

TOPICAL OUTLINE – BeHEARD for Educators

| Delivery Method | Module Title | Time | Date |
|-----------------------------|--|---|---------------------------------|
| Online (D2L) | Welcome & Introduction | 10 | Self-paced opening on 7/30/2024 |
| | Resources | 10 | |
| | Stigma | 25 | |
| | Wellness | 45 | |
| | REACH Out | 30 | |
| | Stress and Anxiety | 30 | |
| | Eating Disorders | 20 | |
| | Depression | 50 | |
| | Non-Suicidal Self-Injury | 30 | |
| | Substance Use and Addiction | 35 | |
| | Additional Considerations | 100 | |
| Virtual Live Course | 5 | | |
| Online Total | | 390 min | |
| Virtual ILT (Zoom) | Welcome & Introduction | 240 min | 8/6/2024 9am-1pm CT |
| | REACH Out | | |
| | Stress & Anxiety | | |
| | Eating Disorders | | |
| | Suicide | | |
| | Non-Suicidal Self-Injury | | |
| | Trauma | | |
| | Substance Use and Addiction | | |
| | Final Case Study | | |
| Wrap Up | | | |
| Final Reflection Assignment | <p align="center">Additional Learning for NDSU Credit</p> <p>Look through your participant guide at your reflections. Think back on your time in the zoom class. Identify topics where you feel less confident in supporting students. Once you have done that, take a moment to select two of the topics to explore using the Deep Dive Resource Ideas or other resources you find. After your deep dive, complete the write up using the prompts in the Write Up Requirements. The total time spent on this assignment should be 2 hours.</p> | 60 minutes of <i>research</i> for <u>each</u> topic in the paper (120 minutes total) | |

| | | | |
|-------------------------------|---|---------------------------|---|
| | <p>Deep Dive Resource Ideas</p> <ul style="list-style-type: none"> • https://fit.sanfordhealth.org/blog/teen-mental-health-resources-for-teens-and-caregivers • https://988lifeline.org/best-practices/ • https://www.nami.org/your-journey/kids-teens-and-young-adults/ • https://www.crisistextline.org/ | | |
| <p>Final Reflection Paper</p> | <p>Write Up Requirements</p> <p><i>Topic and Reason</i></p> <ul style="list-style-type: none"> • Which two topics did you select? • What made you select those topics? <p><i>Summary of Learning</i></p> <ul style="list-style-type: none"> • What did you learn in your deep dive? • What surprised you? • What resources did you find most helpful? <p><i>Application of Learning</i></p> <ul style="list-style-type: none"> • How will you apply your learning in your professional life? • What will you share with others? <p>Submission</p> <p>This assignment is due in Brightspace at noon no more than 7 days after the completion of the zoom meeting.</p> <p>If you do not pass this assignment, you will not pass the class.</p> | | <p>Due by 8/13/2024</p> |
| <p>Total Time</p> | | <p>750 minutes</p> | <p>Course ends 8/20. Deadline for registration 8/1.</p> |