
How to Conduct an Online Practice

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Learning Outcomes

- How to start a session
 - the importance of attachment, energy, and focus in creating online relationships and a safe learning environment.
- Become aware of hardware vs. software options
 - (Bitpaper, headphones, stylus, iPad, chromebooks, phone)
- Discover solutions to your challenges engaging learners while working with Zoom

Creating online relationships and a safe learning environment

- Attachment
- Energy
- Focus



How do you want to Be Welcomed

- How are you?
- How was your weekend? Day?
- What are you stressed about?
What do you want to work on?

Attachment

- Biggest cheerleader
- Listening authentically
- Help clients become open to constructive criticism
- Effective communicators
- Help improve their relationship with academics
- Happiness {is} only real when shared - Into the Wild

Energy

- Anxious clients will start to resort to protest behavior
- Avoidant clients will start to want to bolt
- Use effective communication and help level their energy
- Jumping jacks, silent 2 min, meditation, dance break, Youtube video, searching LOLCats, running in place, etc
- Help them learn what a good energy level feels like to get ready to work (then they can generalize)

Focus

- Engaging material
- What is the point of learning this? Personally or For understanding later in the class
- Relate the material to their interests
- Alleviate working memory with brain breaks or letting clients talk about their stressors
- Pace of learning
- Content vs skills

Next Learning Outcome

- Become aware of hardware vs. software options

Hard vs Software:

- Laptop
- iPad
- Smart phone
- Elmo (scissor arm)
- Mouse
- Headphones
- Zoom, Skype, Google Hangouts, WhatsApp, Viber, Facetime
- Google Docs
- Virtual white board
- Games



Tip

- Google questions about tech by starting with "10 best" ...
- Ask your student for help
- Youtube videos

Virtual Whiteboards:

Bitpaper

- Miro
- Google Jamboard
- Stormboard
- IPEVO Annotator
- Limnu
- InVision Freehand
- Conceptboard
- Explain Everything
- Whiteboard Fox (Web)

Bitpaper:

The screenshot shows the Bitpaper web application interface. At the top, there is a navigation bar with the Bitpaper logo and a menu containing 'Features', 'Pricing', 'My Papers', 'My Account', 'Logout', and a 'Create Paper' button. Below the navigation bar, a message states: 'To save a paper here, you must click **Save Paper** in the side menu within the app.' Below this message, there is a search bar with the text 'Search by name or tags' and a dropdown menu for 'Any Tag'. The main content area displays three paper cards. The first card is titled 'MEPP 19Jun2020' and contains text about the Canis Major Dwarf Galaxy, a diagram with labels 'E' and 'C', a long division calculation, and a small image of the galaxy. The second card is titled 'Judith Summer 2020'. The third card is titled 'Cheryl Bitpaper'. Each card has a 'Paper ID' and a trash icon at the bottom.

bitpaper.io/my-papers

Apps Hangouts My Drive Gmail Calendar Wells Fargo Pasadena Water an... Headstrong Nation SoCalGas Sounds True

Bitpaper

Features Pricing My Papers My Account Logout [Create Paper](#)

Signed in as: scanionkara@gmail.com using Google SSO

To save a paper here, you must click **Save Paper** in the side menu within the app.

Search by name or tags Any Tag

Closest known galaxy to us is the Canis Major Dwarf Galaxy, at 236,000,000,000,000 km (25,700 light years) from the Sun. The Canis Major Dwarf Galaxy is the next closest, at 662,000,000,000,000 km (70,000 light years) from the Sun.

$236,000,000,000,000 / 70,000 = 25,700 = 5/14$

14 | 5.000
- 70

80
- 70

100

Canis Major Dwarf Galaxy

MEPP 19Jun2020
Paper ID: 3kqu2NITm

Judith Summer 2020
Paper ID: b6OBTrccf

Cheryl Bitpaper
Paper ID: to_vjw5eJ

Bitpaper:

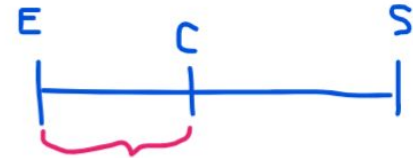
$$3) 36 \div 9 \cdot 4 + 12 \div (6 - 2) =$$

$$\begin{array}{l} 36 \div 9 \cdot 4 + 12 \div 4 \\ \hline 4 \cdot 4 + 12 \div 4 \\ \hline 16 + 3 \\ \hline 19 \end{array}$$

✓ ()
✓ a[#]
✓ x ÷ →
✓ + - →

Bitpaper:

The closest known galaxy to us is the Canis Major Dwarf Galaxy, at 236,000,000,000,000 km (25,000 light years) from the Sun. The Sagittarius Dwarf Elliptical Galaxy is the next closest, at 662,000,000,000,000 km (70,000 light years) from the Sun.



$$25,000 / 70,000 = 25/70 = 5/14$$

- 14x1 = 14
- 14x2 = 28
- 14x3 = 42 ←
- 14x4 = 56 -
- 14x5 = 70 ←
- 14x6 = 84 -
- 14x7 = 98 ←
- 14x8 = 112
- 14x9 = 126

$$\begin{array}{r} 0.357 \text{ R2} \\ 14 \overline{) 5.000} \\ \underline{-4} \\ 80 \\ \underline{-70} \\ 100 \\ \underline{-98} \\ 2 \end{array}$$

Canis Major Dwarf Galaxy



The Sagittarius Dwarf Elliptical Galaxy



5/14 is about 0.357 or 357 thousandths

Bitpaper:

A full NASA space suit costs \$12 million.



4 or less, let it rest!
5 or more, add one more!

Round to the tens place:

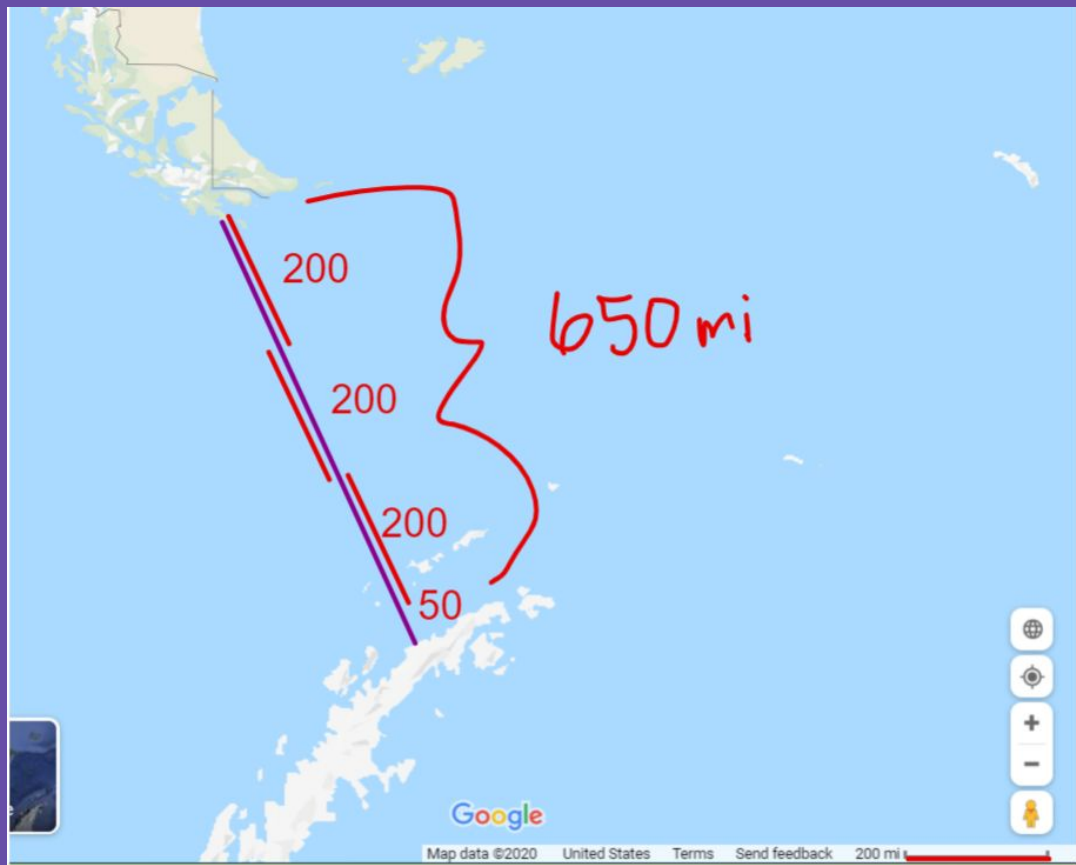


Round to the ones place:



- 1) circle the place value you are rounding to
- 2) underline the place value that you need to look at round
- 3) is the underlined number from 0-4 or is it 5-9?
- 4) If it is 0-4, we keep the number the same
If it is 5-9, we increase the place value that circled by 1
- 5) the place value that we underlined becomes zero and any values after that

Bitpaper:



Next Learning Outcome

- Discover solutions to your challenges
engaging learners while working with Zoom

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There is no surprise that challenging behaviours come up...

**How do you solve
these challenges
gracefully?**

Challenges

- Parent challenges
- Home setup challenges
- Wifi issues
- Computer/iPad/phone issues
- Students distracted with other tech or cell phones
- Focus and engagement challenges with content
- Focus and engagement challenges because of stress
- Assessment

When in doubt,

Ask about their day

How was your weekend?

How was class?

How are you doing?

What is stressing you out?

What HW is stressing you out?

Is there anything you are worrying about?

Give a brain break

Dance Break

Music Break

Meditation Break

A Quiet Moment

Questions?

Thank you for attending today! If you have questions later, please feel free to contact me at scanlonet.org in the contact page.

Continued reading:

Attached by Amir Levine

We Do by Stan Tatkin

The Attachment Theory Workbook by Annie Chen

The Whole-Brain Child by Daniel Siegel

Brainstorm by Daniel Siegel

The Clinical Practice of Educational Therapy by Ficksman and Adelizzi