



The LARAEC Insider

Week of April 17, 2023

Vol 1 Issue 19

This Week's Lunch with LARAEC

Simplifying Language to Promote Persistence and Motivation

Thursday, April 20, 12:30 - 1:30 PM

Presenter: Lee Shainis, trainer, author, founder of Simplify Language
On ZOOM



Lee has led over 500 trainings and has authored numerous articles on equity. In this session, Lee will teach 20 practical skills to make spoken and written communication easier to understand. Participants will have an opportunity to learn ways to speak in more inclusive ways, improve retention, motivation and confidence of students, making writing easier for people from diverse backgrounds, and increase accessibility of written communications.

Grab your lunch and join us! For registration and Zoom link [click here](#)



We have some great presenters lined up for our last 5 sessions of the year!

April 27 - Integrated Education & Training (IET) Strategies - Presented by Francisco Narciso and Los Angeles Technology Center

May 4 - Project Based Learning in ESL and ABE - Presented by Kristi Reyes

May 11 - Stuff I Wish I Knew with Samantha Ross

May 18 - Onboarding Strategies with the LARAEC Counseling and Transitions Team

May 25 - Super Six Survival Sites for Teaching and Learning - Presentation by our LARAEC Remote Learning Team

All Lunch with LARAEC sessions are recorded and are available for viewing at [Lunch with LARAEC](https://laraec.org/lunchwithlaraec/) go to <https://laraec.org/lunchwithlaraec/>

LARAEC Edge Job Readiness videos are AVAILABLE!



Job Readiness Videos

At the LARAEC Edge conference in March, we had some fabulous presenters from our districts. We are working on editing and posting selected sessions. You are welcome to use these with your classes and share them with students.

Currently, we have the job readiness videos available:

- How to Write a Resume - Marianne Noss (BUSD)
- Job Ready Interview Skills - Jo Hart & Samantha Ross (LAUSD)
- 21st Century Job Search - Andrea Rodriguez-Blanco (LACCD)

These are also great resources for staff who are looking to prepare for new positions!! To check out the videos [click here](#)

Resource Spotlight

Teach and Learn: Strategies to Improve Mental Health



PANDA (Physical and Nonapparent Disability Assistance) provides Minnesota Adult Basic Education programs with disability support, knowledge, and resources to increase academic opportunities.

In their brochure, *Mental Wellness*, which is meant to support both students and teachers, they provide a quick and easy checklist to stay mentally well.

The ten tips to maintain mental well-being:

- TIP #1: **Express your feelings** to a trusted person or journal them to release them
- TIP #2: **Build an emotional support system** by reaching out to family

- and friends when you need help.
- TIP #3: **Reduce obligations** in your life and use time-buying phrases to give yourself space to consider requests
- TIP #4: **Take short breaks** throughout the day to engage in self-care activities
- TIP #5: **Quiet your mind** by meditating and deep breathing
- TIP #6: **Maintain a gratitude journal**
- TIP #7: **Focus your energy on things you can control** and let go of things you can't
- TIP #8: Before sleep, **write down your worries and concerns to release them**
- TIP #9: **Challenge negative self-talk** by questioning the proof behind the thoughts
- TIP #10: **Limit toxic relationships** and spend time with supportive people

Don't hesitate to ask for professional help for extra support. The brochure has a link to free and low-cost support services.

Many of them are specific to Minnesota, but some are applicable nationwide. Go to: <https://pandamn.org/mentalhealth/resources-6/>

To get a printable handout, go to our [Student Support page here.](#)

FREE Listening Lessons for Class and Home Practice

Didn't attend last week's Lunch with LARAEC? You missed out! It featured the Remote Learning Action Planning Team discussing Virtual Tools to Boost Engagement and Accessibility. As a part of the discussion, they referenced the wonderful website **English Listening Lesson Library Online** (ello).

Ello has over 3000 free listening lessons for all levels of English Language Learners. Most lessons have accompanying video, audio, transcripts, vocabulary support, and interactive quizzes. The site offers a variety of different types of conversation depending on your classroom needs. The "**Natural English Conversations**" contains **multiple casual conversations with native speakers and speakers with a variety of accents.** They each have an accompanying transcript. The site also contains a variety of listening games. In "Spread the Word," the site introduces a listening game called "Listening for Gist." It comes with an instruction video but **looks like a fun and easy listening activity that students could do in an in-person class, online, or at home.** In "Answer Key Audio," students learn grammar by identifying missing words. The "Repeat Relay" game is an engaging pronunciation practice game. Students listen to a phrase and must repeat the spoken phrases. They can check their understanding by clicking a button to see the text. The exercise reinforces correct intonation and enunciation.



Check out the website at: <https://www.elllo.org/index.htm>



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

Profundus Collaboratus

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