You might have watched Netflix's new series *Thirteen Reasons Why*, which has been raising quite the stir among parents and educators. The series, based on the 2007 young adult novel by Jay Asher, is about a high school student named Hannah Baker, who commits suicide and leaves behind thirteen cassette tapes. For its graphic depiction of suicide, the show has received a fair amount of criticism. *The National Association of School Psychologists, for instance, stated*, "We do not recommend that vulnerable youth, especially those who have any degree of suicidal ideation, watch this series." Even the New York Department of Education has opined on the matter, *releasing a letter to parents* emphasizing the importance of talking with one's children about the show and its possible "trigger" effects.

As teachers, we're wondering: Have you watched the show? Are your students watching it? Do you see the show as a kind of "public pedagogy" about teens and mental health? This week, we're offering our curated collection of resources on mental health--from a curriculum guide for high school students to a funny and apt podcast about all things depression-related.

We're interested in knowing more about how issues of mental health are impacting you and your students. Please email us at teaching.residents@tc.edu and tell us what kinds of supports and programming you'd like to see in the future around these issues.

**Professional Development**

*[At-Risk for Elementary School Educators, At-Risk for Middle School Educators, and At-Risk for High School Educators](#)*

Online PD

Looking for more information on how to support students who may be at risk for self-harm? As part of the [Thrive NYC](#) initiative, At-Risk for Elementary School Educators, At-Risk for Middle School Educators and At-Risk for High School Educators are research-proven gatekeeper training simulations designed to prepare teachers, administrators and staff to: (1) recognize when a student is exhibiting signs of psychological distress, and (2) manage a conversation with the student with the goal of connecting them with the appropriate support. In these 1-hour online trainings, users enter a virtual environment, assume the role of an educator, and engage in conversations with three emotionally responsive student avatars that exhibit signs of psychological distress, including thoughts of suicide. The company's science-driven and
research-proven approach have made Kognito the only company with health simulations listed in the National Registry of Evidence-Based Programs and Practices (NREPP) and are listed in SPRC/AFSP Best Practices Registry.

Classroom Resource
School-aged youth are a vulnerable population. They are in a period of their lives that is crucial for their mental health development. Schools are often challenged to deal with youth mental health, but are seriously under equipped and inadequately supported to handle this responsibility. The Mental Health & High School Curriculum Guide provides a complete set of educational tools to increase understanding of mental health and mental disorders among both students and teachers. The guide, developed in partnership with the Washington Superintendent of Public Instruction and Project Aware, focuses on training teachers to be comfortable with their own knowledge of mental health and mental disorders. The guide then empowers the teachers to share this knowledge with their students through a curriculum delivered in a multiple module format. The program uses a variety of interactive sessions that help to promote dialogue among students, as well as with their teachers. Discussing mental health and mental illness in a supportive, familiar environment enables youth to feel safe, ask questions, gain knowledge, combat stigma and develop their own opinions of the world around them.

Raising Consciousness
NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, NAMI is an association of hundreds of local affiliates, state organizations and volunteers who work in your community to raise awareness and provide support and education that was not previously available to those in need. Offered in thousands of communities across the United States through NAMI State Organizations and NAMI Affiliates, their education programs ensure hundreds of thousands of families, individuals and educators get the support and information they need.

Good Listens
A show about clinical depression...with laughs? Well, yeah. Depression is an incredibly common and isolating disease experienced by millions, yet often stigmatized by society. The Hilarious World of Depression is a series of frank, moving, and, yes, funny conversations with top comedians who have dealt with this disease, hosted by veteran humorist and public radio host John Moe. Join guests such as Maria Bamford, Paul F. Tompkins, Andy Richter, and Jen Kirkman to learn how they’ve dealt with depression and managed to laugh along the way. If you have not met the disease personally, it’s almost certain that someone you know has, whether it’s a friend, family member, colleague, or neighbor. Depression is a vicious cycle of solitude and stigma that leaves people miserable and sometimes dead. Frankly, we’re not going to put up with that anymore. The Hilarious World of Depression is not medical treatment and should not be seen as a substitute for therapy or medication. But it is a chance to gain some insight, have a few laughs, and realize that people with depression are not alone and that together, we can all feel a bit better.

Post #2 (most recent)

The School-to-Prison Pipeline


Category : Resources

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Last spring, TR@TC2 welcomed the Truthworker Theatre Company to perform at Teachers College. The company performed a mashup of three plays, *Bar Code*, *In I Prism*, and *Re: Vision: A State of Emergence*, to students from from International High School at LaGuardia, Marble Hill HS, and Baruch College Campus HS. The company is comprised of young people who collaboratively develop and write plays that address a range of social issues, with special attention to the school-to-prison pipeline and the incarceration rates of youth of color.

After the play, the performers sat down with the audience and talked about their writing process—and, later, engaged the students in a series of giggling-inducing acting exercises. Many of the actors have immediate family members who are incarcerated and so the act of performing, they explained, is a healing one. The performance also was a tool for critical analysis: One actor talked about the role of schooling in mass incarceration, particularly the relationship among special education, school discipline, and incarceration.

We were very moved by the performers and how their play mobilizes discussion and responses to the school-to-prison-pipeline. Check out more about the Truthworker Theatre Company and look out for their upcoming performances. And, in the meantime, we're offering some upcoming events and curricular tools on the school-to-prison pipeline, including a fantastic mediation training offered by the New York Peace Institute and the Alvin Ailey's upcoming performances.

**Professional Development**

New York Peace Institute - Basic Mediation Training  
Brooklyn Mediation Center  
210 Joralemon Street, Suite 618  
Dates and times vary; check website for details  
Training cost: $1475.00

The New York Peace Institute's 5-day Basic Mediation Training lays the groundwork for anyone interested in becoming a mediator, enhancing their conflict resolution skills, or working to become a volunteer mediator with the Institute. During the training, participants explore questions like: What is mediation and how does it compare to other forms of alternative dispute resolution? What are the core skills I need to be an effective mediator? What are the foundational values of mediation? What is my role as a mediator? What makes a successful mediation? Through group discussion, hands-on exercises, lecture, and role-play, you'll have the chance to engage with these and other critical questions, and practice new skills with support and feedback from experienced mediators and trainers.

**Classroom Resource**

Experts discuss the circumstances that lead thousands of juveniles into the court system and jail each year in this video for educators adapted from FRONTLINE: Prison State. According to these experts, in certain communities where incarceration has been "normalized," a child’s parents, siblings, or other relations have likely spent time behind bars. The message to children is that going to jail is part of their “destiny” whether they follow the rules or not. And while the number of juvenile lockups may be decreasing in some places—with more money being directed into home incarceration programs, as in the Louisville, Kentucky metro area—the likelihood is that once a child gets involved in the juvenile court system, he or she will continue to be part of it or move to the adult system. View the film on PBS Learning Media with your students and utilize the accompanying discussion questions, activities, and texts

**Raising Consciousness**

The Juvenile Justice Information Exchange (JJIE) is the only publication covering juvenile justice and related issues nationally on a consistent, daily basis. In the past, traditional journalism organizations filled this function. Today, due to shrinking resources, there are large gaps in that coverage. The Juvenile Justice Information Exchange fills the void. Focused not just on delivering information, but rather on an “exchange” of ideas, the Juvenile Justice Information Exchange fosters a community of support around the issues facing the youth of our country. Members are made up of people like yourself who are interested in doing what is best for at-risk kids, along with industry professionals who work with children on a daily basis and citizens. Doing what is best for children means staying well informed on governmental policies and legislation, court rulings, educational trends, treatment, research, prevention programs and other factors that impact the quality of service delivered to the kids that need them most.
Good Reads

*Being Bad* will change the way you think about the social and academic worlds of Black boys. In a poignant and harrowing journey from systems of education to systems of criminal justice, author Crystal T. Laura follows her brother, Chris, who has been designated a "bad kid" by his school, a "person of interest" by the police, and a "gangster" by society. Readers first meet Chris in a Chicago jail, where he is being held in connection with a string of street robberies. We then learn about Chris through insiders' accounts that stretch across time to reveal key events preceding this tragic moment. Together, these stories explore such timely issues as the under-education of Black males, the place and importance of scapegoats in our culture, the on-the-ground reality of zero tolerance, the role of mainstream media in constructing Black masculinity, and the critical relationships between schools and prisons. No other book combines rigorous research, personal narrative, and compelling storytelling to examine the educational experiences of young Black males.

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Post #3 (most recent)

**Starters and Warm Ups for the Classroom**


**Category : Resources**

"How do I start class?" can be one of most dread-inducing questions of lesson planning. On Sunday nights, we rack our brains for Monday morning warm up writing prompts and do-nows, often re-thinking and undoing these plans on the subway ride into school. Those first chaotic and precious minutes of the class period can be among the most tricky to plan, even for the most enterprising educators.

This week, we're thinking about "starting" from a micro and macro perspective, considering the concrete activities that can be done in those first moments of class. We're also wondering about this whole idea of "starting," especially how teachers can learn or try something entirely novel in their classroom practice. How can we set the tone for a learning experience? And how can we, too, refresh our work as teachers and become more attune to starting anew?

Below, check out some ways of "starting":

**Classroom Resource**

Here's a class starter that we just love: Task cards. Task cards are laminated cards with individual activities that have varying aims and challenges, making it easy for teachers to tailor a specific learning experience to each student. On the teacher entrepreneur site, Teachers Pay Teachers, you can find a [slew of different (and affordable!) task cards](https://www.teacherspayteachers.com), especially for reading strategies, writing and math exercises. One of our favorites is the "Making Inferences" cards, which includes 24 cards featuring a short passage with a text-dependent question. Students use clues within the text to infer their answers.

**Raising Consciousness**

Interested in learning how young people can get a kickstart in the field of environmental conservation or prepare for a career working in the National Parks Service? The [United States Youth Conservation Corps (YCC)](https://www.nps.gov/ycc/) is a summer youth employment program that engages young people in meaningful work experiences on national parks, forests, wildlife
refuges, and fish hatcheries while developing an ethic of environmental stewardship and civic responsibility. YCC programs are generally 8 to 10 weeks and members are paid the minimum wage for a 40-hour work week. Most YCC opportunities are non-residential programs which provide paid daytime work activities with members who commute to the Federal unit daily. For a closer look at this federal program: Listen to this podcast about students from all over the New York area who worked for the Youth Conservation Corps at several National Parks of New York Harbor locations in 2009.

Good Reads
Start Where Your Are is an interactive journal designed to help readers nurture their creativity, mindfulness, and self-motivation. It helps readers navigate the confusion and chaos of daily life with a simple reminder: By taking the time to know ourselves, we can appreciate the world around us. Featuring vibrant hand-lettering and images, Meera Lee Patel's book presents supportive prompts and exercises along with quotes to encourage reflection through writing, drawing, chart-making, and more. The book also features quotes from writers, artists, and other visionaries paired with open-ended questions and prompts, with plenty of room for writing and reflection.

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Post #4

Stay Woke with YA Books


Category : News and Education

This year, TR@TC launched a summer book club for our program alumni, current Teaching Residents, and affiliates. Wendy Barreles, one of our fearless Induction Mentors, will be facilitating the club. We couldn't be more excited to spend the summer snacking and chatting it up with other teachers about the newest trends in YA fiction and just generally digging into the trials and tribulations of teenagers.

To celebrate this initiative, we're featuring some of our favorite events and curriculum resources on YA lit. If you're looking to add some YA lit to your classroom library or a literature circles unit, there's a superlatively helpful database of YA literature, created by Young Adult Library Services Association.

Happy reading!

Professional Development

#StayWoke Through Books: TR@TC2's Book Club
Dates and Times TBA
CUNY Graduate Center
365 5th Ave.
Fourth Floor, Room 4202.01
New York, NY10016

This summer, TR@TC will be hosting a book club centered around young adult literature. Facilitated by TR@TC Induction Mentor Wendy Barrales, the book club promises to be fun, low-key, and informative. There will be a lot of chatting about books over food and drinks, perhaps some opportunities to interact with YA authors, and even some bookmaking! Book
clubs are an important way to build school and classroom culture and through this summer book club that’s exactly what we are going to do. We will explore how to effectively teach novels to your students that are culturally relevant, critically conscious, and engaging from beginning to end. End the book club with a free set of books and materials to start your own book clubs this upcoming school year!

Please email our Induction Coordinator Andrew Ahn at aa3958@tc.columbia.edu if you are interested in participating!

**Classroom Resource**
The Young Adult Library Services Association’s (YALSA) Teen Book Finder is a free online database and app to help teens, parents, librarians and library staff, educators, and anyone who loves YA literature access nearly 4,000 titles recognized YALSA’s awards and lists on their smartphone. This database provides access to all of YALSA’s annual selected book and media lists, awards, and honorees. These resources are developed by library staff and educators to support the collection development and readers’ advisory work of library staff. These books and media have been selected for teens from 12 to 18 years of age, and span a broad range of reading and maturity levels. The resource is designed to encourage adults to take an active role in helping individual teens choose those books that are the best fit for them and their families.

**Raising Consciousness**
We Need Diverse Books™ is a grassroots organization of children’s book lovers that advocates essential changes in the publishing industry to produce and promote literature that reflects and honors the lives of all young people. They advocate to put more books featuring diverse characters into the hands of all children and to create a world in which all children can see themselves in the pages of a book. The organization promotes literature that recognizes all diverse experiences, including (but not limited to) LGBTQIA, Native, people of color, gender diversity, people with disabilities, and ethnic, cultural, and religious minorities. The organization grew out of a Twitter exchange between YA authors Ellen Oh and Malinda Lo, who were frustrated with the lack of diversity in kidlit. In a series of tweets, Ellen started talking about taking action alongside other authors, bloggers, and industry folks. Follow the #WeNeedDiverseBooks hashtag for the latest news on their work.

**Good Reads**
Nora Lopez is seventeen during the infamous New York summer of 1977, when the city is besieged by arson, a massive blackout, and a serial killer named Son of Sam who shoots young women on the streets. Nora’s family life isn’t going so well either: her bullying brother, Hector, is growing more threatening by the day, her mother is helpless and falling behind on the rent, and her father calls only on holidays. All Nora wants is to turn eighteen and be on her own. And while there is a cute new guy who started working with her at the deli, is dating even worth the risk when the killer likes picking off couples who stay out too late? In *Burn Baby Burn*, Award-winning author Meg Medina transports us to a time when New York seemed balanced on a knife-edge, with tempers and temperatures running high, to share the story of a young woman who discovers that the greatest dangers are often closer than we like to admit—and the hardest to accept.
Are you as pumped we are for the arrival of HBO’s Game of Thrones each season? Some of us in the TR@TC office prepare ourselves for the onset of each new season by, yes, re-watching the previous seasons of the show and hashing out which characters had met their untimely deaths and which managed to survive the uncanny and unforgiving plotting of the show’s writers.

Come to think of it, there’s lots of instructive lessons that educators can draw from the show. The smooth political maneuvers of Tyrion Lannister and Lord Varys, for instance: How does one employ keen diplomatic moves in complex institutional environments? What are the kinds of moves—minute and revolutionary—that change entrenched political systems?

This week, we’re offering some of our favorite curriculum resources inspired by the show. There’s an October mini-institute from our friends at the Teachers College Inclusive Classrooms Project on collaboration with other adults in the classrooms (skills that many of the characters in the Game of Thrones universe could be just a tinge more attune to...) and a great introduction to writing fanfiction with your students, in the case that you want to extend your enjoyment of the show well beyond the thirteen remaining episodes.

### Professional Development

**Collaboration in Classrooms with More Than One Adult (PreK-12)**

Two-Day Mini-Institute  
10/6/2017 and 10/27/2017  
 Teachers College Inclusive Classrooms Project  
 Teachers College, Columbia University  
 525 W. 120th St.  
 New York, NY 10027

As Game of Thrones has long taught its viewers, collaboration between adults can be a pretty fraught process, one that—in the world of the show—can often end, well, badly (The Red Wedding, anyone?). To avoid the fate of, let’s face it, pretty much all of the co-working relationships on the show, check out this mini-institute from our friends at the Teachers College Inclusive Classrooms Project. The institute aims to strengthen collaborative relationships for teacher teams of all types by helping them plan for student-centered learning within their instruction.

This workshop will help special educators, general educators, coaches planning with teachers, and ELL teachers who work together with the same group of students by reflecting on adult strengths and cultivating norms for effective communication, enabling all adults to be engaged in collaborative planning. Participants will develop interventions, co-supports, accommodations, and modifications best suited for their students’ needs, and learn when and how to embed them within their instructional practice. Teachers will receive examples of visually concise weeklong and daily lesson plans for classrooms with more than one adult.

### Classroom Resource

Not surprisingly, Game of Thrones has spawned a flurry of fanfiction—fiction written by admirers of a certain work or genre, anything from fantasy to comedy to romance. While keeping close to the spirit of the original, fanfiction allows writers to explore their favorite stories by borrowing characters, plot elements, and settings and using them in their own creative writing process. If you’re interested in trying out a Game of Thrones-style fanfic unit in your classroom, check out this introductory curriculum from Readwritethink.org. Writing fanfiction helps students sharpen literacy skills in many ways. First, it encourages them to think more deeply about a book or story they have read, considering character dynamics and motives, plot techniques, and the role of setting and mood. Second, it allows students to engage in the creative process but gives them established characters and settings as the basis for their own fictional work. Finally, writing fanfiction can be a highly motivating experience, even for the most reluctant writers, because writers are able to model their work after a piece they admire and enjoy.
Raising Consciousness
Game of Thrones has long been the subject of critique for its often violent scenes and depictions of brutality against women. If you're interested in reading the show through a feminist lens, check out this article in The Artifice, a compelling example of how a gender-based lens can complicate our understanding of the characters. Writer Christen Mandracchia argues that the show's universe is certainly shaped by misogyny; however, female and male characters on the show have covertly and overtly defied gender norms and constrictions. Use this article as a model text with your students, demonstrating how to conduct savvy media analysis and construct a cogent analytic argument.

Good Reads
The power struggles in Game of Thrones' Seven Kingdoms--bloodcurdling, vigilante, stealthy, and undercutting--are not a little dissimilar from the politicking and complexity of the American public school. From the teachers lounge to the department meeting, teachers may find themselves needing to bring a Game of Thrones-level savvy to their day-to-day work. Surviving Internal School Politics provides readers with the basic coping strategies of surviving within the political arena of their schools. Read this book and find practical strategies from those who have collectively worked within the school setting for over 75 years—voices of experience to share helpful coping skills. These dynamics are illustrated throughout the book through the use of fictitious educators who portray staff dealing with situations to which readers can relate. In each chapter, readers will find an action plan designed to provide tools that educators should utilize in surviving internal politics.

Post #6 (most recent)

Book Arts and Book-Making


Category : Resources

Step inside some of the great book stores here in NYC, like Desert Island Comics in Williamsburg, Brooklyn or Book Culture right here near the Columbia University campus, and it's pretty easy to see that print publishing is alive and well. From carefully constructed mini-comics to the elaborate letter-pressed poetry chapbooks, book-making persists as a lively and evolving artistic practice.

In August, we hosted a PD here at Teachers College about all things book-making. Participants learned how to make and bind all sorts of books and, importantly, garnered how book-making can be used for purposes of building students' literacy, making curriculum relevant and fresh for students, and centering students' voices and creativity in the classroom.

And because we're lucky to be in NYC, there's tons of book-making resources and inspiration to be had: One of our favorite Fall events, the New York Art Book Fair, will display some rare art-book finds and also lots of small press, activist-oriented work. And there's also The Sketchbook Project, a brick-and-mortar and digital library of artists' sketchbooks.
Happy book-making and browsing!

**Event**
The New York Art Book Fair  
September 22-24, 2017  
Preview: September 21, 6-9pm  
September 22, 1-7pm  
September 23, 11am-9pm  
September 24, 11-am-7pm  
MoMA PS1  
22-25 Jackson Avenue  
Long Island City, NY 11101

Printed Matter presents the twelfth annual NY Art Book Fair, from September 22 to 24, 2017, at MoMA PS1, Long Island City, Queens. Free and open to the public, the NY Art Book Fair is the world’s premier event for artists’ books, catalogs, monographs, periodicals, and zines.

**Classroom Resource**
Want to teach your students how to make and bind their own books? This Pinterest page is a collection of artist Paula Beardell Krieg's easy one-page tutorials on how to make books. You'll find easy instructions on how to create all kinds of books, small and large: There are books bound with pipe cleaners, accordion books, and mini-books made from a single sheet of paper. Print out these tutorials for students or use them to teach yourself how to make a simple book. Author of [a blog about bookmaking](#), Krieg makes works-on-paper, teaches book arts, and thinks about math. She teaches workshops to students in schools in and around Saratoga Springs, schools in the Adirondacks, and schools near Albany, NY.