

JUNE 15 TO JULY 26

Up to 20 Professional Development Hours per book

Virtual Book Studies are asynchronous learning opportunities where members engage at their own pace around their own schedule. Reading assignments, discussion forums, and activities that promote application will be released weekly on Sundays. Members are responsible for purchasing their own copy of the book.

In addition, participants from studies are invited to a virtual Collective Conversation. This live gathering will be held during the last week of the study as a way to connect and share with other members.

Collective Conversations

Weeks of July 21 and 28 from 10 - 11:30am

Specific date for each title to be determined

IEA professional learning opportunities are a benefit of membership and are free-of-charge to members. Up to 20 Professional Development Hours (PDHs) will be provided per book based on each participant's hours of engagement. Members may enroll for up to two (2) books this session.

Jenny Seitz, IEA Instructional Resource and Professional Development Director - Central/Southern Area, will facilitate these studies.

DEADLINE TO REGISTER IS JUNE 8TH

Scan QR code to get started

If you have questions or need assistance, please contact: Jenny Seitz at jenny.seitz@ieanea.org.



TEACHING & LEARNING

VIRTUAL BOOK STUDIES

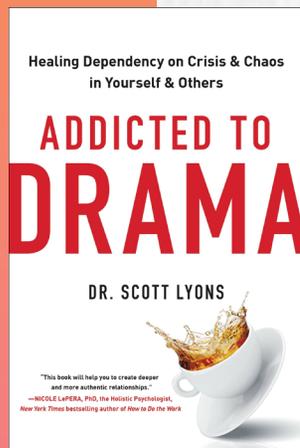


SUMMER SESSION | 2025



VIRTUAL BOOK STUDIES SUMMER SESSION LIST

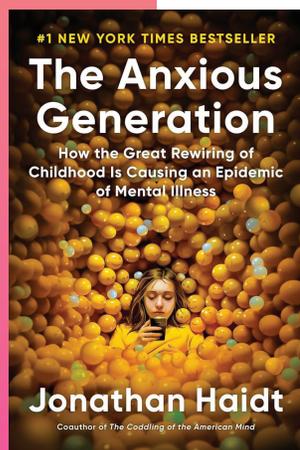
June 15 to July 26



STUDENT WELLNESS

Addicted to Drama : Healing Dependency on Crisis and Chaos in Yourself and Others by Dr. Scott Lyons

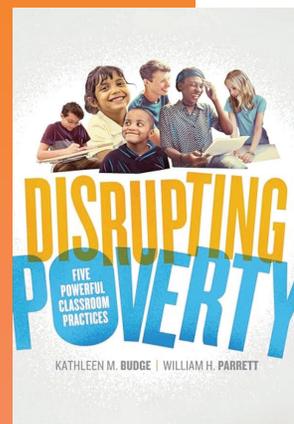
When you look at your students, your friends and family, or even in the mirror, do you know someone you could call “a drama queen?” In this book, Dr. Lyons chronicles the causes, symptoms, and “soothing” effects of a society that is dependent on crisis and chaos – a world that is slowly creeping into our classrooms and impacting the way our students connect with themselves and each other. Filled with practical strategies for children and adults alike, this study will challenge us to break free of the drama cycle.



STUDENT WELLNESS

The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness by Jonathan Haidt

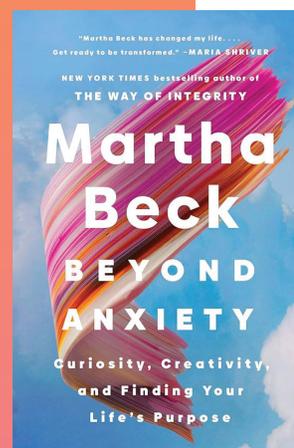
A must-read for educators and parents alike! The Anxious Generation presents the relationship between the rise of social media and the virtual world and the decline of a “play-based childhood.” Issuing a call to action and concrete suggestions for parents, educators, schools, big tech, and governments, this book aims to reduce the psychological damage of a phone-based life – for our children and ourselves.



JUSTICE AND EQUITY

Disrupting Poverty: Five Powerful Classroom Practices by Kathleen M. Budget and William H. Parrett

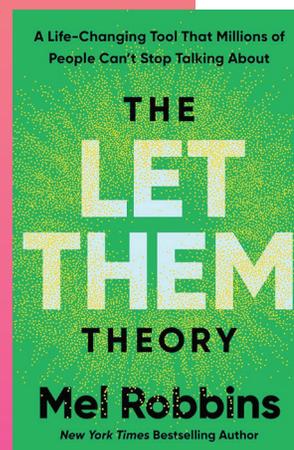
Every day, busses, classrooms, hallways, and cafeterias welcome students who are experiencing the effects of poverty. Disrupting Poverty is a guidebook for educators and support personnel that shares the harmful myths, the hopeful facts, and practical classroom strategies. Through personal reflection and application, readers will learn to proactively address the impacts of poverty to best support the students they serve.



EDUCATOR WELLNESS

Beyond Anxiety : Curiosity, Creativity, and Finding Your Life's Purpose by Martha Beck

Looking around, it's not hard to notice that the world is intense – for children and adults alike. For many of us, this intensity presents itself as anxiousness that can easily overtake our nervous systems. This book explores the causes of anxiety as well as strategies for transforming the patterns of anxiety into creativity that fosters authenticity, connection and purpose. Participants in this study will reflect upon their inner and outer world as well as student-based connections.



EDUCATOR WELLNESS

The Let Them Theory: A Life-Changing Tool That Millions of People Can't Stop Talking About by Mel Robbins

Tending to the personal wellness of educators is paramount if they are to care for the wellness of the students they serve. The Let Them Theory is a tool for anyone who is feeling overwhelmed and burdened by the expectations of those around them – at work and beyond. With two simple words...“Let Them,” you can create a life that you love – both personally and professionally - by focusing on what you can control. Want to explore the power that is uniquely yours? This book is for you!