

# WORKSHOPS 2019-20

Please register at [heaoea.org](http://heaoea.org)

Workshops held at OEA/HEA/BEA UniServ Office, 8900 NE Walker Rd, #125, Hillsboro OR 97006

Workshops 4:30-6:00pm unless otherwise indicated. PDUs available where indicated.

Beverages and snacks are provided and there is no cost to members. All OEA Members are welcome at Workshops.

DATE	WORKSHOP
Tuesday, February 25, 2020	<p><b>Staff Resiliency and Wellness—OEA Members Stefanie Nally (Newberg EA) &amp; Korie Blacker (Astoria EA), OEA Center for Great Public Schools</b></p> <p>Coping with the effects of others' trauma can be draining and can have lasting negative effects. It is not uncommon for educators who deal with traumatized students to develop their own symptoms of traumatic stress known as secondary trauma or compassion fatigue. In this session, learn about best practices in staff resiliency and wellness to help you and your colleagues maintain your own health and to guard against or heal from the effects of secondary trauma. This session will emphasize the science of resiliency, meaningful self-care and opportunities for staff wellness support. (PDUs available) 4:30-6:30</p>
Wednesday February 26, 2020	<p><b>De-escalation Strategies for the Classroom—OEA Member Missy Love (Newberg EA), OEA Center for Great Public Schools</b></p> <p>Learn how to prevent a crisis in your classroom before it even happens. This session, led by members of OEA's Special Ed Task Force, will guide participants through evidence-based practices to de-escalate conflicts and behavior to maintain a positive learning environment. Learn and practice strategies you can apply immediately. (PDUs available) 4:30-6:30</p>
Thursday February 27, 2020	<p><b>PERS Fundamentals/Mid-Late Career Retirement Planning—Nick Hankerson, CRC</b></p> <p>Come learn more about PERS and Retirement Planning from a Certified Financial Planner! Topics will include PERS, PERS Reform, IAP, 403b, Investments, Social Security, PERS Retirement paperwork and retirement planning.</p>
Tuesday March 3, 2020	<p><b>Trauma Informed Practice—Leah Starkovich, Professional Practice Organizer, OEA Center for Great Public Schools</b></p> <p>Trauma-sensitive schools are grounded in a set of core principles that inform everyday school operations. Schools invested in taking a trauma-sensitive approach understand the interrelated nature of emotional and physical health and academic success and the need to view students holistically and build skills in all areas. During the session, teachers will identify specific strategies that they can use to reduce trauma-related triggers in the classroom environment, as well as ways to lead their schools to become trauma sensitive for all. PDUs Available. 4:30-6:30</p>
Tuesday March 10, 2020	<p><b>Student Loan Forgiveness Workshop—Teresa Muench, NEA Member Benefits</b></p> <p>NEA Research tells us that more of our members are coming into our union with greater loan debt than ever before. This workshop will cover the Federal Loan Forgiveness under which many members may be eligible. The Teacher Loan Forgiveness Program, The Perkins Loan Forgiveness Program and The Public Service Loan Forgiveness Program will be covered. If you are an OEA Member and you have an outstanding student loan or parent plus loan, please attend to learn more.</p>
Thursday, March 19, 2020	<p><b>Disruptive Behavior-Changes in Two Oregon Laws: Restraint &amp; Seclusion and Sexual Misconduct—Adam Arms, OEA Attorney &amp; Erin Whitlock, Professional Practices Consultant/OEA Center for Great Public Schools</b></p> <p>Come find out changes in two important Oregon laws and how they might impact you. Restraint &amp; Seclusion: have you ever worked with a student with aggressive behavior or a student who has required restraint/seclusion? Come learn more about how the state law has changed regarding restraint policies. In addition, learn more about the new laws around sexual misconduct and what this might mean. (PDUs available) 4:30-6:30</p>
Tuesday March 31, 2020	<p><b>PERS Fundamentals/Early-Mid Career Retirement Planning—Nick Hankerson, CRC</b></p> <p>Come learn more about PERS and investing from a Certified Financial Planner! Topics will include PERS, PERS reform, IAP, 403b, Investment Basics and Retirement Issues.</p>
Thursday April 23, 2020	<p><b>TSPC Workshop—Teresa Ferrer, OEA Professional Practice Consultant, Center for Great Public Schools</b></p> <p>Find out the latest in the development of a new licensure redesign for Oregon. Valuable information about all aspects of licensure for K-12 educators and understand completely what your requirements are. Walk away with answers to your specific questions and materials that are comprehensive and user friendly! (PDUs available) 4:30-6:30</p>