



**Upgrade Your Teaching:
Understanding by Design Meets Neuroscience**
by Jay McTighe & Judy Willis, MD

Read Chapter 1: "How the Brain Learns Best"

- Based on this information, what are some ways you can create predictable patterns in your classroom or become more consistent with those you already use?
- Are there ways you can increase the release of dopamine for students during your lessons?
- And how could you change your praise to focus on increasing neuroplasticity over being right or wrong with answers?

Trauma-Sensitive Classroom
by Patricia A. Jennings

Read Chapter 3: "Building Supportive Relationships"

Read Chapter 4: "Creating Safe Spaces"

- What are you already doing that is helping to build a trauma-sensitive classroom?
- What would you like to change or begin to increase the effects of these two factors on student learning?

Dare to Lead
by Brené Brown

- As you read this book, download the workbook by Brené Brown: <https://brenebrown.com/resources/> to support and deepen your reflection on your leadership as a teacher.

