

Chi Upsilon Chapter of Kappa Delta Pi

2024-2025 Professional Learning Series

The Heart of Teaching: Nurturing Educators' Mental Wellness

Flyers

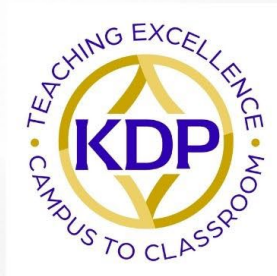
KAPPA DELTA PI - CHI UPSILON CHAPTER  
TEXAS A&M UNIVERSITY-KINGSVILLE

**Strong Roots, Strong Teachers:  
7 Practices to Help You Thrive**

**Teacher Candidates -  
this transformative session  
is designed for YOU!**



**Keynote Presenter: Calvalyn Day, MsEd, TICC**, is an author, life coach, counselor and coach for The Rooted Teacher by KDP, a quality-of-life initiative for teachers. Coach Calvalyn hosts the popular Rooted Teacher by KDP podcast and microlearnings to help teachers thrive in and out of the classroom. Everyone loves Coach Calvalyn and so will you!



Strong Roots, Strong Teachers: /  
Practices to Help You Thrive



**Tues.  
Sept. 24, 2024  
5 pm - 6 pm CST  
on Zoom  
Use the  
QR code to  
Register Now**



**Join us for this free statewide event!**  
**#KDPproud**

**CHI UPSILON CHAPTER  
PRESENTS:**

**20  
24**

# **HOW TO REDUCE TEST ANXIETY**



Learn strategies for dealing  
with anxiety during an exam.

**26  
NOV** :: **4:30PM – 5:30PM**

**JOIN US !**



**KRISTEN PEREZ M.A.,  
LPC-ASSOCIATE, BC-TMH**





**CHI UPSILON CHAPTER  
PRESENTS:**

**20  
25**

# **TEACHER INTERVIEW SKILLS & PREPARATION TIPS**



**24  
APRIL**

**5:00PM – 6:00PM**

**Professional Learning Series**



**REGISTER AND JOIN US ON ZOOM!**