



Your Quarterly News & Updates

Happy New Year! A new year is often accompanied by a refreshed and positive outlook. This a great time to reflect on and revisit the policies and practices that impact the lives of our students. Regional Educational Laboratory Appalachia (REL AP) is a resource and partner to education stakeholders striving to improve outcomes for students using research as a guide. We connect educators, researchers, policymakers, and family members with the research and evidence base that can support the needs of diverse student populations.

Kick off 2020 with some of REL AP's resources, activities, and evidence-based strategies—these include not only academic approaches but also nonacademic supports like classroom management strategies, ways to strengthen postsecondary transitions, social-emotional preparation, and so much more. Remember, we are here for you, available to support the work in your school, district, or state! Connect with us via our [website](#), [Ask A REL](#), [Twitter](#), or at relappalachia@sri.com.

Featured Stories

The Nuts and Bolts of Postsecondary Transition Webinar

The Nuts and Bolts of Postsecondary Transition, scheduled for **February 27, 2020, from 3:00 p.m. to 4:15 p.m. EST**, will be the second in the three-part webinar series Paving the Pathway to College and Careers. This webinar will focus on strategies to help students and families complete FAFSA and college entrance requirements, and address logistical barriers that can make postsecondary transitions challenging. [Learn more](#) about this and the first virtual event in the series, and [register today](#).

[Register Today](#)

February 27, 2020
3:00 – 4:15 p.m. EST

Five Classroom Management Strategies



“One, two, three, eyes on me!” We all have anecdotes from grade school of our teachers using clever strategies to get our attention and help us focus on learning. Although many of these strategies may be effective for an individual educator, they sometimes are difficult to replicate across classrooms.

REL AP shares five evidence-based classroom management strategies based on the Institute of Education Sciences (IES) Practice Guide and a

systematic literature search in a recent [blog post](#).

Strengthening Students' Self-Efficacy for Postsecondary Transitions

Self-efficacy, a component of social-emotional learning, is the belief in one's ability to succeed or to accomplish a task.

Research indicates that self-efficacy is a strong predictor of students' postsecondary performance and persistence. Read our [latest blog post](#) to learn more about self-efficacy and strategies

for strengthening the self-efficacy of students to support successful postsecondary transitions.



REL Appalachia Content Expert

Leading Training, Coaching, and Technical Support



Dr. Victoria Schaefer leads training, coaching, and technical support (TCTS) for REL Appalachia and is the lead for the [Cross-State Partnership on Using Data and Evidence to Facilitate Action](#). Her expertise includes motivation, school transitions, education and career expectations, poverty's

influence on development, performance measurement, and rural education. Victoria's extensive experience in education evaluation and technical assistance services, where she supports stakeholders with multifaceted problems and the need to bridge the best of research with practice, guides the dynamic coaching and technical support activities throughout REL AP's program. In her leadership roles, Victoria supports stakeholders in tackling complex challenges related to improving data quality, innovation in education, and performance measurement.

REL Research-based Nonacademic Support Resources

Nonacademic support strategies help build students' financial, logistical, and social-emotional readiness for school and beyond. Resources from the REL program can help educators, counselors, and college-access providers in identifying and using effective nonacademic supports.

Featured Ask A REL Responses

[What research is available about the role of student empowerment in strengthening students' preparation for and success in college and careers?](#) This Ask A REL response cites research reports and descriptive study articles about student empowerment.

[What classroom management strategies, particularly for middle and high school teachers, are supported by evidence of effectiveness?](#) This Ask A REL response cites research reports and descriptive study articles about classroom management.

REL Program Resources

The 10 Regional Educational Laboratories (RELs) conduct applied research and trainings with a mission of supporting a more evidence-based education system. Find resources on nonacademic supports from all 10 RELs [here](#).



REL Appalachia

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Independent, unbiased research support for your state's education priorities



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