



Project ENGAGE

CARE for Educators - Engage Students

University of Virginia with support from US DOE 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 well-being. Project ENGAGE will develop and evaluate a scaling model of the CARE program across a wide range of school and community settings.

The CARE program will be delivered to educators in a two day retreat before school starts (in person) and a third day in the winter/spring (virtual). Online resources will also be available to provide additional support. An important aim of this project is to build district/division capacity to continue to deliver CARE to district/division staff with a train-the-trainer model.

WHY PARTICIPATE

Value



- Approximately \$50,000 per school value in high quality, effective professional development to support educators, classrooms, and students

Educator Benefits



- Promotes educators' emotion regulation, mindfulness, & retention
- Reduces psychological distress and time urgency

Classroom Benefits



- More emotionally-supportive
- More productive

Student Benefits



- More engaged and motivated
- Higher levels of reading competence

Incentives



- Educators will be compensated for data collection (e.g., surveys)

What does participation involve?

- Schools will be recruited to participate in either Cohort 1 or Cohort 2.
- Half of Cohort 1 schools will be assigned by lottery to receive CARE in 2025-2026. The other half will receive CARE in 2026-2027.
- Half of Cohort 2 schools will be assigned by lottery to receive CARE in 2026-2027. The other half will receive CARE in 2027-2028.
- Educators will be invited to participate in the CARE program: a two day retreat before school starts (in person) and a third day in the winter/spring (virtual).
- Educators will be invited to complete surveys in the first year of their Cohort (2025-2026 for Cohort 1 schools; 2026-2027 for Cohort 2 schools). They may be invited to participate in classroom observations and focus groups.
- School leaders will be invited to participate in two virtual CARE school leader workshops.
- School leaders may be invited to complete a survey and/or interviews.
- Districts/divisions will identify staff to become CARE facilitators and provide time for their training.
- District/division CARE facilitators will provide CARE to schools assigned to receive CARE in the second year of their Cohort (2026-2027 for Cohort 1 schools; 2027-2028 for Cohort 2 schools).
- Division cost match: in-kind support (e.g., personnel time, resources, or services that directly support the grant activities)