DEGREES NOT DEBT
Webinar participants will learn about what it takes to qualify for both Teacher Loan Forgiveness and Public Service Loan Forgiveness. We’ll discuss eligibility requirements for each program, and how parents holding PLUS loans can also qualify for a discharge of their balance. We’ll also learn about the factors you need to consider when deciding between those two forgiveness programs, how to re rehabilitate loans that may have slipped into default, and how new teachers can effectively manage their debt when pursuing a Master’s degree. Finally, we’ll review the implications of Congress’s payment and interest forbearance in response to the COVID-19 emergency.
1 hour 15 minutes

FIRST-YEAR FORUM
CEA hosts a series of intimate online meetings to enable our first-year teachers to network and discuss the unique challenges they are facing this year. Included are discussions of distance learning and effective resources and tips for helping students. Each First-Year Forum is limited to 20 registrants to ensure that participants have an opportunity to speak and share their thoughts. Several forums will be scheduled to ensure all interested first-year teachers are able to take part in these timely networking conversations.
50 minutes

MANAGING DIFFICULT MOMENTS WITH MINDFULNESS STRATEGIES
The COVID-19 crisis is causing increased stress and anxiety for everyone. For teachers, particularly those with children of their own, this period is particularly challenging, as they struggle to balance distance learning, concern for their students’ emotional well-being, and their own caretaking responsibilities at home. This online workshop offers simple, practical strategies for managing stress, including simple breathing exercises to reduce anxiety and improve sleep, basic yoga stretches to alleviate muscle tension, and short meditation practices to improve concentration and emotional well-being. The workshop will also include quick, fun mindfulness activities teachers can use online or at home to help children refocus their attention, calm anxiety, and release built-up physical energy.
55 minutes

SOCIAL MEDIA AND ONLINE SAFETY
Zoom. Facebook. Instagram. Twitter. Web conferencing and social media have become part of the daily routine for teachers, students, parents, and community members. In this workshop, participants learn how to keep information private and ensure that they are as protected as possible in an expanding digital environment. Best practices for using online learning platforms will also be discussed.
55 minutes