

# CalSAC Training Modules

CalSAC's on-site training modules equip staff with foundational youth development principles, explore ways to respond to challenging behaviors, ensure that staff are creating culturally responsive programs, and offer a deeper understanding of specific topic areas like bullying prevention and working with Dual Language Learners.

Each module is designed to be interactive and experiential and draws on the knowledge and experience of the participants in the room. Topics are each 2 hours in length unless noted otherwise. Review our full list of modules below and visit [www.CalSAC.org](http://www.CalSAC.org) for a description and outline of each topic.

		Audience Level <sup>1</sup>	eLearning Modules <sup>2</sup>
<b>Youth Development</b>			
<b>Building Safe and Supportive Relationships with Children and Youth</b>			
1.1.1	Developmental Trends 101	B	X
1.1.2	Building Relationships with Children & Youth*	B	X
1.1.3	Effective Communication with Children & Youth*	B	X
1.1.4	Building Self-Esteem*	B	
1.1.5	Fostering Interpersonal Connections in Children and Youth*	B	
1.1.6	Professionalism	I	
1.1.7	How and What to Observe in Children and Youth	I	
1.1.8	Meeting the Needs of Children and Youth	I	
1.1.9	Developmental Trends 201	I	
<b>Restorative Behavior Guidance Practices</b>			
1.3.1	Understanding the Behavior of Children & Youth*	B	X
1.3.2	Developing Problem Solving Skills	B	
1.3.3	The Role of the Staff in Behavior Guidance*	B	X
1.3.4	Effective Supervision of Children and Youth*	B	
1.3.5	Including Children and Youth with Disruptive Behaviors*	I	X
1.3.6	9 Temperament Traits	I	
<b>Job Readiness</b>			
1.6.1	New Youth Worker Competencies	B	
1.6.2	Building a Classroom Community	B	
1.6.3	Beyond Behavior Guidance	B	
1.6.4	Classroom Management 101	B	
<b>Serving Older Youth</b>			
2.3.1	Incorporating Older Youth Voices in Program Activities	I	
<b>Cultivating Social-Emotional Learning Skills<sup>1</sup></b>			
4.6.1	Social Emotional Learning & Enhancing Quality*	B	X
4.6.2	Going Deeper: Supporting Social-Emotional Learning Skills*	B	X
4.6.3	We Are 100: Supporting Self-Awareness and Self-Management*	B	X
4.6.4	We Belong 100: Supporting Social Awareness and Interpersonal Skills*	B	X
4.6.5	We Can 100: Supporting Growth Mindset and Self-Efficacy*	B	X

## CalSAC Training Topics and Modules

<b>Academics and Enrichment</b>			
<b>Delivering Quality Programs</b>			
1.4.1	Using Theme Webs for Curriculum Planning	B	
1.4.2	Presentation Methods and Debriefing Activities	B	X
<b>Supporting Academic Programming</b>			
1.5.0	Exploring Curriculum Activities	B	X
1.5.1	Integrating Academics and Enrichment	B	X
1.5.2	Homework Assistance	B	X
<b>Serving Older Youth</b>			
2.3.2	Service Learning	I	
<b>Energenius<sup>2</sup> OST Series</b>			
4.3.1	Energy and You	B	X
4.3.2	Energy and the Environment	B	X
4.3.3	Water and Energy	B	X
4.3.4	Become an Energenius	B	X
<b>Hands-On STEM Training</b>			
NPASS Training Project (4 hours each) <sup>3</sup>		B, I	
<b>Equity and Inclusion</b>			
<b>Including Children with Special Needs</b>			
3.1.1	Creating an Inclusive Program	I	X
<b>Equity, Diversity, Inclusion and Anti-Oppression</b>			
3.5.1	Creating Respect and Safety	I	X
3.5.2	Going Deeper: Exploring Diversity	I	
3.5.3	Exploring Privilege	A	
3.5.4	Privilege, Power and the Ladder of Oppression	A	
3.5.5	Exploring Cliques in Your Program	I	
3.5.6	Becoming Allies with Children Youth and Families	I	
<b>Creating Culturally Sensitive and Equitable Programs</b>			
3.6.1	Cultural Competence: Identity, Diversity and Engagement	A	X
3.6.2	Cultural Conflicts and Strategies	A	
3.6.3	Promoting an Understanding of Cultural Sensitivity	A	
<b>Restorative Practices (must be done in a full series)</b>			
3.7.1	Restorative Practices Series (4-module series, 3 hours per module)	I	
<b>Bullying Prevention</b>			
4.1.1	Understanding the Problem of Bullying	B	
4.1.2	Understanding the Costs and Roles of Bullying	B	
4.1.3	Bullying Prevention and Intervention Strategies for Adults	I	
4.1.4	Bullying Prevention and Intervention Strategies for Children and Youth	I	
<b>English Learner Training<sup>4</sup></b>			
4.2.1	Knowing English Learners (4 hours)	B	X
4.2.2	English Language Development, Academic Support & Linkage to the School Day (4 hours)	I	X
4.2.3	Healthy Cultural Identities and Engaging Families and Communities (4 hours)	A	X
<b>Leadership and Management</b>			
<b>Supervising and Supporting Staff</b>			
2.2.0	The Role of the Site Leader	I	X
2.2.1	Incentives and Motivation	I	X
2.2.2	Coaching Staff to Success	I	
2.2.3	Making Meetings Work	I	

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2.2.4	Delegations Skills	I	
<b>Leading Afterschool Programs</b>			
3.3.1	Knowing Yourself as a Leader	B	X
3.3.2	Your Leadership Style	B	
3.3.3	Building Leaders	I	
<b>Leading with Social-Emotional Learning Skills<sup>1</sup></b>			
4.7.1	Leading with Head and Heart	I, A	X
4.7.2	Supervising with Head and Heart	I, A	X
4.7.3	Coaching with Head and Heart (3 hours)	I, A	X
4.7.4	Leading Teams/Orgs with Head and Heart	I, A	X
<b>Quality Programming</b>			
<b>Creating Program Environments</b>			
1.2.1	The Elements of the Environment	B	X
1.2.2	Shared Space 101	B	X
1.2.3	Messages from the Environment	B	
1.2.4	Shared Space 201	I	
<b>Delivering Quality Programs</b>			
1.4.3	Daily Schedules	B	
1.4.5	Introduction to Evaluation	I	X
1.4.6	Evaluation: A Self-Study	A	
<b>Establishing Partnerships with Families, Schools and Communities</b>			
3.2.1	Building Authentic Relationships with Families*	B	X
3.2.2	Understanding the Needs of Families*	I	
3.2.3	Designing Meaningful Family Engagement*	I	
3.2.4	Partnering with Schools	I	
3.2.5	Partnering with Communities	I	
<b>Quality Summer Programming<sup>7</sup></b>			
4.4.1	Creating a Quality Summer Program	I	X
4.4.2	Utilizing the Quick CASP Assessment Tool	I	X
4.4.3	Engaging the Community in Quality Summer Programs	I	X
<b>Supporting Mental Health and Wellness<sup>3</sup></b>			
4.5.1	Understanding Mental Health and Wellness for Children and Youth	B	
4.5.2	Exploring Protective Factors	B	
4.5.3	Designing Safe and Supportive Programs	I	
4.5.4	Cultivating Community Partnerships	I	

\* These modules were revised in 2019 to incorporate language to support the mental health and wellness of children and youth.

1 Audience Levels: B=beginner, I=intermediate, A=advanced

2 Topics marked with an "X" are available on the subscription based CalSAC Collaboration eLearning Environment site.

3 The Supporting Mental Health and Wellness training series is provided in partnership with the OST Wellness Network.

4 The Expanded Learning 360°/365 Training and Professional Development training series is provided in partnership with the Expanded Learning 360°/365 Collaborative.

5 The Energenius® OST Series was designed in partnership with Pacific Gas and Electric Company.

6 NPASS was developed in partnership with Education Development Center. Each topic is a 4-hour training plus coaching and material kits.

7 The English Learner series was developed in partnership with Development Without Limits West. Each module is 3 hours in length. Also available in a one-year package that includes all materials, coaching, and technical assistance.

8 The Quality Summer Programming Series is provided in partnership with the David and Lucile Packard Foundation. These trainings were developed in partnership with the Summer Matters campaign.