

## ***Leave Your “Baggage” at the Door – Strategies to Help Students Come to Class Prepared and Ready to Learn***

Ann Katona Linn – Educational Systems Change Consultant and Coach

COVID-19 has brought so much baggage to the surface for both students and staff. This baggage is a metaphor for all of the trauma students bring with them to school. This trauma and stress and “baggage” make it challenging for students to navigate everyday experiences. Can you imagine carrying an extra 20 pounds of baggage with you all day, every day? How exhausted would you feel? Have you ever been that person? Many of our students are weary travelers on a long trip with no end in sight. That “baggage” can come in the form of emotional, behavioral, relational, and/or academic challenges. These create barriers for students to learn and staff to support them in the best possible way. This session will provide practical strategies to set up the classroom environment to create safety, give teachers tools to help students come in with a fresher start than they did the day before, and help to increase successful academic learning time.

[Leave Your “Baggage” at the Door](#)



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[akatonalinn15@gmail.com](mailto:akatonalinn15@gmail.com)