

Using TEC's Resource Guide

INTRODUCING THE TEC RESOURCE GUIDE

Watch this brief video for an overview of current resources and more to come, including those for:

- √ Online learning
- √ At-home wellbeing practices
- √ Community tools and health updates
- √ Virtual community -building opportunities
- √ TEC member prizes and competitions!



Week 1: Resource Guide Contents

CONTENTS & TOPICS LIST

Feel free to skip straight to the most relevant resources for you!

WEEKS 1 - GETTING STARTED

Online Learning:

- <u>Learning Management Systems</u> (Google Classroom, etc.)
- <u>GSuite</u> (Drive, Docs, Forms, Hangouts and more)
- **Zoom** (video recording and conferencing)
- Ron Clark Academy virtual visit (Fri. 3/27)

Educator Wellbeing and Stress Management:

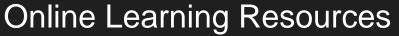
- At-home meditation & mindfulness guide
- Free virtual mindfulness workshop for educators (Wed. 3/25)

Community Resources:

- Limited free internet offers for students and families
- Centers for Disease Control coronavirus resources

Coming Soon!

- Content and grade -specific resources for online learning
- Opportunities for virtual meet ups
 - Prizes and competitions to keep you connected



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Summaries & Quick Wins for Using our Favorite Online Tools

Learning Management Systems (LMS)

LMS - THE BASICS

What it is: An online system for instructional delivery and student engagement. Typically includes options for content & video sharing, assignment tracking and submission, grading, feedback, and communication.

Types available: Examples include Google Classroom, Schoology, Powerschool, and Canvas, among others.

How to get started: Check if your school/district has a preferred LMS. If not, try a free one like Google Classroom.

LMS - QUICK WINS

Week 1: Watch the video to learn how to tackle these quick wins!

- ✓ Create one class template with a basic structure you'll use for all classes; before customizing it, make a copy for each individual class so you don't have to start from scratch each time.
- ✓ Upload a video or letter for students and parents outlining your online learning plan for your classroom. Try including links to 2-3 of your favorite at-home learning resources.



Google Suite (GSuite)

GSuite - THE BASICS

What it is: A set of online productivity and collaboration tools enabling document creation and sharing, collaborative editing/commenting, video conferencing, and more.

Tools available: Common tools include Google Drive (for file storage and sharing), Docs/Sheets/Slides (online documents), Hangouts (video conferencing), and Sites (your own website).

How to get started: Sign in to your Google account to see what tools you have available and start exploring. Your school account may have access to more tools than your personal account.

GSuite - QUICK WINS

Week 1: Watch the video to learn how to tackle these quick wins!

✓ Create a folder to upload and share classroom documents with your students or parents.

✓ Use Forms to create a quiz or survey for your students to take.

GSUITE WALKTHROUGH THE **EDUCATOR** COLLECTIV

Zoom

Zoom - THE BASICS

What it is: Record videos and host live video conferences with groups or 1:1. Conferences can be scheduled or hosted instantly.

Tools available: The free version is packed with features including screenshare, hand raise, chat, participant audio controls, mobile access, and more. See the full list and sign up here under "free".

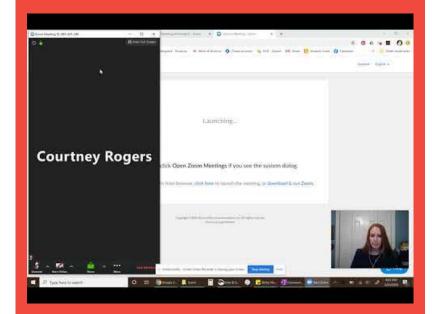
How to get started: Sign-in or set up a new account <u>here</u>.

Zoom - QUICK WINS

Week 1: Watch the video to learn how to tackle these quick wins!

- ✓ Record a welcome video for your students and upload it to your Google Drive or LMS to share with them.
- ✓ Schedule a video hangout to virtually connect with your students face-to-face. This can be done with a group or 1:1.

ZOOM WALKTHROUGH



Ron Clark Academy (RCA) - Virtual Visit

RCA - THE BASICS

What it is: RCA is a demonstration school — a place where visiting educators engage in a vibrant professional development experience by observing best practices in action before participating in hands—on workshops. In the past nine years, more than 38,000 superintendents, district level administrators, and teachers from 42 states and 22 countries have participated in the RCA Experience to learn better ways to engage students, promote academic rigor, and create a climate and culture that promotes success.

VIRTUAL VISIT DETAILS

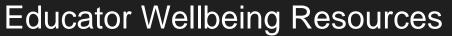
RCA is taking their visit experience virtual! Attend the free virtual visit to learn:

- ✓ Online teaching tips
- ✓ Self-care for educators
- ✓ Creative tools
- ✓ Innovation online



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Check the RCA website for registration updates and details.



At-Home Guides and Tools for Decreasing Stress

At-Home Meditation Guide

OVERVIEW

At TEC, educator wellbeing is one of our top priorities and a core pillar of our annual programming. We know (and research confirms) that less educator stress leads to improved quality of life, instructional quality, and even student engagement.

In addition to changes in your professional life, we're all facing increased personal pressures and anxieties amid the coronavirus outbreak. That means that if you haven't already developed a mindfulness or meditation practice, now is the perfect time to do so.

Our partner Debbi Levy is a former educator and current mindfulness and meditation expert. She has generously developed this exclusive guide just for our educators. Check it out at the link below, and explore more opportunities to learn from Debbi on her Facebook page.

ACCESS THE GUIDE

See the full meditation guide <u>at this link</u>.



Debbi Levy - Owner, Transformation Yoga

Virtual Mindfulness Workshop

OVERVIEW

Our partner, Dorsey Standish of Mastermind Meditation is offering a **free virtual mindfulness workshop** designed exclusively for educators. The workshop will take place on **Wednesday, 3/25 from 6:00 -6:30 p.m.**

This online workshop will include:

- information on the brain health benefits of mindfulness,
- a 15-minute guided meditation for calm and well -being, and
- several mini mindfulness practices for stress management in the moment.

Sign up at the link below and invite your colleagues to join you as you meditate your way to increased health and less stress!

REGISTER FOR THE WORKSHOP

Sign up for the workshop at this link.



Dorsey Standish - Chief Mindfulness Officer, Mastermind Meditation



Health, Safety, and General Resources for Educators, Students, & Families

Limited Free Internet Opportunities

OVERVIEW

Do you have students who are lacking home internet access? If so, some of the offers below from local providers may help. Note that these offers are limited and include certain eligibility and commitment requirements from those who sign up.

- AT&T 60 days free with new contract and specific school supports
- <u>Comcast</u> 60 days free with a contract for new customers.
- Spectrum 60 days free with a contract for new customers.
- Cox One month free of "ConnecttoCompete" program or 60 -day discount to Starter package.

LEARN MORE

This WFAA article includes additional details on these offers.



Additional Resources

TEC is here for you!

We'll be sharing a variety of new resources in the coming weeks to help keep you happy, healthy and teaching at your best.

Is there a specific resource or opportunity you'd like us to offer? Let us know by filling out this brief survey.

Resource Request Form: Click Here







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Become a TEC Member (it's FREE!) educatorcollective.org/membership