

Spring 2026

NCTRC

Course Offerings



North Country Teacher Resource Center

<https://northcountrytrc.com>

Room 545 Sibley Hall
SUNY Plattsburgh
Plattsburgh, NY 12901
(518) 564 - 5000
nctrc5000@gmail.com

Spring 2026

CoTeaching Tips and Tools for Success

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Hannah Bouayadi, Earth and Space Science Teacher and Jerri Charlebois, Special Education Teacher: Plattsburgh City Schools

Dates: March 29 - April 19, 2026

Place: Online using Canvas

Cost: \$100

Register and pay in full by March 25, 2026

Class limit: 20

1 in-service credit/15 credit hours

[Click Here to Register](#)

You will learn practical strategies, tools, and classroom approaches we've refined through years of collaboration and experience. Designed for teachers of all grade levels, this session focuses on strengthening instructional practices, boosting organization, and fostering student engagement - without adding more to your already full plate.

Participants will explore tips, technology tools, and classroom management techniques that streamline planning, support student ownership, and create a positive, productive learning environment. Through hands-on examples, ready-to-use resources, and real-world scenarios, you'll walk away with actionable ideas you can implement immediately.

Whether you're looking to refresh your routines, incorporate new tools, or refine what already works, this class offers practical, teacher-tested solutions to help you feel confident, prepared and successful all year long.



Spring 2026

Start on the Sidewalk: Collegial Circle

Open to: PreK-12 Teachers

Prerequisite: None

Instructor: Shannon Rabideau, Special Education Teacher: Plattsburgh City Schools

Dates: April 5 - May 3, 2026

Place: Online using Google

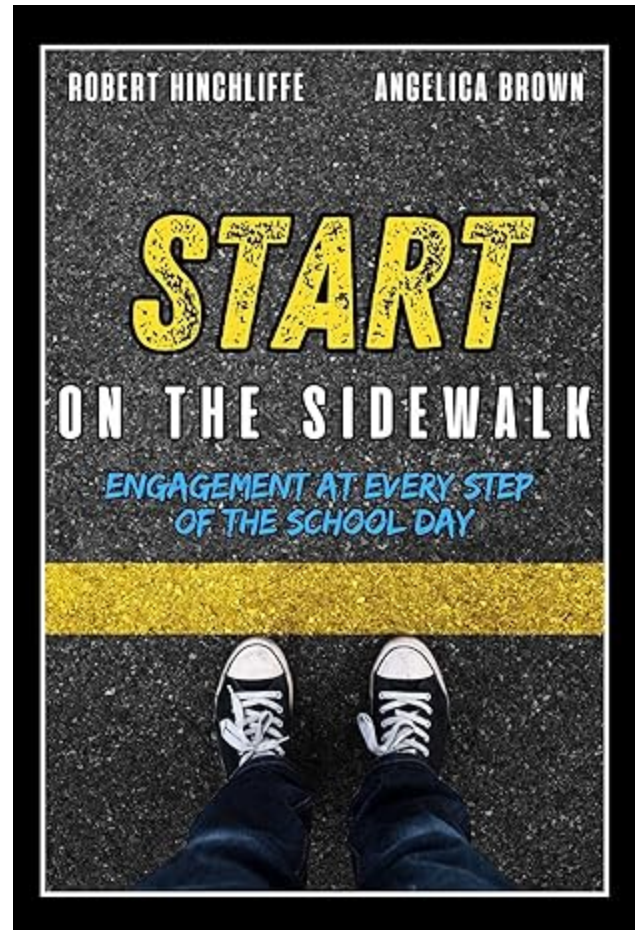
Cost: \$100 - purchase the book on your own

Registration and payment due by March 30, 2026

Credit/Hours: 1 in-service credit/15 CTLE hours

Class limit: 15

[Click Here to Register](#)



Start on the Sidewalk will offer practical tips that engage staff, students, and families within a school. Included are explicit examples of how to move from compliant to authentic engagement, complete with scenarios and strategies that are easy to implement within a building or classroom.

Spring 2026

Our Planet

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Amanda Bokus, Special Education Teacher: Saranac Central School

Dates: April 12 - May 10, 2026

Place: Online using Canvas

Cost: \$100

Register and pay in full by April 7, 2026

Class limit: 20

1 in-service credit/15 credit hours

[Click Here to Register](#)



Broaden your horizons, brush up on your own Science learning, and get inspired by the beauty of our planet. In this documentary - based class, we will watch and discuss episodes of the Science documentary series Our Planet (available on Netflix and Youtube). “Our Planet is narrated by David Attenborough and raises awareness of the world’s rarest wildlife and most precious habitats, and the threats they face. It examines Earth’s natural beauty and how climate change impacts all living creatures.”

We will also investigate children’s books/resources that go along with the weekly habitats and topics that could be shared with your students.

Spring 2026

The Marshmallow Test: Collegial Circle

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: April Myers-Lautenschuetz, Occupational Therapist: Plattsburgh City Schools

Dates: April 13 - May 11, 2026

Place: Online using Canvas

Cost: \$100 - purchase the book on your own

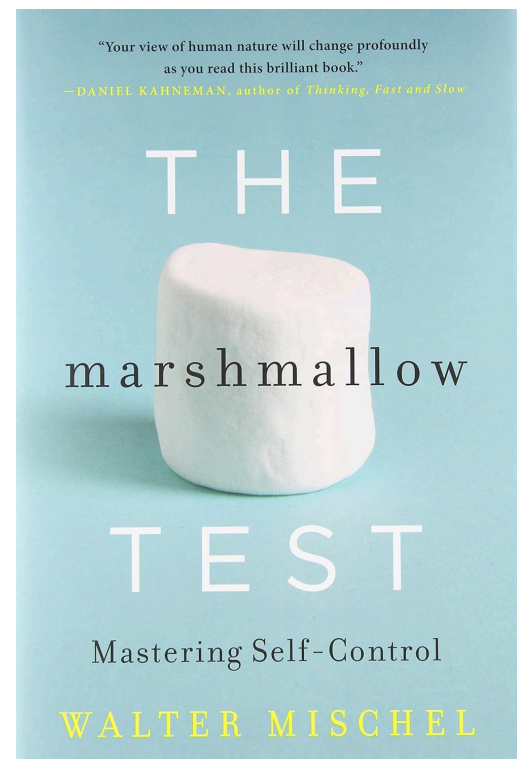
Register and pay in full by April 7, 2026

Class limit: 21

1 in-service credit/15 credit hours

[Click Here to Register](#)

The Marshmallow Test tells the story of the preschoolers in the “Marshmallow Test” and what their behavior predicted (and confirmed) about their future lives. This book explores what willpower is, the conditions that undo it, the cognitive skills that enable it, and the consequences of having it. Learn how to master self-control and apply it to your life.



Spring 2026

Voices From the Holocaust

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Katie Terry, Social Studies Teacher, Saranac Central School

Dates: April 13 - May 22, 2026: In-person meeting on May 19 - dinner provided.

Place: NCTRC May 19th (4:00 pm - 7:00 pm), and Online using Canvas

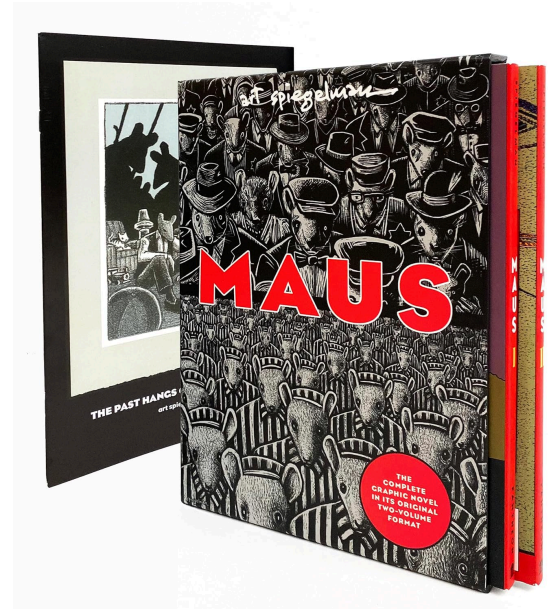
Cost: \$200 - purchase the [books](#) on your own.

Register and pay in full by April 7, 2026

Class limit: 21

2 in-service credit/30 credit hours

[Click Here to Register](#)



Voices from the Holocaust will use a collection of resources to examine, learn and reflect upon the Holocaust. We will read the graphic novel, *Maus*, watch movies*, and other resources. There will be one class meeting on Tuesday, May 19 from 4:00 - 7:00 pm at the NCTRC with dinner provided.

*You do not need to rent or purchase movies (one of which you can borrow)

Spring 2026

The Problem with Plastic: Collegial Circle

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Marcia Newcombe, Physical Therapist: Plattsburgh City Schools

Dates: April 15 - May 15, 2026

Place: Online using Canvas

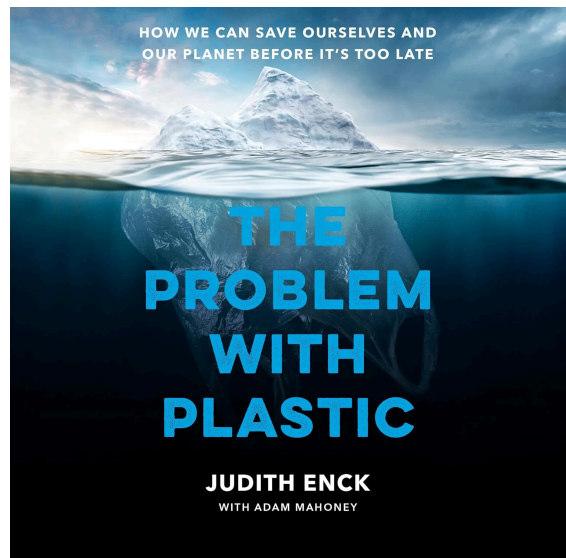
Cost: \$100 - purchase the book on your own

Register and pay in full by April 7, 2026

Class limit: 20

1 in-service credit/15 credit hours

[Click Here to Register](#)



The Problem with Plastic discusses the environmental and public health impact of our predominantly plastic surroundings. Aside from the pollution aspect, we will also discuss microplastics. One reviewer shares, “A wake up call -find ways to reduce your usage...” This is a timely read as we celebrate Earth Day!

Spring 2026

AI - Powered Conversations: AI Integration for Educators and Creators

Open to: K-12 teachers, instructional staff, administrators, creators (beginners/intermediate)

Prerequisite: None

Instructor: Eddie Vega, Publication Specialist/Educational Technology Specialist: CVES/SUNY Plattsburgh

Dates: April 20 - May 18, 2026

Time: In-person meetings on April 20, 27, May 4, 11, and 18, 2026 3:30 pm - 6:30 pm

Place: NCTRC

Cost: \$100

Register and pay in full by April 13, 2026

Class limit: 12

1 in-service credit/15 credit hours



[Click Here to Register](#)

This 5-day intensive workshop builds practical AI literacy and implementation skills using ChatGPT as a “thinking partner” across education workflows, productivity tools, creative design, digital media, and introductory coding. Participants will leave with reusable prompt packs, templates, artifacts, and a personal implementation plan aligned to classroom and professional needs.

Spring 2026

Teaching in Season: Spring Equinox Edition

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Jerri Charlebois, Special Education Teacher: Plattsburgh City Schools

Dates: April 19 - May 10, 2026

Place: Online using Canvas

Cost: \$100

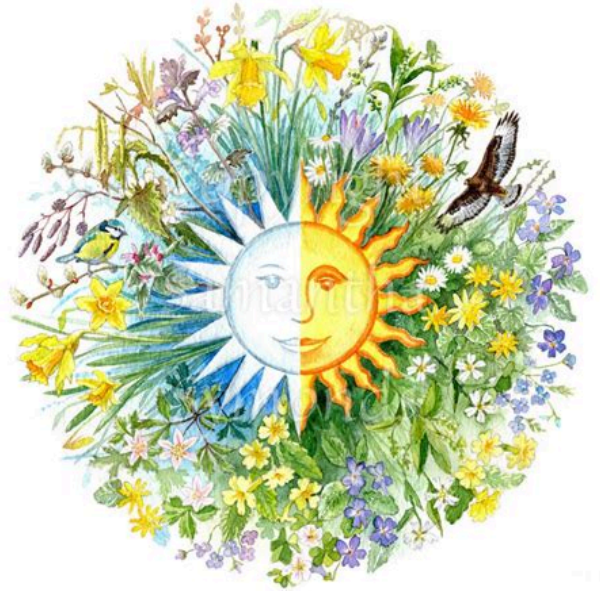
Register and pay in full by April 15, 2026

Class limit: 25

1 in-service credit/15 credit hours

[Click Here to Register](#)

This class is a reflective, self-paced professional development course designed to help educators reconnect with their practice through the lens of seasonal renewal. Grounded in themes of balance, growth, and rejuvenation, this course invites teachers to explore mindful, nature-inspired approaches to instruction and classroom culture. Participants will engage with thought-provoking readings, media and application activities that translate seasonal concepts into practical strategies for student engagement, well-being, and instructional creativity.



Spring 2026

Cricut Make and Take

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Bailey Fregeau, SLP: Plattsburgh City Schools

Dates: April 25 from 8:00 am - 4 pm and April 27 from 4:00 pm - 7:00pm

Place: North Country Teacher Resource Center

Cost: \$100

Register and pay in full by April 20, 2026

Class limit: 12

1 in-service credit/15 credit hours

[Click Here to Register](#)

Come to this class to learn some of the more complicated projects that are possible with the Cricut. This class will guide you through different projects that could be useful for your classroom. All knowledge levels welcome! Lunch on April 25 and dinner on April 27 are provided!



Spring 2026

Reevaluate, Revamp, and Revive!

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Hannah Bouayadi, Earth and Space Science Teacher:
Plattsburgh City Schools

Dates: April 27 - May 24, 2026

Place: Online using Canvas

Cost: \$100

Register and pay in full by April 20, 2026

Class limit: 20

1 in-service credit/15 credit hours

[Click Here to Register](#)



Have you been feeling that your classroom materials you use need a little TLC? How about that same Powerpoint that you have been using for 10 years? Does it need a little love? Come reevaluate your classroom materials, revamp some items that need a little attention and revive your students' joy in learning and your joy in teaching. This class will allow us to really dig through some old materials that we used and continue to use the “oldie but goodie” and have it connect more with our student engagement.

Spring 2026

Teaching Through Trauma

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Angie Waldron, Curriculum Coordinator: CVES

Dates: May 3 - 30, 2026

Place: Online using Canvas

Cost: \$100

**Register and pay in full by
April 28, 2026**

Class limit: 20

**1 in-service credit/15 credit
hours**

[Click Here to Register](#)



Challenging behavior often reflects stress rather than defiance. This course helps educators understand how trauma impacts learning and equips them with realistic, classroom ready strategies to prevent escalation, support regulation and strengthen relationships - without adding more to their workload.

Spring 2026

Troublemakers: Collegial Circle

Open to: PreK-12 Teachers

Prerequisite: None

Instructor: Shannon Rabideau, Special Education Teacher: Plattsburgh City Schools

Dates: May 3 - 31, 2026

Place: Online using Google

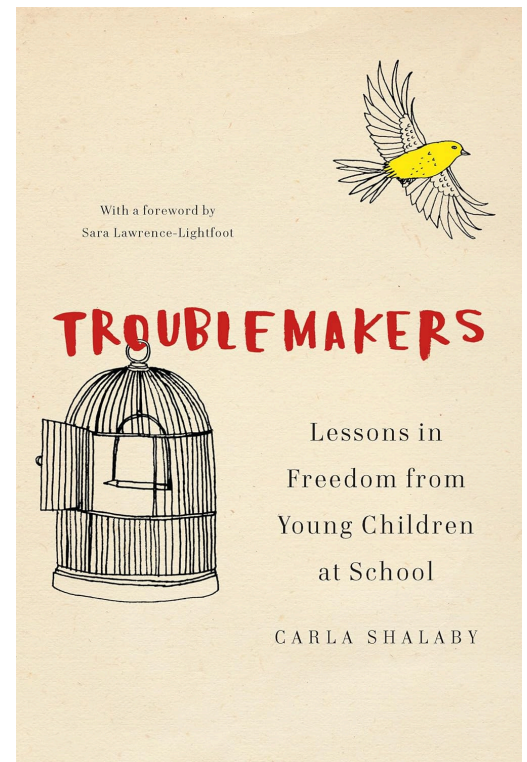
Cost: \$100 - purchase the book on your own

Registration and payment due by April 28, 2026

Credit/Hours: 1 in-service credit/15 CTLE hours

Class limit: 15

[Click Here to Register](#)



Carla Shalaby, the author of *Troublemakers*, argues that children often labeled “troublemakers” are not acting out to harm, but to challenge rules and authority in ways that signal deeper issues - such as lack of imagination, exclusion, trauma, or inequality - within schools and society. She calls for a shift from control and conformity to freedom, dignity, and humanity in education.

Spring 2026

Global Celebrations

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Amanda Bokus, Special Education Teacher: Saranac Central School

Dates: May 10 - June 7, 2026

Place: Online using Canvas

Cost: \$100

Register and pay in full by May 5, 2026

Class limit: 20

1 in-service credit/15 credit hours

[Click Here to Register](#)



Come join fellow educators as we learn about diverse celebrations from around the world. You'll leave the course with a picture book list for each celebration, video recommendations, and activities & lesson plans to share with your student. Some holidays and celebrations you'll investigate include Diwali, Ramadan, Lunar New Year, Holi, Day of the Dead, and more.

Designed with elementary teachers in mind, educators of other grades will also benefit.

Spring 2026

Building Unstoppable Self-Confidence in Teens: Collegial Circle

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: Marcia Newcombe, Physical Therapist: Plattsburgh City Schools

Dates: May 20 - June 18, 2026

Place: Online using Canvas

Cost: \$100 - purchase the book on your own

Register and pay in full by May 13, 2026

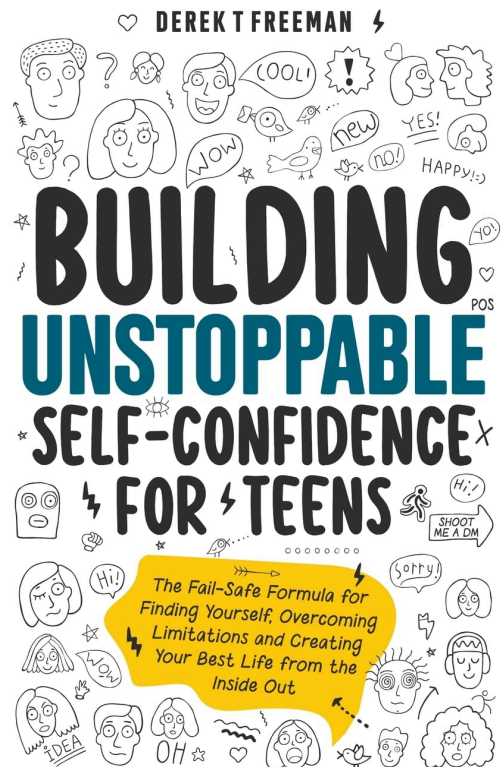
Class limit: 16

1 in-service credit/15 credit hours

[Click Here to Register](#)

Building Unstoppable Self-Confidence in Teens

is informative and full of practical exercises to help teens gain confidence and improved self-esteem. It is recommended reading for educators, coaches, and parents. We will discuss ways to help our students in and out of the classroom learn and practice constructive suggestions to change perspectives and/or help overcome a negative mindset.



Spring 2026

The Coddling of the American Mind: Collegial Circle

Open to: PreK - 12 Teachers

Prerequisite: None

Instructor: April Myers-Lautenschuetz, Occupational Therapist: Plattsburgh City Schools

Dates: May 25 - June 22, 2026

Place: Online using Canvas

Cost: \$100 - purchase the book on your own

Register and pay in full by May 20, 2026

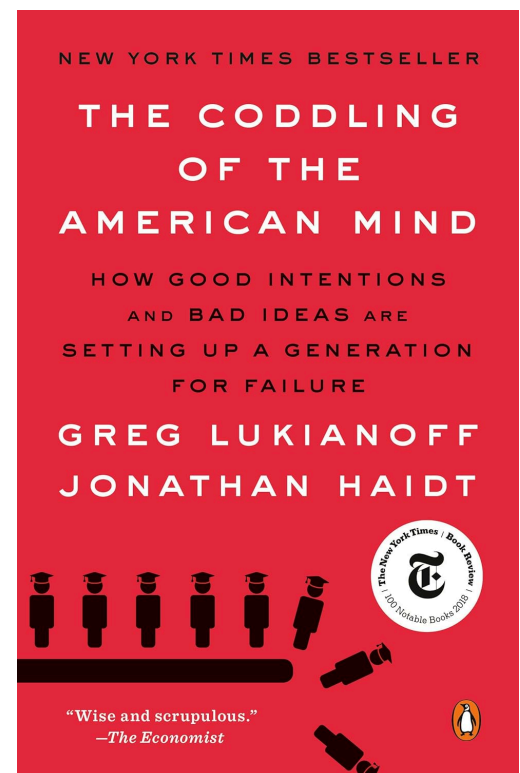
Class limit: 21

1 in-service credit/15 credit hours

[Click Here to Register](#)

Join this collegial circle to gain a deeper understanding of the mental health issues students may be experiencing and learn strategies to support their well-being. *The*

Coddling of the American Mind explores how overprotection and the avoidance of discomfort can hinder the development of coping skills and resilience. Teachers will explore how to encourage risk-taking, resilience building activities and growth mindset in the classroom.



1. Register for a class:

- To register for a class, click on the link above each class description (if registering for more than one class you must register for each class separately).

2. Pay for class:

- Pay for classes after you register using this link:
<https://www.paypal.com/ncp/payment/WXQV7GAB7KPY2>
- Online classes must be paid in full by the registration date listed on the class description page. Late registrations and payments will no longer be allowed.
- If you prefer to pay by check, write a separate check for each course. (Make checks payable to North Country Teacher Resource Center). Send the check(s) out as soon as you register since the postal service and SUNY mail can be slow.
- To pay using a voucher, call or email the Teacher Center.
- Districts can pay using a purchase order. Call or email the NCTRC for help.
- Participants may also pay with cash, credit or debit card, or check in person during regular business hours.
- If the class does not run due to low enrollment, you will be refunded.

Please note: Participants who start classes and fail to complete assignments by due dates, or fail to attend in-person hours fully will not:

- **receive in-service credit for the class**
- **be refunded**
- **get a voucher to take a future class.**

Please reach out to the Teacher Center with any questions:
nctrc5000@gmail.com or call us at 518-564-5000