

Complete List of Professional Development Course Offerings

1. A Mindfulness Journey for Educators

3 credits (45 CECH)

Course Description:

Discover how mindfulness practices can reduce stress and chaos both personally and professionally. Learn an adaptable and achievable step-by-step process to integrate mindfulness into your everyday life. Through course readings, asynchronous online discussion forums, and journal entries, participants will discover their own path toward mindful teaching and living.

Text: *The Path of the Mindful Teacher: How to choose calm over chaos and serenity over stress, one step at a time* by Danielle A Nuhfer

2. Building Self-Compassion in Educators

3 credits (45 CECH)

Course Description:

Learn how to build self-compassion to lead a more rewarding personal and professional life. Through course readings and asynchronous online discussion forums, participants will explore and discuss being kinder to ourselves, judging ourselves less, and embracing our imperfect selves as part of an imperfect world. Participants will also explore the benefits of self-compassion in the classroom. In a world where we're bombarded with the drive to always be above average and have high self-esteem, self-compassion helps us change destructive emotional patterns and thrive.

Text: *Self Compassion: The Proven Power of Being Kind to Yourself* by Kristin Neff, Ph.D.

3. Building Emotional Resilience in Educators

3 credits (45 CECH)

Course Description:

Learn practical strategies for building emotional resilience in and out of the classroom. Through course readings and asynchronous online discussion forums, participants will explore and discuss self-knowledge, understanding emotions, storytelling as empowerment, community building, mindfulness, self-care, perfectionism, brain training, compassion fatigue, self-forgiveness, self-learning, creativity for healing, creating change, and embracing gratitude.

Text: *Onward: Cultivating Emotional Resilience in Educators* by Elena Aguilar.

4. Embrace Imperfection: Live & Teach Wholeheartedly

1 credit (15 CECH)

Course Description:

Learn how to embrace imperfection to live and teach wholeheartedly, build resilience, hold boundaries, and boost self-care. Explore Brene Brown's 10 Guideposts to wholehearted living to promote courage, compassion, and connection so we can DIG deep to find our authentic selves both personally and professionally. Only when we embrace our own imperfections, and live authentically, can we be the best teachers we can be. Participants will delve into authenticity, self-compassion, resilience, gratitude & joy, intuition, play & rest, calm & stillness, meaningful work, and laughter & silliness. The course will incorporate human-centered design, which

means we will listen/respond empathetically to each other's experiences. We value the "whole person" of each educator.

Text: *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are* by Brene Brown

5. How to Stop Overthinking and Reduce Mental Clutter

3 credits (45 cech)

Course Description

Learn over 23 techniques to help reduce overthinking and create more focus on the present. Through course readings, journaling, and asynchronous online discussion forums, participants will explore and discuss strategies to help stop the anxious spiral of overthinking patterns. Participants will have the opportunity to try new mind-calming techniques each week and reflect upon the usefulness of these techniques in their personal and professional lives. Once participants master some of the techniques, they will be invited to try the techniques with their students. In a world where our lives and our classrooms are increasingly stressful, we need to find ways to calm our minds and reduce our anxiety.

Text: *Stop Overthinking* by Nick Trenton

6. Let Them, Not You: Transforming Personal and Professional Relationships

3 credits (45 CECH)

Course Description:

Many people have heard of the Let Them theory, but the active ingredient for success with LET THEM is the next step: LET ME. Based on *The Let Them Theory* by Mel Robbins, this course will help you reclaim your energy, protect your time, and take back your power. Learn how to stop trying to manage what is out of your control and start creating a more balanced personal and professional life.

Text: *The Let Them Theory* by Mel Robbins

7. Mindfulness 101: Step-by-step practices for you and your students

1 credit (15 CECH)

Course Description:

If you are intimidated by the thought of mindfulness, or you aren't quite sure what mindfulness even entails, this class is for you! Discover how mindfulness can help you reduce stress and find calm in your personal and professional life. Throughout the semester, you will have the opportunity to learn and try over fifteen mindfulness practices and reflect upon those experiences. You will also be encouraged to try some mindfulness practices with your students and reflect upon the experiences. At the end of the course, you will create a personal plan for continuing mindfulness practices in your life and in your classroom.

Text: *Practicing Mindfulness: 75 Essential Meditations to Reduce Stress, Improve Mental Health, and Find Peace in the Everyday* by Matthew Sockolov

8. mPowered Educators: Conquering Chronic Stress and Sickness

1 grad credit (15 CECH)

Course Description:

Learn how to conquer stress, fatigue, and recurring illness through the mPowered Method created by veteran teacher Lesley Moffat. Discover how mindfulness, meals, movement, and music can help you overcome job-related stress and chronic illness. Tune in to how your decisions regarding diet, exercise, sleep, and relaxation affect how you feel, and create action plans for making small changes which can impact your life in big ways. Moffat's SNaP Strategies will help you Start Now and Progress through the 6 Stages of Personal Change. Create a personalized plan to help you overcome the obstacles which are preventing you from showing up to your classroom as your best possible self.

Text: *I Love My Job but It's Killing Me: The Teachers' Guide to Conquering Chronic Stress and Sickness* by Lesley Moffat

9. Re-Engaging the Disengaged Teen

3 credits (45 CECH)

Course Description:

Today's kids are more disengaged from their learning than ever before. Anderson and Winthrop suggest four unique learning modes of kids, how to identify a child's learning mode, how to create more agency and real engagement in each type of learner, and how both parents and educators can foster curiosity and academic empowerment in the youth under their charge. Through course readings, asynchronous online discussions, and personal reflection, participants will learn why our youth struggle and how we can help them get more connected and committed to their learning, both inside and outside the classroom.

Text: *The Disengaged Teen: Helping Kids Learn Better, Feel Better, and Live Better* by Jenny Anderson and Rebecca Winthrop

10. The Focus is YOU: More Effective Teaching Starts with Teacher Wellbeing

1 credit (15 CECH)

Course Description:

Learn how focusing your talents and energies can help you not only survive but thrive as a teacher until retirement. Learn why setting boundaries and preserving your mental and physical health can improve your performance in the classroom and beyond. In this class you will delve into the data, define what you want in your career and how to focus your energy to achieve those goals, determine which boundaries will make you a stronger and more effective teacher, and discuss why focusing on teacher wellbeing is the first step in creating stronger, more productive schools.

Text: *The Teacher's Guide to Saying NO* by Paul Murphy

11. Teacher Stress Reduction and Burnout Prevention

1 credit (15 CECH)

Course Description: Learn practical strategies for reducing job-related stress and guarding against teacher burnout. Through course readings and asynchronous online discussion forums, participants will discuss sources of stress, learn about creating healthy boundaries, experiment with multiple self-care strategies, and implement a personal protocol for self-care.

Text: *First Aid for Teacher Burnout: How You Can Find Peace and Success*, by Dr. Jenny Grant Rankin

12. Understanding the Anxious Generation

4 credits (60 CECH)

Course Description:

Today's young people are the most distracted, disengaged, and depressed students in history. Studies suggest overprotection in the real world and under protection in the online world are contributing to these traits. Through course readings, asynchronous online discussions, and personal reflection, participants will learn why our youth struggle and how we can help them as parents, as teachers, and as community members.

Text: *The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness* by Jonathan Haidt