

## Certificate of Completion

Social Thinking Webinar

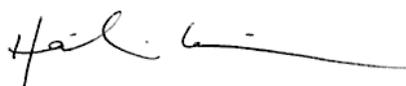
### Understanding Self-Regulation: Help Your Students Learn to Help Themselves

What is self-regulation? How can we teach it in our schools and homes? There is a big difference between using reward systems to encourage students to behave and teaching students to self-regulate. In this webinar, Michelle Garcia Winner, the founder of the Social Thinking Methodology, taught the many moving parts of social and emotional self-regulation and how it involves personal problem solving. She focused on fundamental concepts such as teaching students *how the social world works* and *how to work (navigate and regulate) in the social world*. Michelle also discussed which Social Thinking strategies, frameworks, and teaching materials to use to help students develop self-regulation across age groups.

- 60 minutes, or 1.0 contact hours, of instruction
- Original webinar took place August 28, 2019; the recording is available to be watched any time at [www.socialthinking.com/webinars](http://www.socialthinking.com/webinars)

---

Participant

A handwritten signature in black ink, appearing to read "Heidi Winner".

---

Heidi Winner, Webinar Coordinator