

SESSION 5 AGENDA

WEDNESDAY MARCH 29, 2023

SESSION 5: SUPPORTING STUDENTS WITH INTERNALIZING BEHAVIOR PATTERNS

WELCOME!

- Overview of Ci3T
- Internalizing behaviors: What do I need to know?
- Anxiety: General strategies
- Anxiety: Strategies to share with parents
- Wrapping up: Resources

SESSION OBJECTIVES – PARTICIPANTS WILL BE ABLE TO...

1. Identify what internalizing behavior patterns look like in school-age youth.
2. Understand how internalizing behavior patterns are a mental health issue, behavioral challenge, and how they are associated with academic and social impairments.
3. Understand how to use a systematic universal behavior screener to identify students with low, moderate, or high risk for internalizing behavior patterns.
4. Understand the major internalizing disorders of anxiety, depression, and social withdrawal (or other problems with peer relationships) that lead to social and academic challenges.
5. Identify effective, respectful, and responsible strategies to support students with internalizing behavior patterns proactively across the tiers.
6. Identify tips for families to help manage anxiety.
7. Identify one strategy they can teach to students to help manage anxiety in the classroom.

BEHAVIOR ANALYTIC CONTENT FOR CONTINUING EDUCATION

- F-3 Identify and prioritize socially significant behavior-change goals.
- G-20 Use self-management strategies.
- F-4 Conduct assessments of relevant skill strengths and deficits.
- H-9 Collaborate with others who support and/or provide services to clients.

FUTURE PROFESSIONAL LEARNING OPPORTUNITIES:

Professional Learning Series at UofL ShelbyHurst Campus		Date (5:00-7:00 PM Eastern)
Topic 6:	Supporting student self-determination and self-advocacy through student-directed IEPs	Wednesday April 19, 2023

TO REGISTER AND FOR MORE INFORMATION AND RESOURCES ON THIS TOPIC PLEASE VISIT ci3t.org/pl