



# The LARAEC Insider

Week of November 14, 2022

Vol 1 Issue 4

## Engagement Beyond Kahoot and Pair Share!!



### Another Look at Making Thinking Visible

Wednesday, November 16, 12:30-2:30 hosted on ZOOM - Free to participants

Our conference keynote speaker, Mark Church, will be coming back for more. This session is designed to go a little bit more deeply into the exploration of thinking routines that promote depth of learning and engagement. Would you like to add more tools to your practice? Would you like to learn easy strategies to have students participate more? Come to this session and learn some new research-based teaching and learning techniques that support students of all ages.

Pre-register for a chance to win a copy of his book *Making Thinking Visible*

[For more info and registration](#)

### Lunch with LARAEC

**If you missed it last week....**

LARAEC hosted Celina Shands of Full Capacity Marketing to provide some training in recruiting and re-engaging adult students. **Watch the recording** of her very engaging and informative lunch session...

*Developing Highly Effective Marketing Messages for Targeted Recruitment*

When it comes to recruiting diverse adult learner populations, one size

does not fit all in terms of effective outreach messaging. Recent surveys indicate that the emotional and logistical barriers of not only going back to education as a working adult, but doing so amid a post-pandemic recovery, may also be a leading cause of an adult learner's hesitancy to pursue education. How can you **break through these barriers to successfully recruit and re-engage adult learners**? Using the concept of personas, this session shares a step-by-step roadmap to developing highly effective outreach messages to use at different student touch points to motivate them to take action.

Presenter: Celina Shands, Full Capacity Marketing, Inc.



This session was recorded and is available for viewing at [Lunch with LARAEC](https://laraec.org/lunchwithlaraec/) go to <https://laraec.org/lunchwithlaraec/>

## Resource Spotlight: Sharing Classroom Practices

Based on our recent staff survey, teachers want more opportunities for sharing and learning strategies from other teachers. We have hosted many Lunch with LARAEC sessions aimed at sharing best practices from classroom teachers. Check out the videos on the classroom and curriculum support webpage. Topics include:

- Using the New ESL courses and Online Teacher Toolkit
- Real Skills for Teaching Online
- Best Practices from 8 Teachers with High Persistence
- Using Burlington to Enhance Instruction
- Integrating Video Resources into Lessons
- And More.

[tip: Watch at 1.5x speed if you are pressed for time]

Go to <https://laraec.org/teacher-resources-class/>



## Motivation Zone



*Pomodoro Technique breaks up procrastination and overwhelm!*

Do you have trouble getting started on big projects? Are you constantly interrupted or distracted? Are you overwhelmed or anxious about impending deadlines? Consider trying the Pomodoro Technique. I have used this technique for several years now to create focused time for specific

projects. Even when things seem like they need to be pushed to tomorrow, I can usually find the time for one Pomodoro cycle to break the inertia.

**What is Pomodoro?** It is a technique that includes small segments of focused work followed by short breaks. You would be surprised how productive you feel after a few cycles. There are many FREE apps out there to help you get started! Go to your app store and search for a *Pomodoro Timer*. The Pomodoro technique can:

- Make tasks less daunting
- Improve quality and quantity of work
- Prevent mental exhaustion
- Break the habit of multitasking
- Improve attention span and concentration
- Increase accountability and willpower
- Boost motivation

(Waters, S. BetterUp, 2022.)

To learn more about this strategy, check out the full article.

[Click here for full article](#)

## Research Shorts



Connecting you with some educational articles and studies to see how they might connect to our programs. Try on some of these *Research Shorts*, keep what fits, and return the rest.



### GREAT NEWS! Adults need flexibility, resources to pursue higher education

Our LARAEC marketing consultant turned us on to a study conducted by Cal Matters which interviewed more than 1,000 adults without college degrees. This 2021 study showed that about **"half of all California adults would be interested in taking some kind of college or adult career education if their concerns and barriers were removed"** (Allsop, 2022). Making adult education accessible, affordable, and flexible are areas where schools can focus to meet this need for more programs.

Find out some strategies in the full journal article on our *Research Shorts* [page here](#).

If you got this newsletter as a forward and would like to have it sent to your email directly, you can register by clicking the button below!

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*If no one has told you today, thank you for what you do to improve the lives of adults in Los Angeles*

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*Profundus Collaboratus*

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