushout by Dr. Monique M. Morris
- viii. The New Jim Crow
- ix. Stamped from the Beginning
- x. The Fire Next Time
- xi. Between the World and Me
- xii. Racism Without Racists
- o. Peoria Specific
 - i. [City That Once Guided a Nation Now Shows Its Cracks](#)
 - ii. [Still Separate After All These Years: How Schools Fuel White Flight](#)

6. The History of Sexism & How to Combat It

- a. [What Is Sexism? Definition, Feminist Origins, Quotes](#)
- b. [The urgency of intersectionality | Kimberlé Crenshaw](#) -18:49
- c. [We should all be feminists | Chimamanda Ngozi Adichie | TEDxEuston](#) -30:15
- d. [An epidemic of beauty sickness | Renee Engeln | TEDxUConn 2013](#) -15:46
- e. [The Business of Beauty is Very Ugly | Carrie Hammer | TEDxSantaBarbara](#)
-18:24
- f. [Violence against women—it's a men's issue: Jackson Katz at TEDxFiDiWomen](#)
-19:06
- g. [Why I'm done trying to be "man enough" | Justin Baldoni](#) -18:31
- h. [7 surprising and outrageous stats about gender inequality](#)
- i. [Gender pay gap has narrowed, but changed little in past decade](#)
- j. [Gender Pay Gap Statistics for 2020](#)
- k. Resources
 - i. [UnderstandingPrejudice.org: Links on Prejudice - Sexism](#)
 - ii. [Girls Inc. | Inspiring All Girls to be Strong, Smart, & Bold](#)
 - iii. [Feminist Websites, Blogs, and Resources](#)

- iv. [Girls Light Our Way](#)
- v. [#SeeHer | The Movement to Accurately Portray Women in the Media](#)
- vi. [Me Too Movement](#)
- vii. [Everyday Feminism - Intersectional Feminism For Your Everyday Life](#)
- viii. Pushout by Dr. Monique M. Morris
- ix. Sing a Rhythm, Dance a Blues: Education for the Liberation of Black and Brown Girls by Dr. Monique M. Morris

7. LGBTQIA+ in America

- a. [Top 10 Important LGBTQ Moments In US History](#) -10:31
- b. [Why violence against transgender Americans is a crisis that's under reported](#) -6:58
- c. [Anti-gay hate crimes on the rise, FBI says, and they likely undercount](#)
- d. [Stonewall Forever - A Documentary about the Past, Present and Future of Pride](#) -21:48
- e. [Billy Porter Gives A Brief History of Queer Political Action | them.](#) -5:44
- f. [The new frontier of LGBTQ civil rights, explained](#) -4:47
 - i. 2015
- g. [What landmark Supreme Court ruling means for LGBTQ rights](#) -8:13
 - i. 2020
- h. Resources
 - i. [About GLAAD | GLAAD glaad.org](#)
 - ii. [Education](#)
 - iii. [Defining LGBTQ](#)
 - iv. [Essential Resources for LGBTQ Teens & College Students](#)
 - v. [How To Teach LGBTQ History » Teaching LGBTQ History](#)
 - vi. [Amplifying the Voices of Queer & Trans People of Color](#)
 - vii. [30 Essential LGBTQ Documentaries](#)
 - viii. Love, Simon, rated pg-13
 - ix. Love, Victor on Hulu rated pg-13
 - x. Discourse on Netflix, rated TV-MA
 - xi. Pose on Netflix, Rated TV-MA
 - xii. Julian Is A Mermaid, children's book
 - xiii. Jacob Tobia's Sissy: A Coming-of-Gender Story, high school & up

8. **The Functions and Processes of the Board of Education**(Would a presentation explaining the functions and processes of the Board of Education be of interest to you?)
 - a. [Board Members / Overview](#)
 - b. [School Board Member Responsibilities](#)
 - c. [Education Matters Episode #9: The Role of the Board Member](#) -3:16
 - i. -The rest of the series is recommended!
 - d. [Why the School Board is Important](#) -2:28
 - e. [Roles and Responsibilities of the School Board and Superintendent](#) -5:12
 - f. [Key Work of Boards](#) -5:12
 - g. [Digging in - What are School Boards and What Do They Do?](#) -18:33
 - i. Up to 10 minutes (after is a campaign)
 - h. [School Board Policy](#) -15:21
9. **How to Begin Financial Planning for Your Child's College Education** (Would a presentation explaining how to begin financial planning for your child's college education be of interest to you?)
 - a. [How To Pay For College \(The Right Way\)](#) -8:02
 - i. Book: Debt Free Degree by Anthony O'Neal
 - b. [College Financial Planning: Tips on How to Pay for College | Kaplan SAT & ACT Prep](#) -55:04
 - c. Student Activities (Also recommended by a PSD150 counselor)
 - i. [Financial Aid Checklist](#)
 - ii. [College Planning: 9th/10th Grade](#)
 - iii. [College Planning: 11th Grade](#)
 - iv. [College Planning: 12th Grade](#)
 - d. [How To Get The Most Financial Aid For College](#)
 - e. [How to Apply for Financial Aid \(Financing Your Education 1/4\)](#) -3:57
 - i. Series of four videos
 - f. [2020-2021 FAFSA - Full Walkthrough](#) -for dependent child, 25:02
 - g. Local Scholarships
 - i. [Scholarship Opportunities](#)
 - ii. [Peoria Public Schools Foundation](#)
 - iii. [Central Illinois Links Scholarship](#)
 - iv. [Peoria County Farm Bureau Foundation Scholarships](#)

- v. [Scholarships – Illinois Engineering Initiative](#)
- vi. [Illinois Scholarship Programs | Scholarships | ISAC Scholarships & Gift Aid](#)
- vii. [The Best Scholarship Websites For Finding Money](#) -1:16

10. **How to Help Your Child with Avoidance and School Anxiety** (If attendance matters, would you be interested in a presentation concerning how to help your child with avoidance and school anxiety?)

- a. [Understanding school refusal](#) -6:42
- b. [Helping Anxious Kids: Practical Tips](#) -18:26
- c. [5 Ways To Help Your Child Get Over School Anxiety](#) -7:51
- d. [Recognizing and Treating Problematic Fear and Anxiety in Children | #UCLAMDChat Webinar](#) -45:16
- e. [School Refusal](#)
- f. [How to Help a Child Overcome School Refusal](#)
- g. [Child Mind Institute \(@childmindinstitute\) • Instagram photos and videos](#)
- h. Student Activities
 - i. [Overcoming Anxiety | Jonas Kolker | TEDxTheMastersSchool](#) -10:14
 - ii. [Mindfulness & Meditation for Kids | Stop](#)
 - iii. [Meditation for Kids](#)

11. **Transitioning Your Child From One School to the Next** (if you have a child transitioning from one school to the next (kindergarten to elementary, elementary to middle school, middle school to high school) would you be interested in a presentation covering readiness and preparation?)

- a. [Transition Resources for Parents, Teachers, and Administrators](#)
- b. [The Back to School Transition](#)
- c. Middle School
 - i. [Middle School Tips](#) -4:26
 - ii. [Middle School Transition Tips](#) -7:22
 - iii. [Parenting Middle Schoolers](#) -12:37
 - iv. [Middle School Transition](#)
 - v. [Smoothing your child's transition to middle school](#)
- d. High School
 - i. [How to help your kids transition to high school](#)

- ii. [How parents can help their freshman teens cope with stress](#)
- iii. [TRANSITIONING FROM MIDDLE SCHOOL TO HIGH SCHOOL](#)
- iv. [10 Tips for Highschool Students](#) -6:34
- v. [Supporting Primary to High School Transition \(for parents & students\)](#)

- 1. Currently free enrollment

e. Student Activities

- i. [Middle School Transition Sheet](#)
- ii. [10 Best Day Planner Apps 2020 - Daily Calendar & To-Do List for Workday](#)

12. **Additional Resources** (Is there a specific subject that you would like support in to be able to better aid your child in their homework? (Example responses are specific sciences i.e. "biology", or levels of math i.e. "elementary level math"))

- a. [Complete List of Online Math Resources](#)
- b. [K-12 Video Math Lesson Resources. Mar 21, 2020 Spread The Good](#) -4:47
- c. [Khan Academy | Free Online Courses, Lessons & Practice](#)
 - i. [Using Khan Academy](#)
 - ii. Videos on virtually every math or science subject
- d. [CrashCourse](#) & [Crash Course Kids](#)
 - i. History, science, etc.
- e. [Girls Light Our Way](#)
 - i. [Girls Light Our Way - Home](#) -facebook page with contacts to join/reach out
- f. [School Connect: EQ in your PJs](#)
- g. [The Imagine Neighborhood: Emotional Intelligence Podcast](#)
- h. [You Have the Power to Prevent Bullying](#)
- i. [Online Teaching Resources for Teachers and Families | Common Sense Media](#)
- j. [Random Acts of Kindness | Kindness Resources](#)
- k. [Zinn Education Project](#)
- l. [Cyber Safety Risk Assessment](#)
- m. [INSTITUTE FOR RESPONSIBLE ONLINE AND CELLPHONE COMMUNICATION PODCAST](#)
- n. [Antiracism and America | Commentisfree](#)

- o. Books to begin lifelong discussions
 - i. An Indigenous Peoples' History of the United States: For Young People, Roxanne Dunbar-Ortiz
 - ii. Unbroken: 13 Stories Starring Disabled Teens, edited by Marieke Nijkamp, high school & up