

# Defusing Anger, Anxiety and Aggression: Improving Student Behavior



A Unique One-Day In-Person 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**

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

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

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**Specific intervention strategies** to address anger, anxiety and aggression

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**Practical proven tools** that can help you improve student behavior

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## **New Jersey**

**Cherry Hill – January 6**  
(Mt. Laurel)

**Long Branch – January 5**  
(Freehold)

**Newark – January 4**  
(West Orange)

## **Pennsylvania**

**Harrisburg – January 7**  
(Camp Hill)

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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)

# 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 helps 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. Using 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 Resource Handbook**  
Receive an extensive 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 of 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 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* and author of *Defusing Anger, Anxiety and Aggression: Improving Student Behavior*, the extensive 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 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

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*"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

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

– Jessica Adams, Social Emotional Interventionist

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

– Karen Carter, Principal

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

– Kelly Wronkowski, Teacher

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*"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 Resource Handbook

You'll receive an extensive digital Resource Handbook full of practical strategies and resources. (For in-person seminars, registrants will also receive a printed copy of the resource handbook as long as their registration is received in the BER office at least 15 calendar days before the event.)

### 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 44 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](http://www.ber.org/onsite) or call 877-857-8964 to speak to one of our On-Site Training Consultants.

## Extensive 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

**For in-person seminars, registrants will also receive a printed copy of the resource handbook as long as their registration is received in the BER office at least 15 calendar days before the event.**

## 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 to answer your specific questions and the unique needs of your own program.

## Meet Inservice Requirements / Earn State CEUs

Participants of In-Person 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](http://www.ber.org/ceus)

## Earn One to Four Graduate Semester Credits

Up to four graduate level professional development credits are available with an additional fee and completion of follow-up practicum activities. Details for direct enrollment with Brandman University, part of the Chapman University system, will be available at this program.



## Can't Attend?

### Other Professional Development Options:



#### Recorded Version of the Seminar

A video recorded version of this seminar will be available to take online at your convenience. You'll have access to the entire course and to the extensive digital resource handbook. Optional CEUs and graduate credit available. To enroll, see registration form on page 7.



#### Related On-Demand Online Courses

Two related On Demand Video-Based Online Learning course, *Practical Strategies for Improving the Behavior of Attention-Seeking, Manipulative and Challenging Students*, for Grades 1-12, and *Restorative Discipline: Help Students Improve Their Behavior and Strengthen Their Learning*, for Grades K-12, are available for immediate registration. To enroll, visit [www.ber.org/online](http://www.ber.org/online)

# Defusing Anger, Anxiety and Aggression: Improving Student Behavior

## Registration (DNM2W1)

1. **Cherry Hill** (Mt. Laurel), **NJ** – January 6, 2022
2. **Harrisburg** (Camp Hill), **PA** – January 7, 2022
3. **Long Branch** (Freehold), **NJ** – January 5, 2022
4. **Newark** (West Orange), **NJ** – January 4, 2022  
— or —
5. **I'd like to order the recorded version of this seminar**

FIRST NAME	M.I.	LAST NAME
<hr/>		
POSITION, SUBJECT TAUGHT	GRADE LEVEL	
<hr/>		
SEMINAR LOCATION NUMBER: _____ (Please see list above)		

### List additional registrants on a copy of this form

SCHOOL NAME	
<hr/>	
SCHOOL MAILING ADDRESS	
<hr/>	
CITY & STATE	ZIP CODE
<hr/>	
SCHOOL PHONE NUMBER	HOME PHONE NUMBER
(      )	(      )

### Registration confirmations and login details are sent via e-mail

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT)	
<hr/>	
HOME MAILING ADDRESS	
<hr/>	
CITY & STATE	ZIP CODE
<hr/>	

## IMPORTANT – PRIORITY ID CODE: EDNM2W1

### METHOD OF PAYMENT – Team Discount Available


The registration fee is \$279 per person, for teams of three or more registering at the same time, the fee is \$259 per person. **Payment is due prior to the program.** No cash, please.


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### FIVE EASY WAYS TO REGISTER:

 **REGISTER ONLINE** at: [www.ber.org](http://www.ber.org)

 **EMAIL this form to:** [register@ber.org](mailto:register@ber.org)

 **PHONE toll-free: 1-800-735-3503**  
(Weekdays 5:30 am - 5:30 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 In-Person Seminars are scheduled 8:30 a.m. – 3:15 p.m.  
Check-in is 8:00 a.m. – 8:30 a.m.

### Fee

The registration fee is \$279 per person, \$259 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 In-Person Seminars or Recorded Seminars.

**For in-person seminars, registrants will also receive a printed copy of the resource handbook as long as their registration is received in the BER office at least 15 calendar days before the event.**

### Meeting Sites and Hotel Accommodations

Seminars will be held at the following sites:

- Cherry Hill: Westin – Mt. Laurel, (856) 778-7300
- Harrisburg: Radisson – Camp Hill, (717) 763-7117
- Long Branch: American Hotel – Freehold, (732) 431-3220
- Newark: The Wilshire Grand Hotel – West Orange, (973) 731-7007

If needed, please make your own hotel reservations by calling the appropriate hotel listed above.

### 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.

### Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at [www.ber.org](http://www.ber.org). The Bureau is North America's leading presenter of PD training for professional educators. Programs are based on sound research, are highly practical in content and consistently receive excellent evaluations.

### 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.

DNM2W1

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Research

# Defusing Anger, Anxiety and Aggression: Improving Student Behavior



An outstanding one-day In-Person Seminar

Includes an extensive Resource Handbook

Can't Attend? A Recorded Version is available  
to use online at your convenience

## Improve Student Behavior and Increase Student Learning

DNM2W1



Bureau of Education & Research

## Defusing Anger, Anxiety and Aggression: Improving Student Behavior

In-Person Seminar  
or Recorded Version



A Unique One-Day In-Person Seminar  
(Also available as a Recorded Online Version  
to Use at Your Convenience)

Presented by

### Jennifer Rogers

Outstanding Educator and National Presenter

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