"Anything that’s human is mentionable, and anything that is mentionable can be manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone."

-Fred Rogers

“We don’t heal in isolation, but in community.”

-S. Kelley Harrell

As educators, we wear many hats. Not only are we expected to be masters in our content areas, but with the ever-growing number of students who have experienced and/or witnessed trauma on the rise the demand on us as educators are higher than ever. High stakes testing continues to be the way students and schools are assessed for excellence, however, how can we prepare our students for those exams when many of our students are fighting battles we cannot even begin to fathom. How can we help our students personally AND academically? How can we build our students up while increasing achievement? Our conference aims to answer these questions and arm teachers with tools to educate students in these challenging times.

Our PCTELA Conference theme this year, *The New Wave: Teaching Through Trauma, Transition, and Triggers*, seeks to answer these questions we face in education today.

- What can we do as an educator/caregiver to assist students in their balance of home, life, school, etc?
- How do we acknowledge all students have overcome before setting foot in our classrooms?
- How can we create our assignments to empower students to share their stories?
- How do we as educators achieve benchmarks with students who are experiencing trauma in the home?