

Defusing Anger, Anxiety and Aggression: Improving Student Behavior



A Unique One-Day Live Online Seminar Presented by

Jennifer Rogers

Outstanding Educator and National Presenter

**Specifically Designed for Educators Working With Students in
Grades K-12: Classroom Teachers, Special Education Staff, Counselors,
Paraprofessionals, Program Specialists, School Psychologists,
and Administrators**

Highly practical instructional strategies to defuse negative behaviors and increase student learning

Practical methods for reducing students' problematic behaviors while increasing their capacity to interact positively

Specific intervention strategies to address anger, anxiety and aggression

Practical proven tools that can help you improve student behavior

LIVE ONLINE SEMINARS

February 9

9 AM Central, 8 AM Mountain,
7 AM Pacific, 10 AM Eastern

February 24

9 AM Eastern, 8 AM Central,
7 AM Mountain, 6 AM Pacific

CEUs and Graduate Credit Available
See page 6 for details

CAN'T ATTEND?

Order the recorded version
and take the seminar online at
your convenience (see page 6)

*"Amazing and
informative, with
ready-to-use
information."*

— MELINA VINEYARD, TEACHER

Ten Key Benefits of Attending

*"Great presentation!
A lot of good
information
presented to help
us as teachers
manage our
students within
the classroom."*

– MIGUEL HOSEY,
TEACHER



Who Should Attend

Educators Working With
Students in Grades K-12:

Classroom Teachers,
Special Education
Staff, Counselors,
Paraprofessionals,
Program Specialists,
School Psychologists,
and Administrators

- 1. Techniques to More Effectively Respond to Angry, Anxious or Aggressive Behavior**
The best, high-yield practices specific to each of the challenging behaviors you face in your classroom each day – anger, anxiety and aggression ... Learn how to easily differentiate the behaviors and the techniques used to work with your most challenging students
- 2. Updated Strategies to Proactively Manage Behaviors**
Provide the most effective prevention strategies that impact student behavior ... Decrease challenging situations in your classroom
- 3. Utilize Proven Procedures to Manage Anxiety, Anger and Aggressive Behaviors**
Reach even your hardest students ... Learn about the five crucial areas to manage that help all of your students
- 4. Proactive, Next-Day Ideas and Tools to Manage Strong Emotions**
Improve regulation of emotions ... Get better results from proactive strategies
- 5. Avoid Common Mistakes When Working With Difficult Behaviors**
Learn how you may be unintentionally reinforcing behaviors ... Walk away with ready-to-use solutions to more effectively correct and redirect the behaviors
- 6. Use a Trauma Sensitive Lens to Understand Disruptive Behaviors**
Learn how trauma impacts your students and how it can manifest into behaviors that are challenging in your classroom ... Expand your repertoire of tools
- 7. Critical Elements of a Multi-Tiered System of Support**
Expand your repertoire of Tier 1, 2, and 3 interventions designed specifically for students who are angry, anxious, or aggressive
- 8. Build Positive Relationships and Impact Student Learning**
Identify key components to building positive relationships with all of your students ... Updated strategies for positively impacting student learning
- 9. Increase Engagement and Motivation for ALL Students**
Ready-to-use, time-tested engagement strategies that prevent poor outcomes with students
- 10. Receive an Extensive Digital Resource Handbook**
Receive an extensive digital resource handbook filled with practical methods, ideas and research-based strategies to use when dealing with students who are angry, anxious or aggressive

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- How to **promote skill development** to help students manage their behaviors and reactions
- Ideas to **prevent social and physical aggression**
- **Avoid student triggers** that exacerbate negative behaviors
- **Effective strategies** for working with students using a trauma-sensitive lens
- Easy-to-use **problem-solving processes** to use in the classroom
- **How to choose practices** that work for YOUR strengths
- Use brain-based strategies to **enhance student attention** and learning
- **Numerous ideas for conversation starters** to get to learn more about your students
- Strategies to help you **work with students who are anxious**
- Three **keys to developing positive relationships** with your students
- How to **develop self-care strategies** that work for you
- Practical ways to **decrease difficult student behavior** through classroom interventions
- Proven **classroom-based techniques** for managing anger
- Get better results from **classroom expectations that work** for ALL students
- **Stress management tips** for you and your students



"I loved Jennifer's seminar. She provided tons of information and practical ideas to implement right away."

– KATIE CRONIN, VICE PRINCIPAL/LEARNING SUPPORT COORDINATOR

Practical Ideas and Strategies

Are you feeling the impact of the growing number of students displaying anger, anxiety and aggression? Do you spend too much of your day dealing with the disruptive behaviors of a handful of your students? Would you like to find strategies that can be easily implemented into your existing program? If so, this seminar was designed for you. **JENNIFER ROGERS** is a highly recognized national presenter, author and teacher who has worked with difficult and disruptive students.

With over 20 years of experience in schools, she brings specialized experience in developing and implementing behavioral and social emotional programming and support for schools. Jennifer's extensive experience in K-12 classrooms brings to her seminars a practical perspective for managing and intervening with disruptive students who exhibit anger, anxiety and aggression. You will receive the comprehensive digital resource handbook, *Defusing Anger, Anxiety and Aggression: Improving Student Behavior*, filled with practical strategies, ideas and tools you can use the very next day with your challenging students. You will leave this seminar re-energized, less stressed and ready to deal with challenging behaviors.



A Message From Seminar Leader, Jennifer Rogers

Uniquely Qualified Instructor

JENNIFER ROGERS is a highly experienced educator with over 20 years of experience working with challenging students in K-12 classrooms. Drawing on her experiences as a teacher and school counselor in Tier 2 program development, Jen has spent countless hours in classrooms working directly with students challenged by anxiety, anger and aggression.

She is the author of *Leading for Change Through Whole School Social-Emotional Learning: Strategies to Build a Positive School Culture* (Corwin) and author of *Defusing Anger, Anxiety and Aggression: Improving Student Behavior*, the extensive digital resource handbook you will receive at the seminar.

Jen's motivating seminar will not only inspire you but will give you the specific, classroom-proven strategies your most challenging students need. Because of her extensive background, she is able to offer dozens of practical and effective strategies that have worked for her and countless educators in both special and general education settings.

You will leave this exciting seminar with the tools and information you need to improve the learning of all of your students, especially those challenged most by anger, anxiety or aggression.

Dear Colleague:

As an educator, I know firsthand how challenging our job has become because of the increase in anxiety, anger and aggression in our students. My collaboration with educators like you who are trying to teach students who are dysregulated led to the creation of this seminar. Students who react or overreact in ways that are unexpected cause a disruption to the entire class. Teachers often find themselves spending too much of their time managing one or a few students in the class and feel that the other students are not getting their attention. They also may feel unprepared to deal with the emotional outbursts of students. Not to mention they will likely have one or more students in their class who have mental health issues. If this sounds familiar, then I invite you to join me as I share practical techniques, strategies and tips you can immediately apply to improve student behavior.

Anger, anxiety and aggression may be disruptive in your class but they come from different sources and they require different tools. In this seminar, the keys to more effectively managing student behaviors related to anxiety, anger and aggression will be shared.

My goal for the day is for you to leave the seminar with many new, practical tools that can help you work with students who demonstrate anger, anxiety and aggression in the classroom. When we are faced with these challenges, we can feel defeated and burned out. This seminar is designed for you to walk away with strategies to improve student behaviors, increase positive interactions and to prevent burnout of hard-working teachers.

Please join me to strengthen your toolkit, avoid common pitfalls and leave with new resources. I am excited to help you add new strategies to help improve the behavior of your students!

Sincerely,



Jennifer Rogers

P.S. You will leave this seminar with **lots of practical ideas and an extensive digital resource handbook** to help you implement the strategies as soon as you return to your school!

"My goal for the day is for you to leave the seminar with many new, practical tools that can help you work with students who demonstrate anger, anxiety and aggression in the classroom."

What Your Colleagues Say About Jennifer Rogers

"This gave me a lot to think about, in my individual work as well as in my role on our staff. I am VERY appreciative of the handbook!"

– Holly Curtis, School Social Worker

*"Jennifer was an **awesome PRESENTER!**"*

– Jessica Adams, Social Emotional Interventionist

"Dr. Rogers was very well-informed. She presented the information in a helpful manner."

– Karen Carter, Principal

*"Very informative with **lots of useful resources.**"*

– Kelly Wronkowski, Teacher

"Excellent information for the school setting!"

– Marsha Klenke, SLP



About BER Seminars

Outstanding Instructors

All programs are led by outstanding, top-rated BER national trainers.

Extensive Digital Resource Handbook

You'll receive an extensive digital Resource Handbook full of practical strategies and resources.

Highly Interactive

You'll be able to ask questions, consult with the instructor, and share ideas with other participants.

Program Guarantee

As we have for 48 years, we guarantee the high quality of our programs. If you are not satisfied, we'll give you a 100% refund.

Special Benefits of Attending



"Very thorough presentation and handbook. Jennifer did a wonderful job."

– COLLIN MCSHANE,
SCHOOL COUNSELOR

On-Site Training

Most BER seminars can be brought to your school or district in-person or online. See the options at www.ber.org/onsite or call 877-857-8964 to speak to one of our On-Site Training Consultants.

Extensive Digital Resource Handbook

Each participant will receive an extensive digital resource handbook giving you access to countless strategies. The handbook includes:

- Strategies for dealing with challenging students including those who are angry, anxious or aggressive
- Teacher-tested, classroom-proven interventions
- Relationship building lessons to improve engagement and motivation of your K-12 students
- Techniques for helping teachers develop strategies for dealing with challenging behaviors

Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in improving student behavior.

Consultation Available

Jennifer Rogers will be available for consultation regarding your questions and the unique needs of your own program.

Meet Inservice Requirements / Earn State CEUs

Participants of Live Online Seminars and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. For details about state CEUs available, visit www.ber.org/ceus

Earn One to Four Graduate Semester Credits



University of
Massachusetts
Global A nonprofit affiliate

Up to four graduate-level professional development credits are available with an additional fee and completion of follow up practicum activities. Details may be found at www.ber.org/credit

Can't Attend?

Other Professional Development Options:



Recorded Version of the Seminar

Order the recorded version of this seminar to take online at your convenience. You'll have 90-day access to the entire course and to the extensive digital resource handbook. To enroll, see registration form on page 7, and for optional CEUs and graduate credit, please visit www.ber.org/credit



Related On-Demand Online Courses

Related On-Demand Video-Based Online Learning courses, *Dealing Effectively with Disruptive Students: Practical, Proven Techniques*, for Grades K-12, *Practical Strategies for Dealing with Disrespectful and Disengaged Students*, for Grades 1-12, and other classroom management courses are available for immediate registration. To enroll, visit www.ber.org/online

Defusing Anger, Anxiety and Aggression: Improving Student Behavior

Registration (DNM6W1)

- ☐ 1. **February 9, 2026** (Start time: 9 AM Central)
- ☐ 2. **February 24, 2026** (Start time: 9 AM Eastern)
- or —
- ☐ 3. **I'd like to order the recorded version of this seminar**

FIRST NAME M.I. LAST NAME

POSITION, SUBJECT TAUGHT GRADE LEVEL

SEMINAR NUMBER: _____ (Please see list above)

List additional registrants on a copy of this form

SCHOOL NAME

SCHOOL MAILING ADDRESS

CITY & STATE ZIP CODE

SCHOOL PHONE NUMBER HOME PHONE NUMBER

() ()

Registration confirmations and login details are sent via e-mail

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT)

HOME MAILING ADDRESS

CITY & STATE ZIP CODE

IMPORTANT – PRIORITY ID CODE: EDNM6W1

METHOD OF PAYMENT – Team Discount Available

The registration fee is \$295 per person;

for teams of three or more registering at the same time, the fee is \$275 per person. **Payment is due prior to the program.** No cash, please.

- ☐ A check (payable to **Bureau of Education & Research**) is attached
- ☐ A purchase order is attached, P.O. # _____
(Be sure to include priority ID code on the P.O.)

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FIVE EASY WAYS TO REGISTER:

 **SCAN QR code or visit:**
at.ber.org/regDNM



@ **EMAIL this form to: register@ber.org**

 **PHONE toll-free: 1-800-735-3503**
(Weekdays 5:30 am - 5:00 pm Pacific Time)

 **FAX this form to: 1-425-453-1134**

 **MAIL this form to: Bureau of Education & Research**
915 118th Avenue SE • PO Box 96068
Bellevue, WA 98009-9668

Program Hours

All **Live Online Seminars** are scheduled 9:00 AM – 3:30 PM in the time zone indicated. Check in 15 minutes prior. Registrants will be sent login information by email four days before their Live Online Seminar.

Fee

The registration fee is \$295 per person; \$275 per person for groups of three or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.**

Fee includes seminar registration, a certificate of participation and an extensive digital resource handbook. The fee is the same for Live Online Seminars or Recorded Seminars.

WA residents: visit www.dor.wa.gov/TaxRateLookup to find your required WA sales tax rate.

Cancellation/Substitutions

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the seminar. Late cancellations made prior to the event date will be refunded less a \$15 service fee. Substitutions may be made at any time without charge.

Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.

Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at **www.ber.org**



DNM6W1

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Includes an extensive digital Resource Handbook

Can't Attend Live? Order the Recorded Version

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Improve Student Behavior and Increase Student Learning

DNM6W1

Defusing Anger, Anxiety and Aggression: Improving Student Behavior



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Live Online Seminar
or Recorded Version



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Presented by

Jennifer Rogers

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