

NYS TEACHER CENTERS MONTHLY MEDLEY



CURRENT HAPPENINGS...

We are coming to an end of our 2024-25 course offerings. But don't worry...we'll be back in September with an entirely new catalog of FREE professional learning opportunities! For our full catalog and to register for any, please [click here](#).



Mindshifting: Mastering Your Resourceful Brain

Join our course to explore how our minds can lead us to feel powerless and discover techniques to unlock our natural resourcefulness. We will examine how quick decisions can trigger flight, fight, or freeze responses, emphasizing critical thinking, innovation, and collaboration. Participants will learn to reset their minds to enhance executive function and perseverance for themselves and others.

Key Habits Developed:

- Motivation
- Grit and perseverance
- Creative and critical thinking
- Executive function and self-regulation
- Social emotional intelligence
- Constructive vs. destructive mindsets

Core Concepts and Techniques:

- Understanding limbic and higher-order brain functions
- Managing flight, fight, freeze reactions
- Simplifying problem-solving with habits and fluencies
- The role of mirror neurons
- Exploring the prefrontal cortex and higher-order thinking

The course runs 5/20- 6/10/25 includes 6 live sessions (12 hours total), practice and reflection exercises (5 hours), and lesson plan creation (3 hours) for a comprehensive 20-hour experience.

NYS TEACHER CENTERS UPDATE

Thank you to Three Village Central School District for agreeing to host the New York State Teacher Centers Statewide Leadership Team grant in the 2025-2026 school year! Kristine Cucinello, MESTRACT's Executive Director, will serve as the Tri-Chairperson/Treasurer for this grant. Stacie Harris from Greater Southern Tier Teacher Center will join tri-chair Jessica Lattimore from Rome Teacher Center to round out our leadership next year.

NYSTC PROGRAM REVIEW!

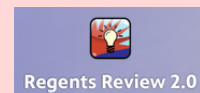
In addition to your local center programs, the NYSTC Leadership grant offered **51** professional learning programs in the 2024-2025 school year. With a number of programs still running, we have already served **576** educators via **459** professional learning hours! Our final figures will be tallied once all courses have been completed. Programming highlights include Mindshifting, AI, Highly Effective Teaching Strategies and Aspiring Educators for Teaching Assistants.

TEACHER TIP...



Waterloo, New York is considered the birthplace of Memorial Day. Celebrate with your students and honor those who have served our country! The [Congressional Medal of Honor Society](#) has lesson ideas for elementary through high school classrooms. You can also share a [virtual tour of Arlington National Cemetery](#).

DID YOU KNOW?



NYS Teacher Centers partner with PBS to create the Regents Review 2.0 program developed by teachers, a series of thirteen 1-hour programs offering NY students help with Regents Exam preparation. The program examines content and demonstrates strategies to reinforce skills necessary in preparing students for these exams. **This year, Biology is being added to the series.** For each Regents exam there is a one-hour long exam review video. Some of the videos are also broken into shorter clips for those looking for help with a particular topic. The teachers involved in creating these videos formulated lists of recommended online resources for further study - [check them out!](#)

To ensure you stay up to date with Teacher Centers, [sign up](#) and [scan!](#)

