

AARP Foundation Experience Corps Volunteer Workshop #2

AARP Foundation[®]
Experience Corps

December 2022



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Schedule

1. EC Program Updates
2. AARP News and Resources
3. Managing Student Behavior in Today's World
4. Volunteer Spotlights
5. Closing Remarks

SECTION 1

EC Program Updates

Annual Program Highlights and New Announcements

Mioshi Moses, Esq.

Vice President, Experience Corps
AARP Foundation





2021-2022 Program Highlights

By the Numbers



**22 Programs in
161 Sites**

All programs participated providing tutoring in 128 schools and 33 afterschool sites.



3,278 Students

Received sustained one-on-one or small group tutoring.



1,731 Volunteers

1,051 Tutors provided in-person and virtual tutoring.



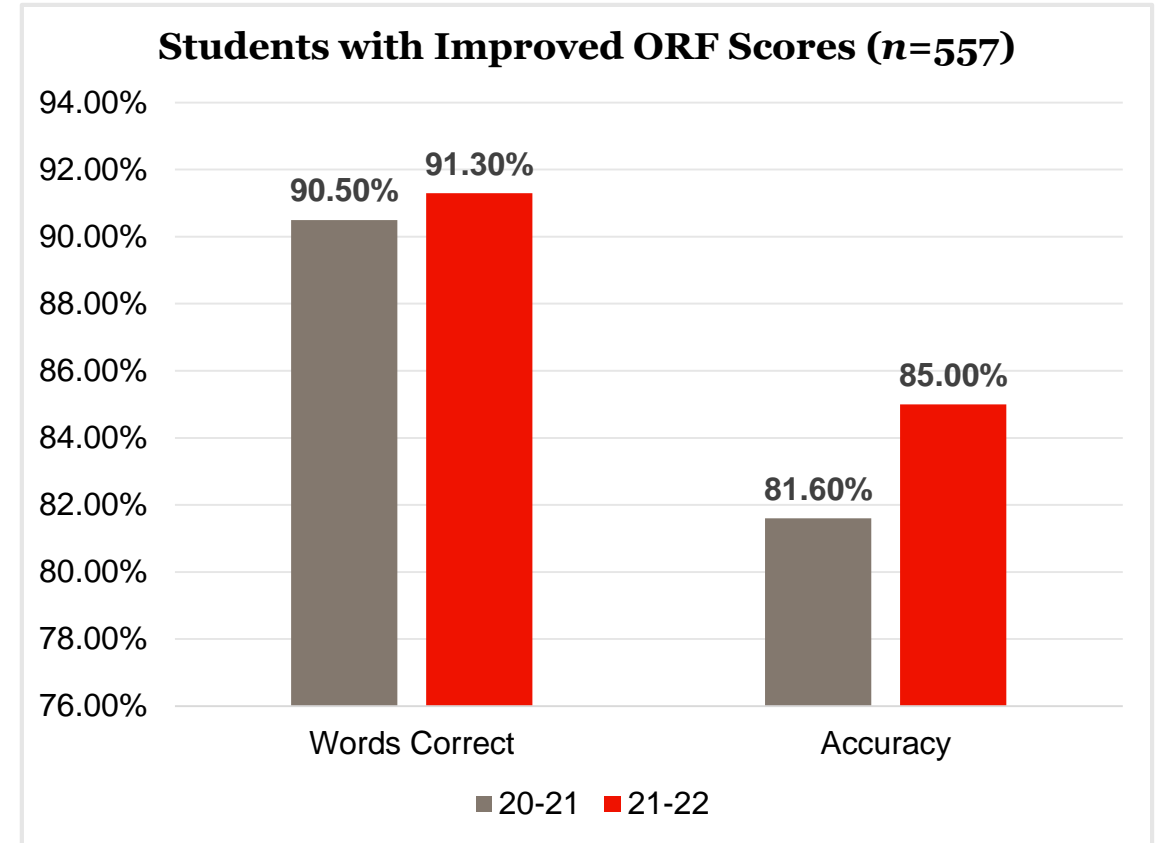
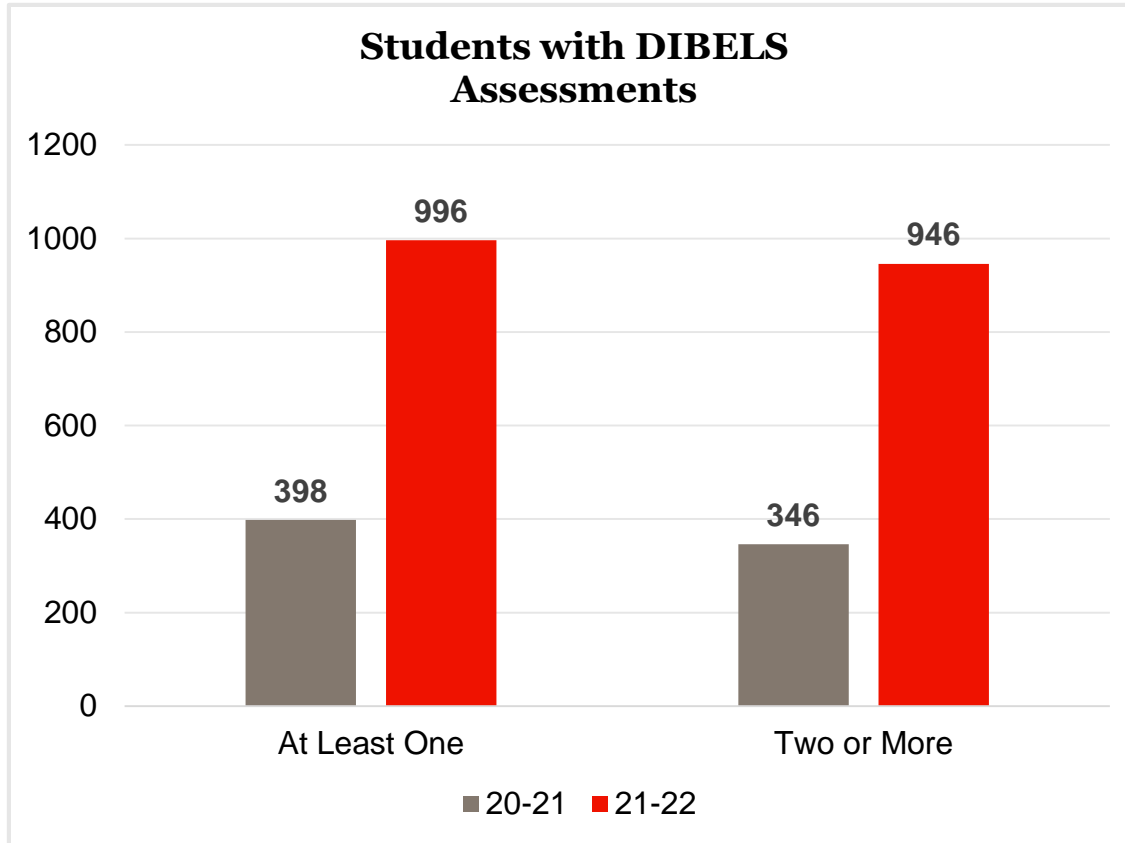
**107,285 Volunteer
Hours**

42,602 Tutoring hours were spent delivering the structured tutoring session.



2021-2022 Program Highlights

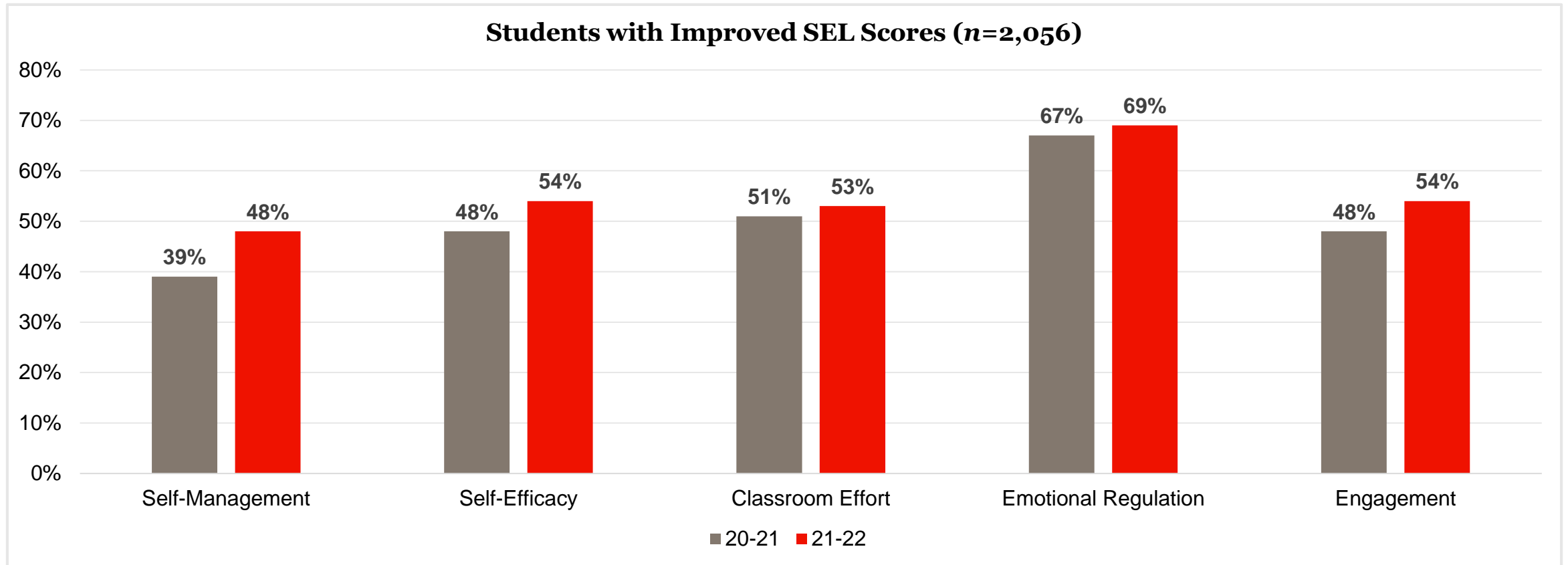
Oral Reading Fluency (ORF)





2021-2022 Program Highlights

Social-Emotional Learning (SEL)



SECTION 2

AARP News and Resources

Welcoming AARP Foundation's New President

- **Claire Casey** starts January 9
- Previously served as the Global Head of Policy & Insights at the Economist
- *“Claire has extensive leadership experience in addressing global poverty and aging with a complex, large organization.”* AARP CEO Jo Ann Jenkins



<https://press.aarp.org/2022-11-14-Claire-Casey-Selected-as-New-AARP-Foundation-President>

14 Book Gift Ideas for Everyone on Your List

- Creativity and the arts
- Inspiration and self-help
- History and biography
- Food and Travel



<https://www.aarp.org/entertainment/books/info-2022/non-fiction-book-gifts.html>

AARP Virtual Community Center: Free Events for Everyone

- **12/16 Cooking Event**
Sweet and Savory Charcuterie
- **12/18 AARP Theater Event**
'Hip Hop Nutcracker'
- **12/28 Health Event**
Bolster Your Resilience
- **1/17 Fun Event**
Learn to Play Bridge



<https://local.aarp.org/virtual-community-center/>

AARP Fraud Watch Network Scam-Tracking Map

- No matter where you live, fraud is never far away.
- Protect yourself and others by reporting a scam or by searching for existing scams near you.
- Call the AARP Fraud Watch Network Helpline: 877-908-3360



<https://www.aarp.org/money/scams-fraud/tracking-map/>

SECTION 3

Managing Student Behavior in Today's World

Managing Student Behavior in Today's World

Elizabeth Botzer, PhD

Licensed Psychologist

Certified School Psychologist



Sections

1. Education in Today's World
2. Behavioral Expectations
3. Trauma Informed Teaching
4. Functions of Behavior
5. Tips & Tricks
6. Q & A

Education in Today's World

Academic Rigor

Kindergarten Teachers' Beliefs About School Readiness and Kindergarten Learning, 1998 and 2010

Belief	1998	2010
Readiness beliefs (percentage indicating they agree or strongly agree)		
Most children should learn to read in kindergarten	31	80
Parents should make sure their kids know the alphabet before they start kindergarten	29	62
Children who begin formal reading and math instruction in preschool will do better in elementary school	34	64
Attending preschool is very important for success in kindergarten	63	83



<https://journals.sagepub.com/doi/10.1177/2332858415616358>

Screen Time

- Screen time increased 65 mins/day for preschool children
- All children- 162 min/per day pre-pandemic vs. 246 mins/day now
- 32% Decrease in moderate to vigorous physical activity during the pandemic.

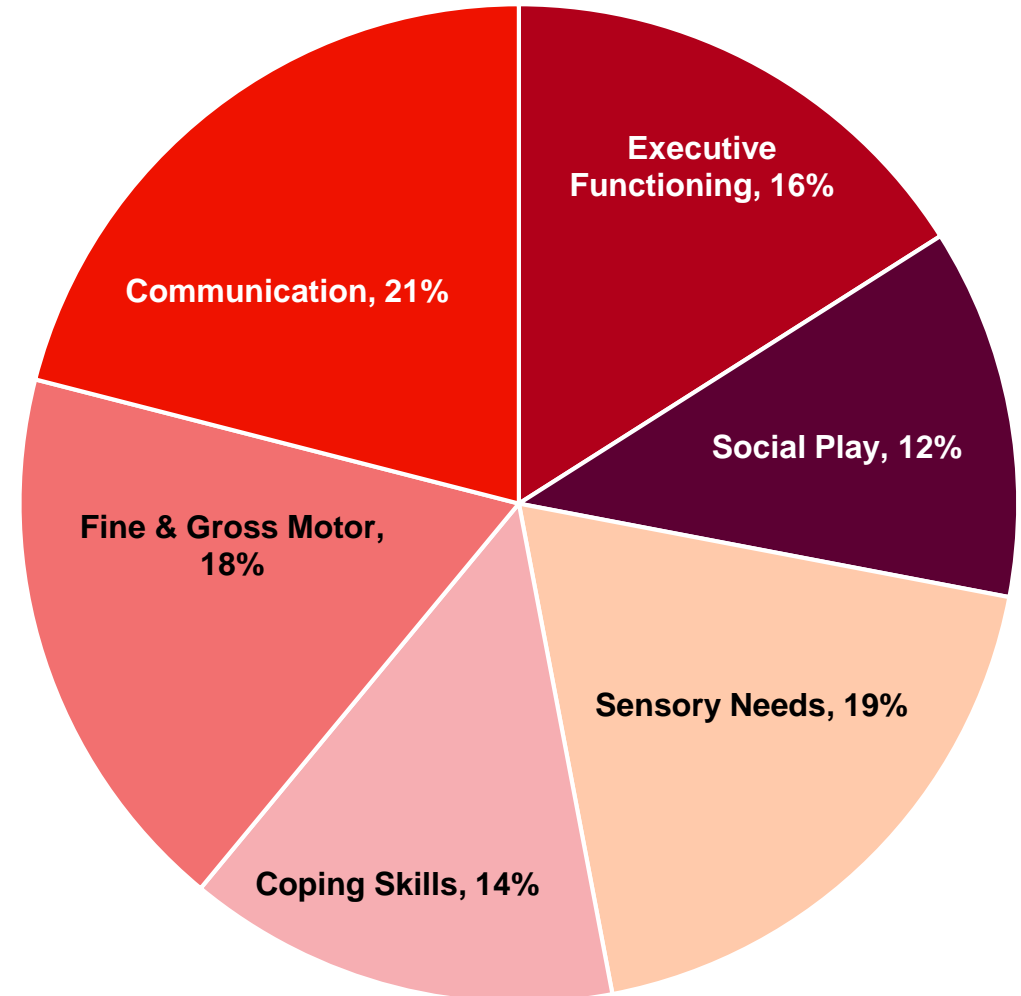


<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2798256>

Expectations of Students

- Communication (21%)
- Fine & Gross Motor (18%)
- Executive Functioning (16%)
- Sensory Needs (19%)
- Social Play (12%)
- Coping Skills (14%)

Common Concerns



Basics of Trauma Informed Teaching

Not All Behavioral Problems are the Same

- **Acute Trauma:** Exposure to a single overwhelming event
- **Chronic Stress & Trauma:** Prolonged exposure to violence, neglect, home removals
- **Complex Trauma:** School shootings, Pandemic, refugee experiences

Shift focus from:

What is **WRONG** with you?

Shift focus to:

What **HAPPENED** to you?

Do Not Worry About a Diagnosis

Focus on Behaviors

What's the function of the behavior?

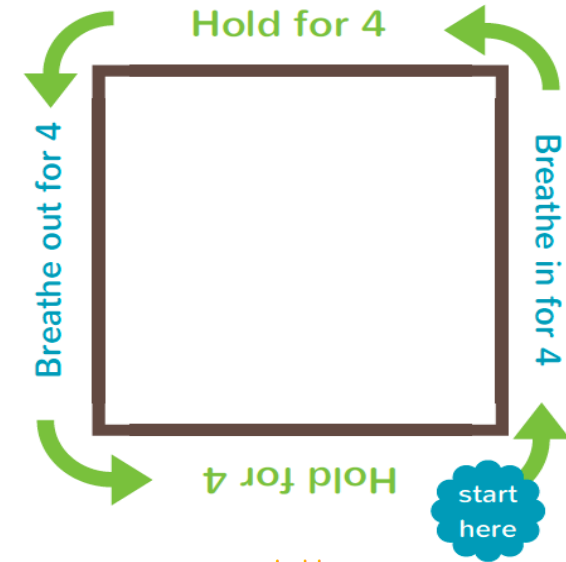
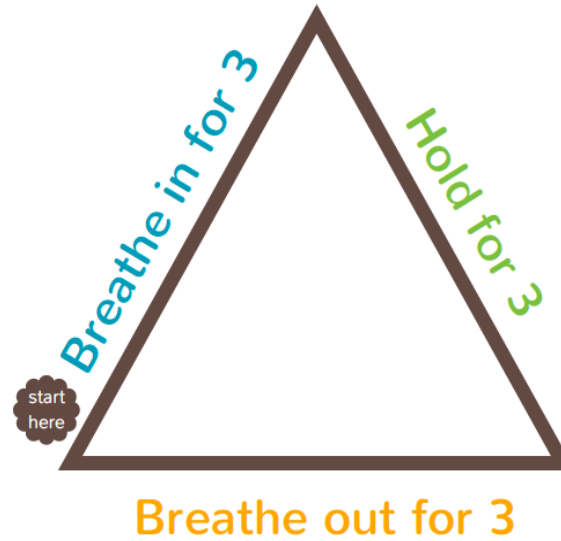
- **E**scape/Avoidance
 - **A**ttention (peer or adult attention)
 - **T**angible (access to an item or person)
 - **S**ensory (it physically feels good)
-
- Example: Third grader, Billy, insists on going to the bathroom before he starts his tutoring each session and takes at least 5 minutes in the bathroom impacting the amount of time he has for tutoring. ***What may be the function of this behavior?***
 - Once you can perhaps pinpoint what the function is, you can try to avoid triggers or be proactive in redirecting them.



***Everybody
EATS!***

Simple Tips & Tricks For Attention & Mindfulness

- Triangle Breathing
- Star Breathing
- Square Breathing
- Hand Breathing
- “Calm Hands, Calm Body, Calm Mind”
- “Hocus Pocus, Time to Focus”



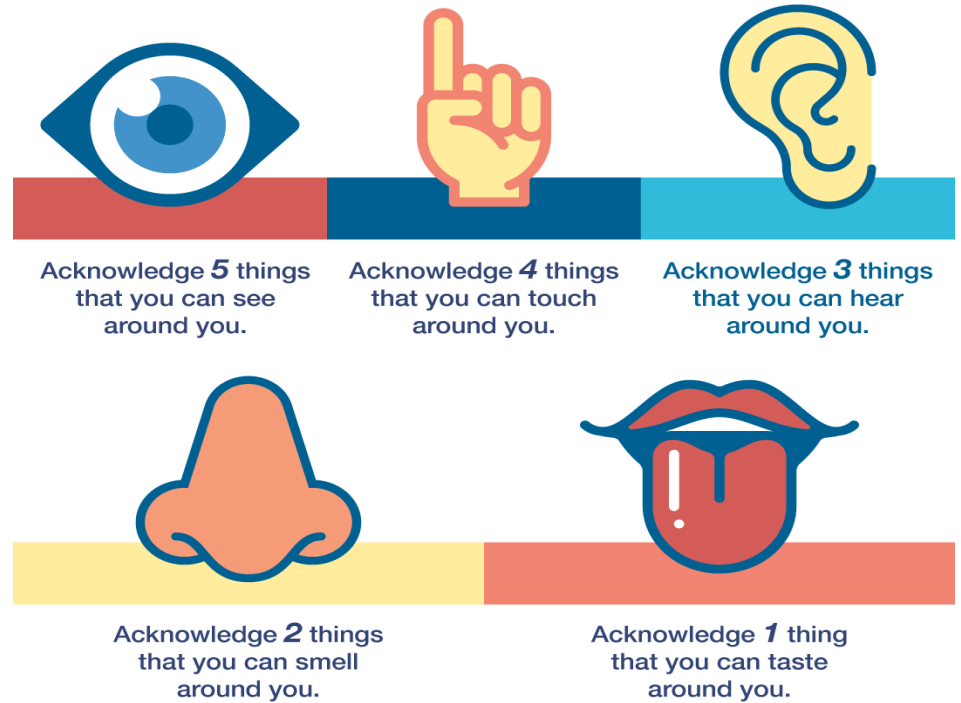
Simple Tips & Tricks For Frustration & Shutting Down

- The 5-4-3-2-1 Grounding Technique
- Pretend to be a Giraffe vs. Pretend to be a Turtle
- Make Lemonade (pretend to squeeze lemons)
- Use of silent fidgets, pipe cleaners, pop-its



The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



#DeStressMonday

DeStressMonday.org



Simple Tips & Tricks **For Noncompliance & Resistance**

- Collaborate with your site coordinator or the student's teacher
- Testing the Limits: Behaviors may get worse before they start to improve
- Offer Choices: Give them the power to control certain parts of the session
- Impulsivity vs. Noncompliance: Impulsivity of the moment overrides rule-abiding behaviors
- It is not about you, do not take behaviors or comments personally

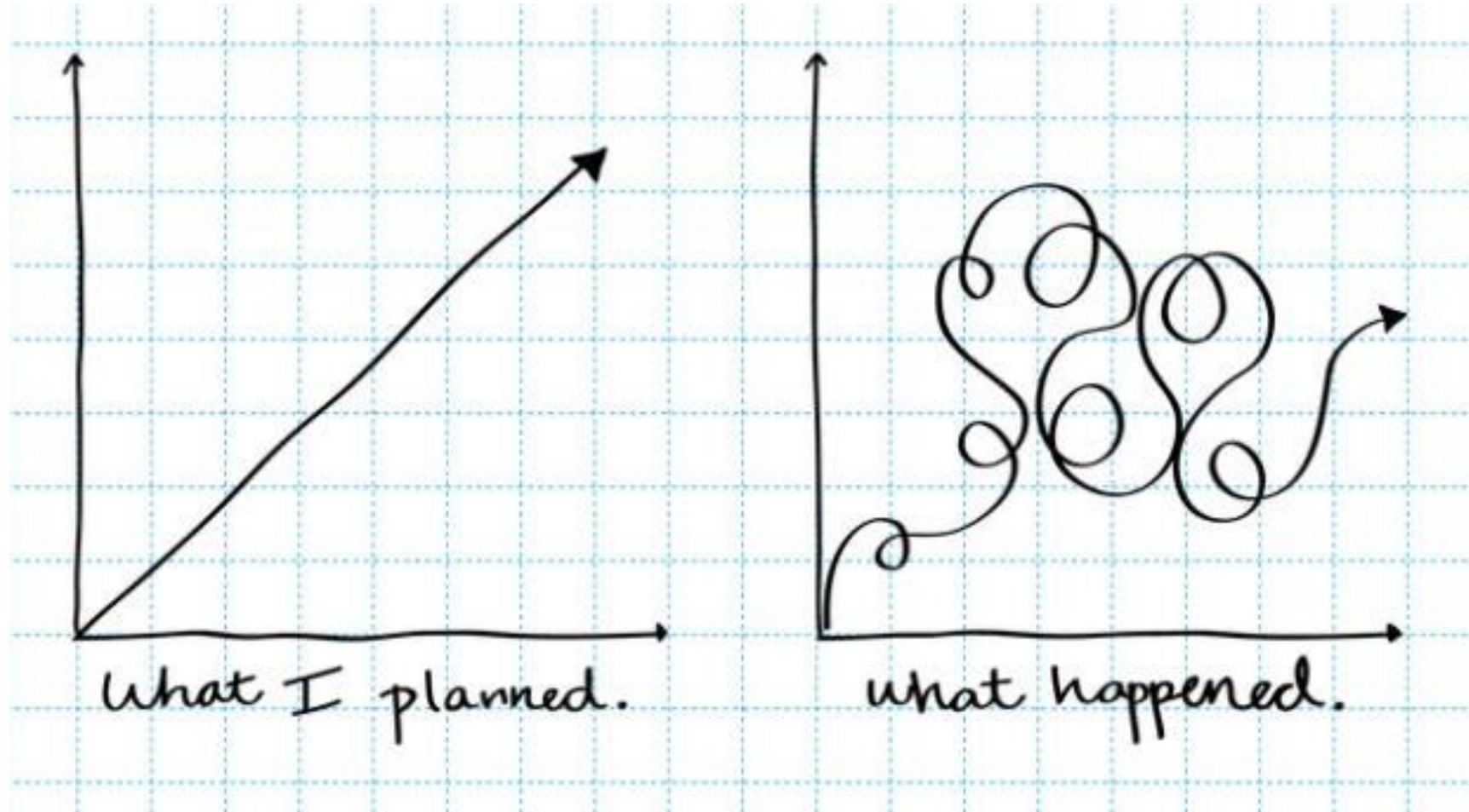


Simple Tips & Tricks For Working in Groups

- Proximity control
- Provide feedback and praise to students on task (e.g., “I like the way Talon is working hard.”)
- Encourage working together to solve problems
- Prepare for transitions



The Best-Laid Plans



Q & A

**Dr. Beth Botzer &
Libra Riley**



SECTION 4

Volunteer Spotlights

Sue Jacoby

**Experience Corps
Portland**

First Year of Service

**Behavior
Management
Pro**



Polly Bigham

**Experience Corps
Evansville**

1 Year of Service

**Behavior
Management
Pro**

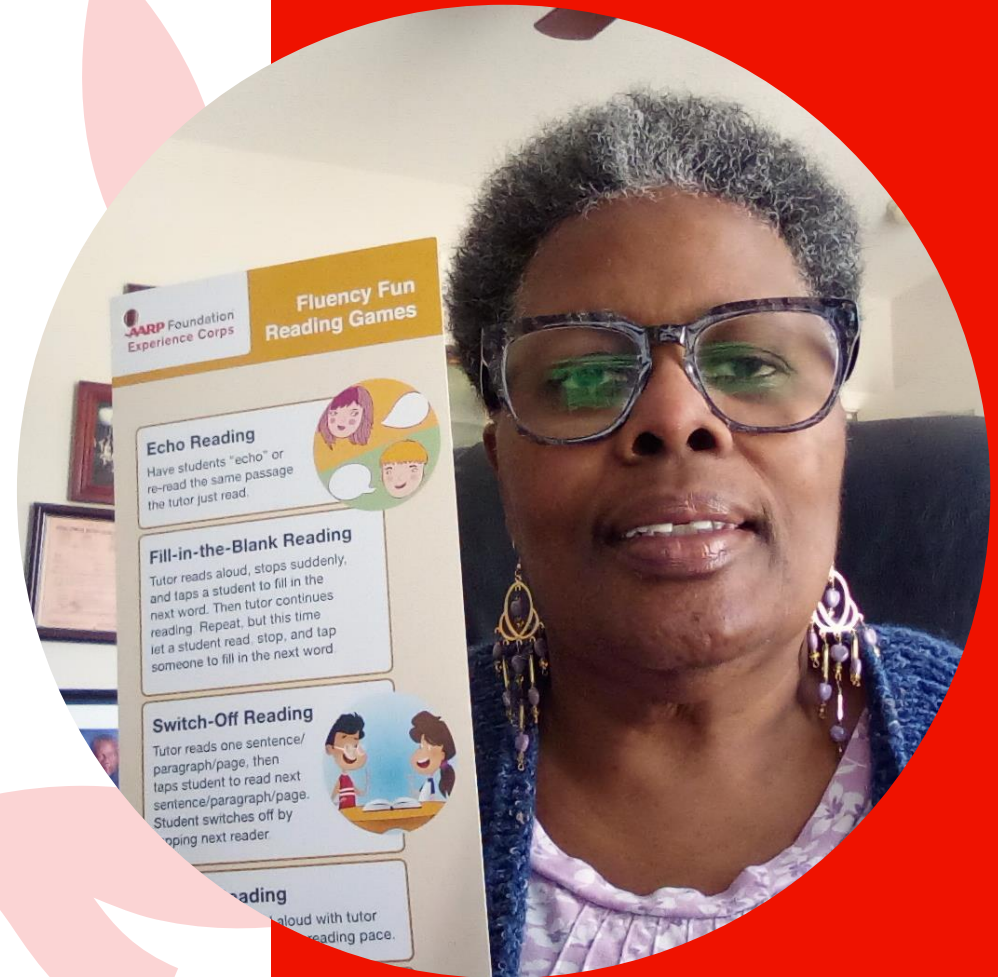


Leslie Harris

**Experience Corps
Greater New Haven**

2 Years of Service

**Behavior
Management
Pro**



Gene Kaderbeck

**Experience Corps
Buffalo**

4 Years of Service






**Behavior
Management
Pro**



Gene Kaderbeck

Did I...

- stay focused during my session and pay attention to our story without flipping through other pages?
- remain in my seat with my feet on the floor, head held high and ready to work?
- keep my hands to myself and off other people's belongings?
- remain disciplined by not having outbursts and off-topic conversations and follow the directions of my tutor?
- do MY BEST WORK for today?

Level 5 (0-3 reminders)	Fist Bump	
Level 4 (4-6 reminders)	Thumbs up dude!	
Level 3 (7-9 reminders)	Gimme 5!	
Level 2 (10-12 reminders)	Uh-oh... how can I fix this?	
Level 1 (13+ reminders)	Teacher Talk	

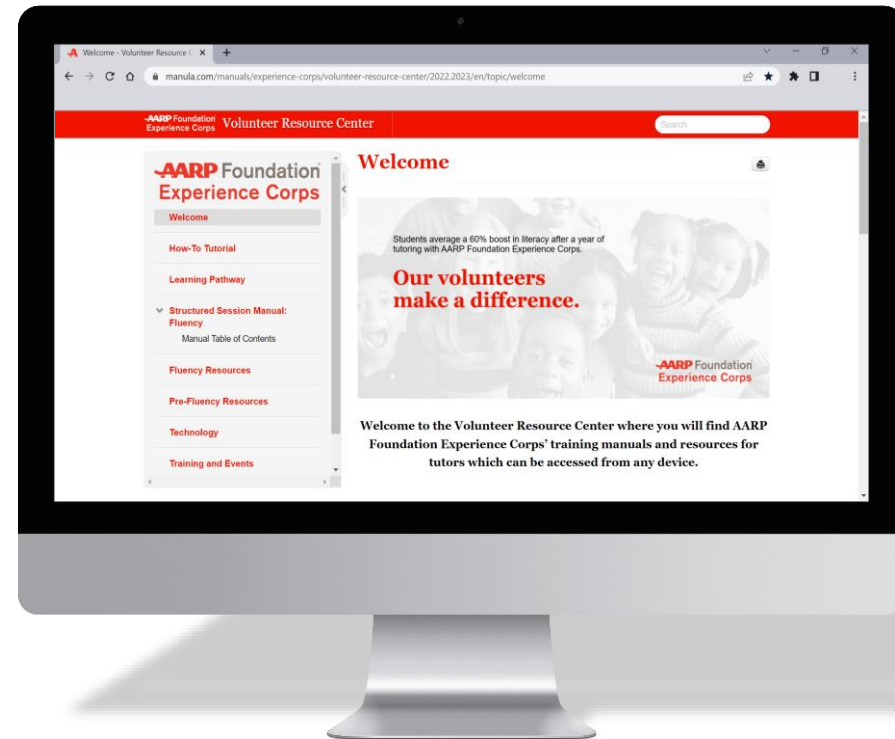


SECTION 5

Closing Remarks

Today's Slides and Recording

Available on the Volunteer
Resource Center later today!



<https://www.manula.com/manuals/experience-corps/volunteer-resource-center/>

Next Volunteer Workshop

- **Date/Time:** Thursday, Feb. 16 4pm ET/1pm PT
- **Format:** EC and AARP Updates, Volunteer Spotlights, and SME Presentation and Q&A
- **Topic:** Evolving Our Understanding of Social Emotional Learning (SEL)



<https://www.manula.com/manuals/experience-corps/volunteer-resource-center/>



Happy Holidays

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