



# PROJECT ENGAGE

UNIVERSITY OF VIRGINIA WITH SUPPORT FROM USDOE EIR GRANT S411B230020

## PROJECT OVERVIEW

**CARE (Cultivating Awareness and Resilience in Education)** is a unique professional development program proven to reduce teacher stress, promote supportive classroom interactions, and improve student engagement, motivation and reading competence. This evidence has been evaluated and confirmed by What Works Clearinghouse (WWC) and the program is recommended by the Centers for Disease Control (CDC) to promote educator wellbeing. Project Engage will develop and evaluate a scaling model of the CARE program across a wide range of school and community settings in Virginia and Kentucky.

The CARE program will be delivered in a two-day workshop presented in person during the fall and a one-day virtual workshop during the spring (online and post-training resources provide additional support). An important aim of this project is to build division capacity to continue to deliver CARE to division staff with a train-the-trainer model.

## PROJECT EXPECTATIONS

- Two cohorts: 2025-2026 and 2026-2027
- **60 elementary schools (30 per cohort) will be recruited to participate across 4 divisions**
- Half will be randomly assigned to receive CARE. The other half will receive CARE later.
- Approximately **8 teachers per school and 8 students per classroom will be recruited**
- Teachers will complete online surveys (self-report and report on student) before and after the CARE group receives the program
- Schools will collect and share anonymous school climate data (Organizational Health Survey and students to complete the Panorama School Climate Survey)
- Focus groups will be conducted with teachers
- Interviews will be conducted with school leaders
- Divisions will identify staff to become CARE facilitators and provide time for their training
- Division facilitators will provide CARE to teachers in control group schools
- Division Cost Match – in kind personnel

## WHY SHOULD YOU PARTICIPATE?

Value	<ul style="list-style-type: none"> <li>• <b>Approximately \$40,000 value in high quality, effective PD to support teachers, classrooms, and students</b></li> </ul>
Teacher Benefits	<ul style="list-style-type: none"> <li>• Promotes teachers' emotion regulation and mindfulness</li> <li>• Reduces psychological distress and time urgency</li> </ul>
Classroom Benefits	<ul style="list-style-type: none"> <li>• More emotionally supportive</li> <li>• More productive</li> </ul>
Student Benefits	<ul style="list-style-type: none"> <li>• More engaged and motivated</li> <li>• Higher levels of reading competence</li> </ul>
Incentives	<ul style="list-style-type: none"> <li>• Teachers and school leaders will be compensated for data collection</li> </ul>