



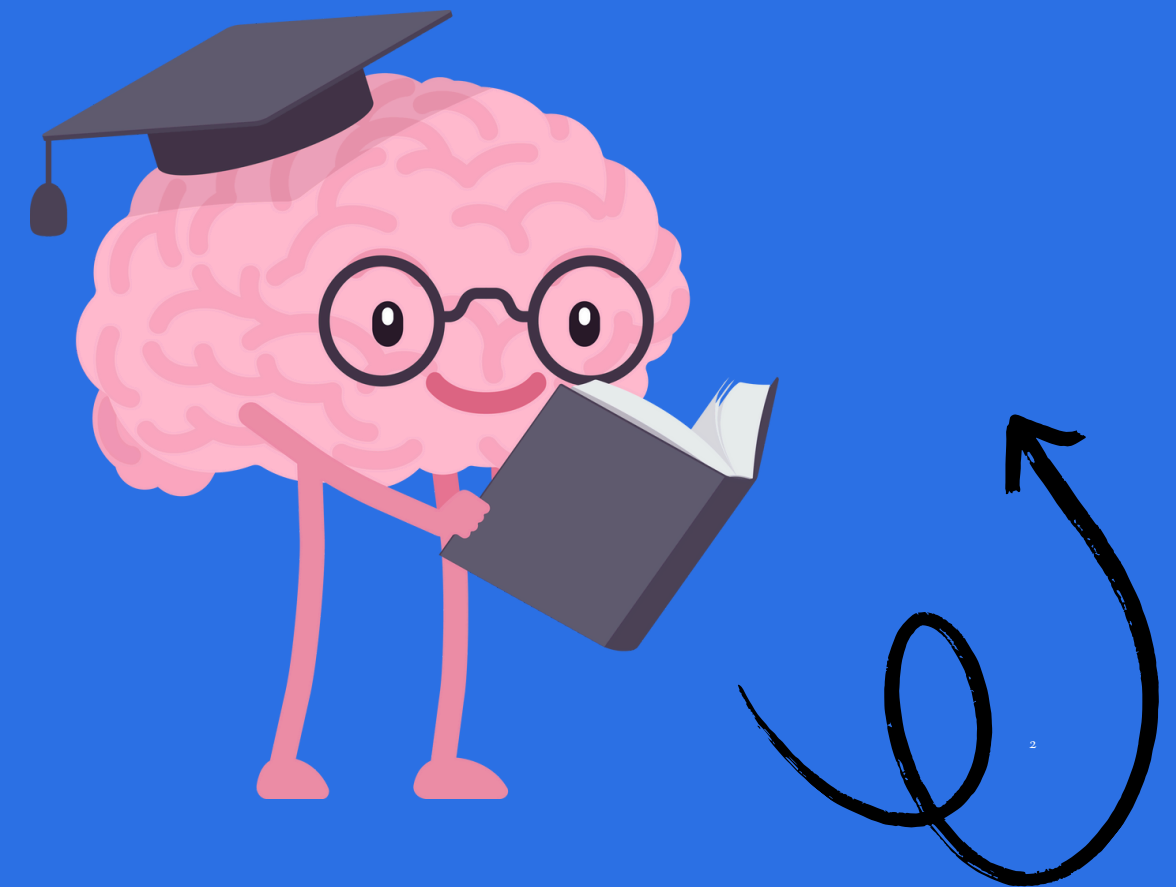
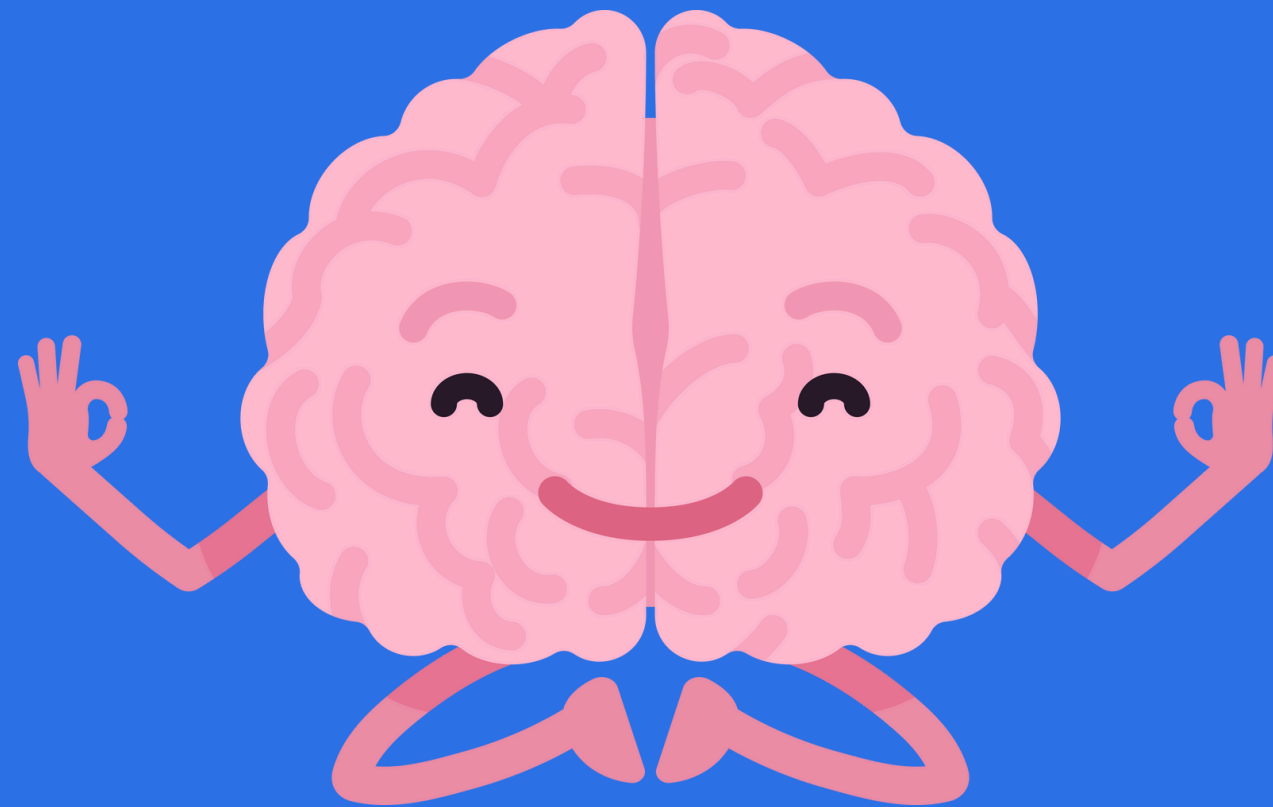
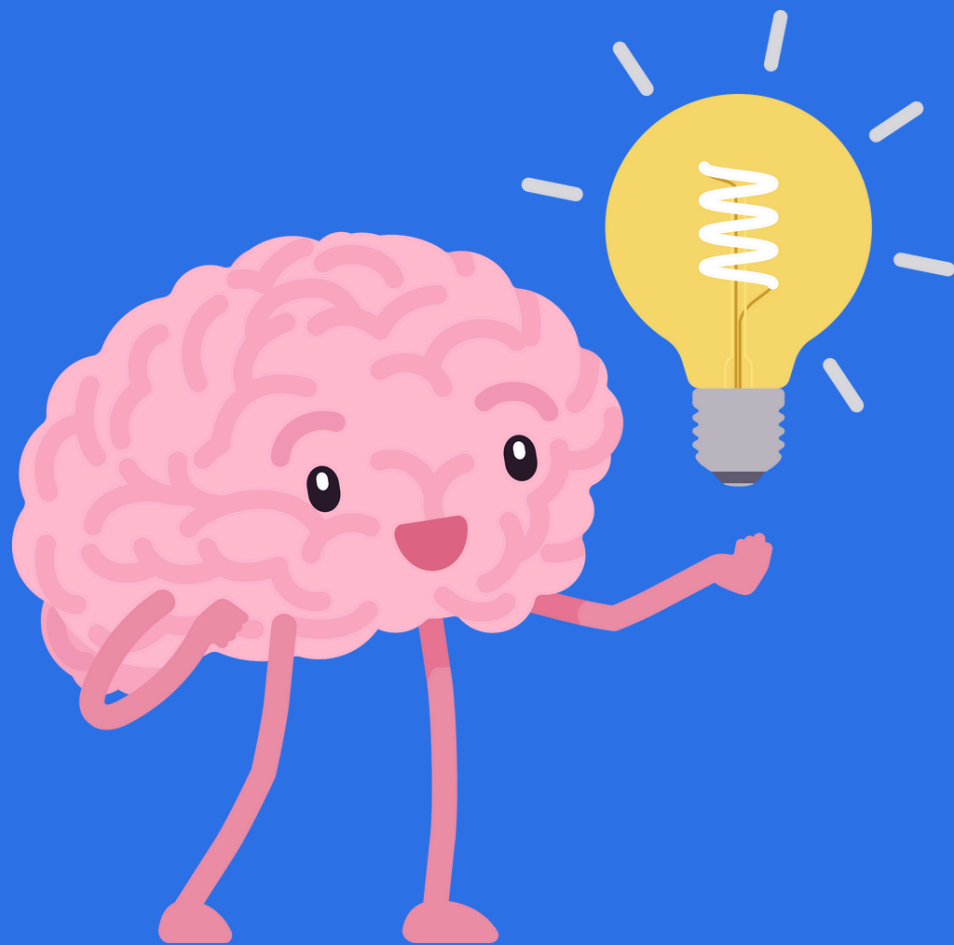
Professional development is a fun and meaningful way to invest in your own growth, whether you're working on your Professional Growth Plan, gearing up for recertification, or hoping to move up the salary schedule. When you choose to keep learning, you boost your skills, strengthen your classroom practice, and stay energized and evolving right alongside your students.

Spring Catalog
2026

Types of Courses:

This catalog is designed to serve as a guide to the courses offered on the SDEA Learning Portal. All courses on the Learning Portal are available to members for free or \$50 for non-members. If you do not already have an SDEA BRIDGE account, visit sdeaportal.learnupon.com.

- INFORMATIONAL
- INDEPENDENT STUDIES
- BOOK STUDIES



Informational Courses

Learn more about SDEA and the different benefits that come with your membership.



[WELCOME TO YOUR UNION!](#)



[WHAT ARE NEA MICRO-CREDENTIALS](#)



[VESI MEMBER OFFER \(UP TO NINE CREDITS FOR \\$275\).](#)



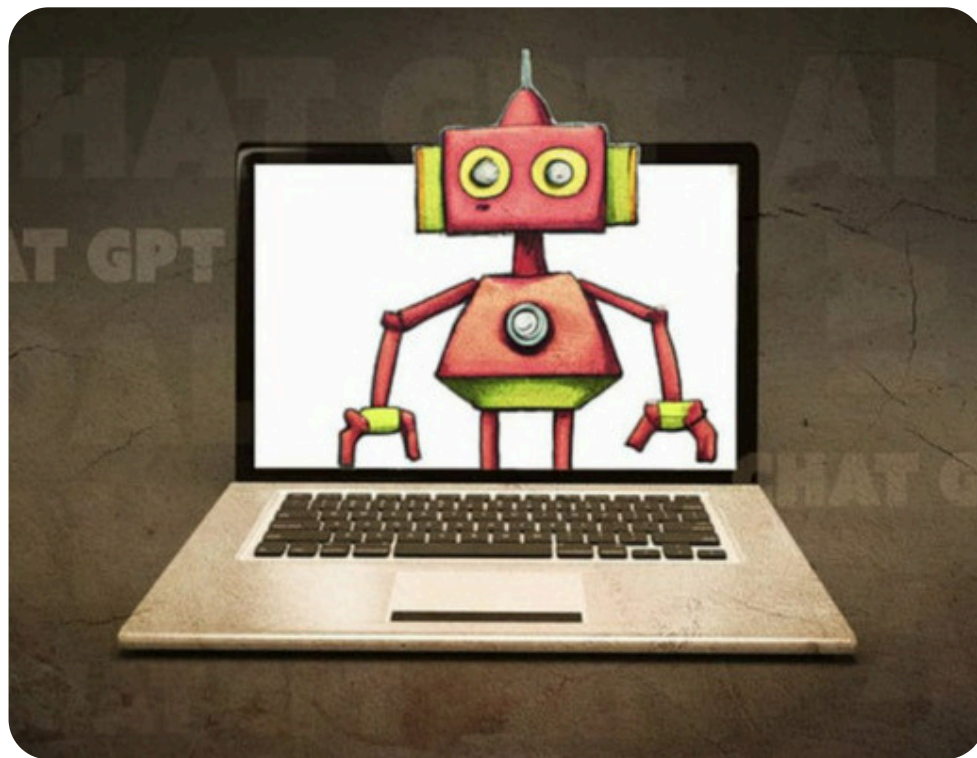
A COMPREHENSIVE
GUIDE TO THE SDEA
REPRESENTATIVE
ASSEMBLY

Coming February, 2026

Independent Study Stacks

Pick and choose the topics that interest you or take them all! Each course completion earns between five and eight continuing education contact hours (CECH) for recertification.

ARTIFICIAL INTELLIGENCE



Dive into the world of AI with evidence-based learning, focus on ethical considerations, and student-centered literacy.

EDUCATOR MENTAL HEALTH



Understand your own social-emotional needs to prevent burnout. Learn about awareness and coping strategies as well as mindfulness practices.

TRAUMA INFORMED TEACHING



The impact of traumatic experiences is so significant that it can hinder the brain's normal development.

You have one year to complete each course.

Artificial Intelligence in Education

AVAILABLE NOW:

AIED 1: Learning About and Learning with Artificial Intelligence in Education (Independent Study).

AIED 2: Educators and Students at the Center of Education (Independent Study).

Launching in February

AIED 3: Evidence-Based AI for Learning

AIED 4: Safe and Ethical Use of AI

AIED 5: Promoting AI Equity and Access

AIED 6: Enhancing Educator Practice with AI

AIED 7: Student-Centered AI Literacy

Educator Mental Health

AVAILABLE NOW:

Mental Health: 1. Restorative Self-Care Practices (Independent Study).

Mental Health: 2. Burnout Prevention (Independent Study).

Mental Health: 3. Mental Health Mitigation (Independent Study).

Mental Health: 4. Mental Health Awareness and Coping Strategies (Independent study).

Mental Health: 5. Mindfulness Practices for Educators (Independent Study).

Trauma Informed Teaching

AVAILABLE NOW:

Trauma 1: Creating a Healing-Centered Learning Environment (Independent Study).

Trauma 2: Trauma-Informed Supports for Students (Independent Study).

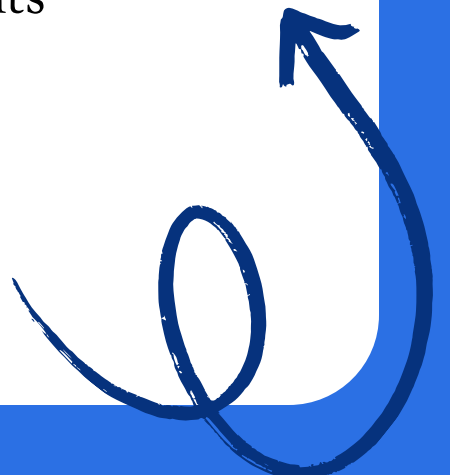
Trauma: 3. Secondary Trauma (Independent Study).

Launching in March

Trauma 4: Creating Healing-Centered Learning Environments for Students

Trauma 5: Race-Based Trauma

Trauma 6: Poverty-Related Trauma



Other Independent Course



Be the Difference: An Action Approach to Educating Students in Poverty.

Course Length: 8 hours



"The Mind Inside" Docuseries

Course Length: 5 hours



Using Mindfulness in the Classroom

Course Length: 1 hour

Additional courses that will be added over
the coming months:

Leadership Development 101

C.A.R.E
(Culture, Abilities, Resilience, and Effort)

Classroom Management

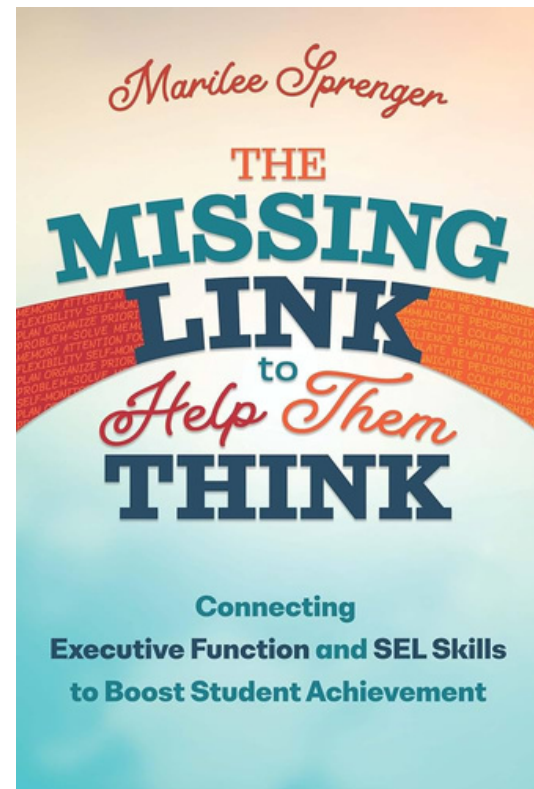
Multilingual Learners

Blended Learning Book Studies

Join our friendly blended book study where you'll read and try out practical strategies in your classroom throughout the week at your own pace. Then, come together on Zoom each week to share experiences, discuss insights, and learn from one another in a supportive, collaborative space.

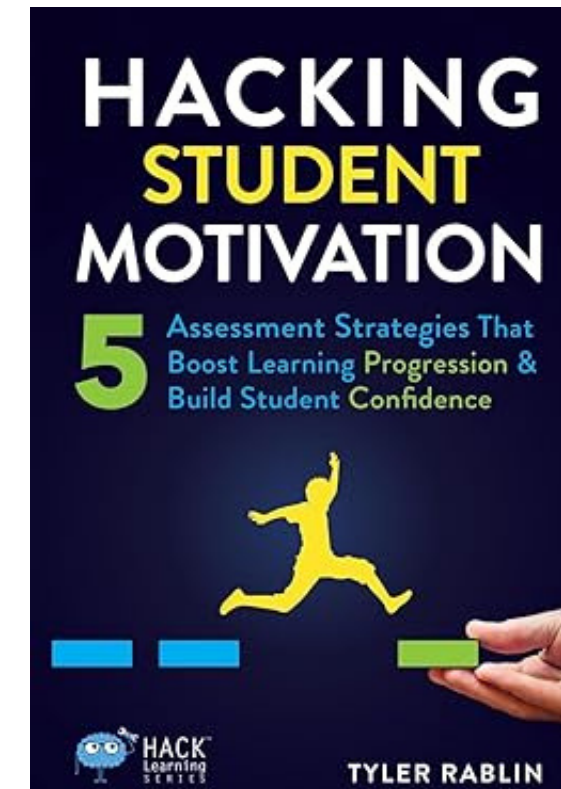
- February 3
- February 10
- February 17
- February 24
- March 3
- March 10

The Missing Link to Help
Them Think: Connecting
Executive Function and
SEL Skills to Boost Student
Achievement
by Marilee Sprenger



*This book is worth one graduate credit
or 15 CECH.

Hacking Student
Motivation: 5 Assessment
Strategies That Boost
Learning Progression and
Build Student Confidence
by Tyler Rablin



*This book is worth one graduate credit
or 15 CECH.

- March 24
- March 31
- April 7
- April 14
- April 21
- April 28

The Zoom meetings will take place at 5:30 PM Mountain Time / 6:30 PM Central Time

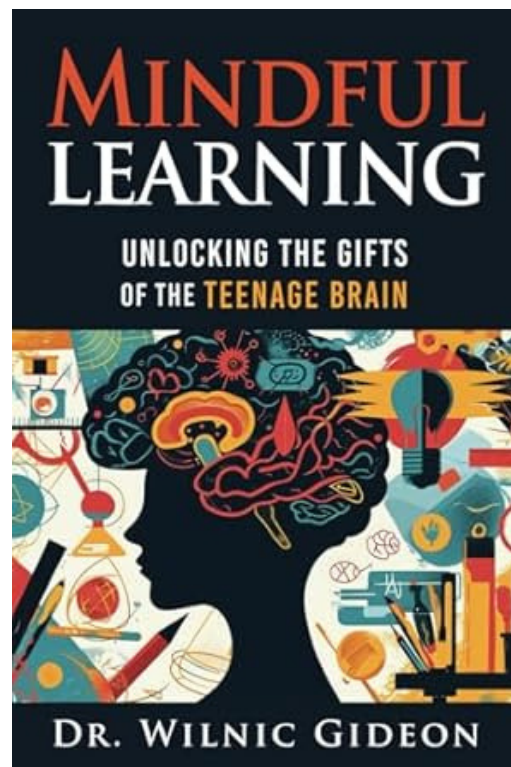
Asynchronous Book Studies

Join our fun and flexible asynchronous book study where you can read and participate entirely at your own pace within the set time frame. Enjoy meaningful prompts, practical reflections, and a friendly online space without the pressure of scheduled meetings!

Registration will open two weeks before the start date, so don't forget to mark your calendar!

JANUARY 6 – FEBRUARY 27

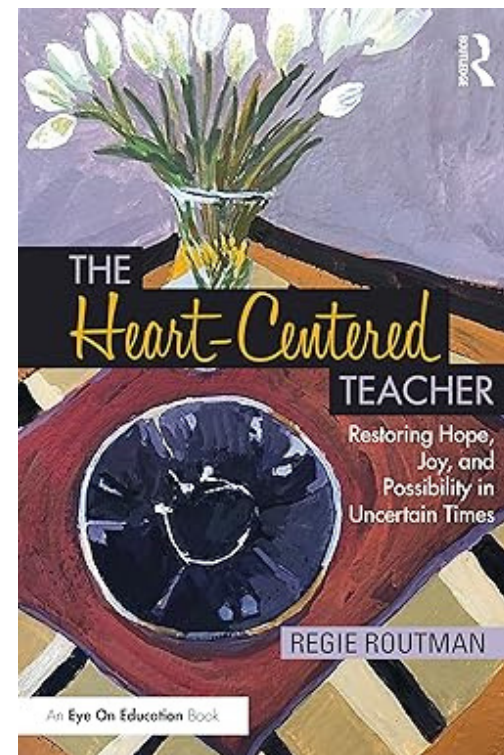
MINDFUL LEARNING:
UNLOCKING THE GIFTS
OF THE TEENAGE BRAIN
BY DR. WILNIC GIDEON



*This book is worth one graduate credit or fifteen CECH.

JANUARY 19 – MARCH 13

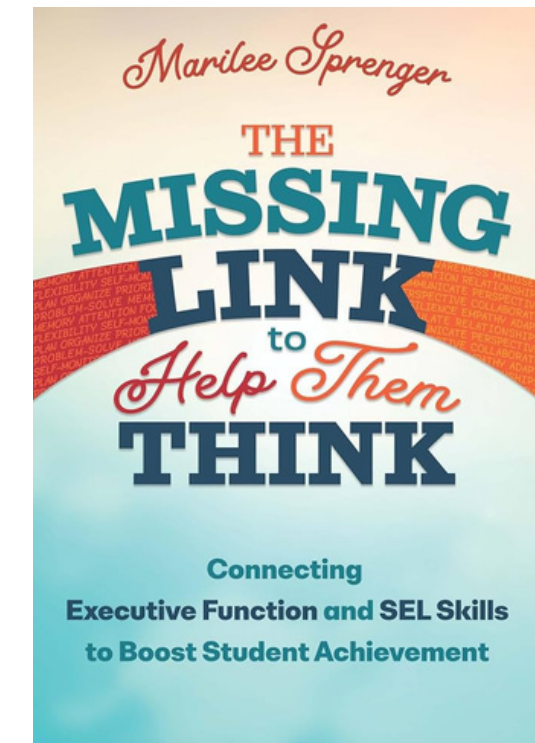
**THE HEART-CENTERED
TEACHER**
BY REGIE ROUTMAN



*This book is worth one graduate credit or fifteen CECH.

FEBRUARY 2 – MARCH 27

**THE MISSING LINK TO HELP THEM
THINK:**
CONNECTING EXECUTIVE FUNCTION
AND SEL SKILLS TO BOOST STUDENT
ACHIEVEMENT
BY MARLEE SPRENGER



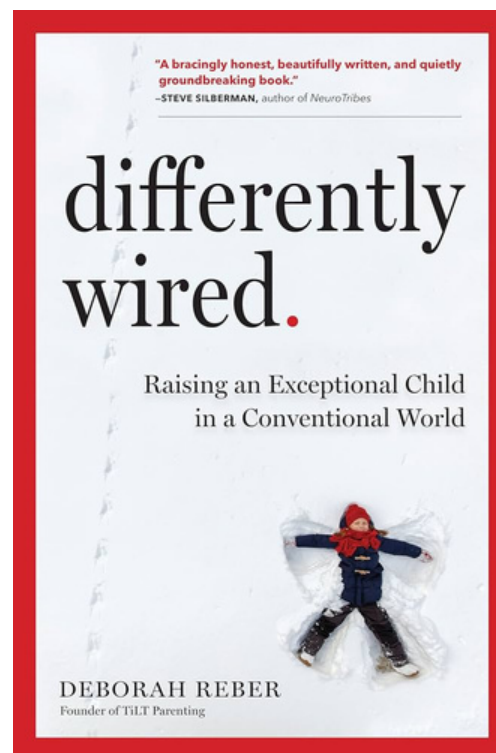
*This book is worth one graduate credit or fifteen CECH.

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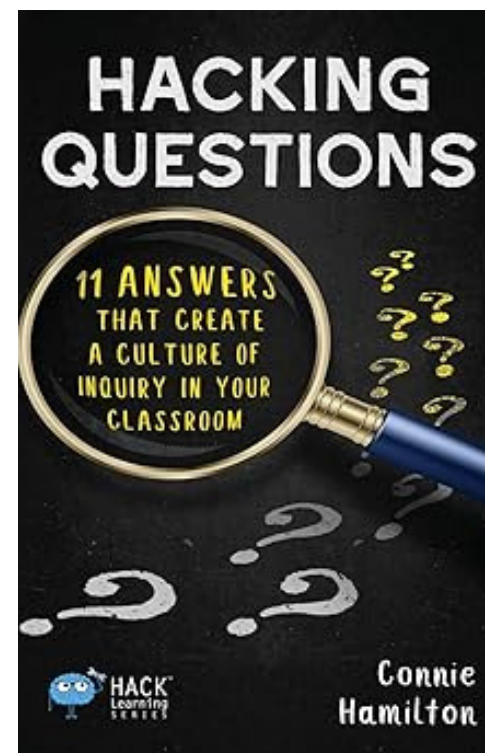
Registration will open two weeks before the start date, so don't forget to mark your calendar!

FEBRUARY 16 – APRIL 10
DIFFERENTLY WIRED-RAISING AN
EXCEPTIONAL CHILD IN A
CONVENTIONAL
WORLD
BY DEBORAH REBER



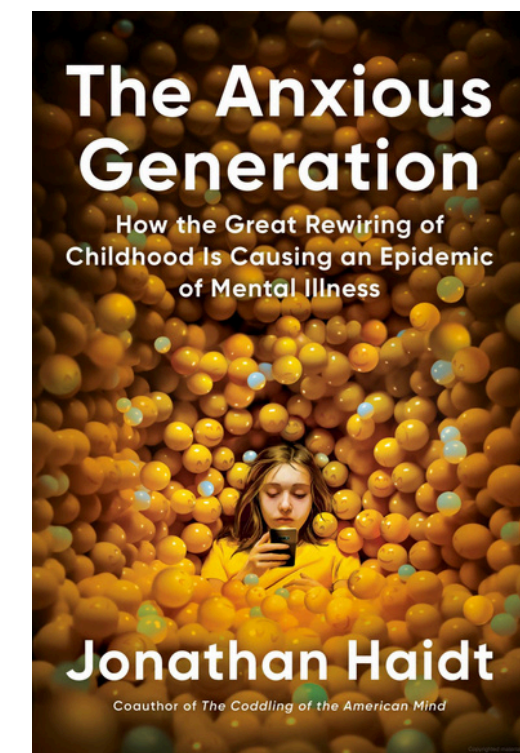
*This book is worth one graduate credit or fifteen CECH.

MARCH 2 – APRIL 24
HACKING QUESTIONS: 11
ANSWERS THAT
CREATE A CULTURE OF INQUIRY IN
YOUR
CLASSROOM
BY CONNIE HAMILTON



*This book is worth one graduate credit or fifteen CECH.

MARCH 2 – MAY 8
THE ANXIOUS GENERATION: HOW
THE
GREAT REWIRING OF CHILDHOOD IS
CAUSING AN EPIDEMIC OF MENTAL
ILLNESS
BY JONATHAN HAIDT

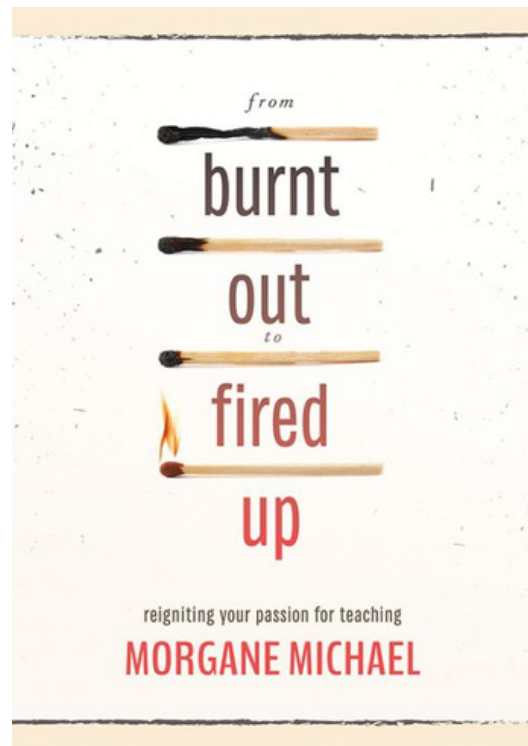


*This book is worth two graduate credits or thirty CECH.

Asynchronous Book Studies

Join our fun and flexible asynchronous book study where you can read and participate entirely at your own pace within the set time frame. Enjoy meaningful prompts, practical reflections, and a friendly online space without the pressure of scheduled meetings! *Registration will open two weeks before the start date, so don't forget to mark your calendar!*

MARCH 16 – MAY 8
**FROM BURNT OUT TO FIRED UP:
REIGNITING YOUR PASSION FOR
TEACHING**
BY MORGANE MICHAEL



*This book is worth one graduate credit or fifteen CECH.



Graduate credit is available for
\$50 per credit. Additional
information is available in the
course content.

If you're interested in bringing a
book club to your local, please
get in touch with
Lisa.Weier@sdea.org.

We'd love to support you.

Our book clubs bring educators
together to read, reflect, and
grow. We have a variety of
additional titles available
beyond those listed.

Enroll Today

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