



## Course Approval Request Form

Use this customized approval request form to print and share with your district or state teaching licensure authority when seeking approval for a Professional Development Institute course.

### About PDI

The Professional Development Institute (PDI) has been offering quality online courses to K-12 educators for decades and providing training to teachers across the globe. Every PDI course is approved for graduate-level credit through the prestigious University of California San Diego Division of Extended Studies, ranked in the top ten universities in the United States.

UC San Diego is part of the University of California system and is accredited by the Western Association of Schools and Colleges Senior College and University Commission (WSCUC).

Every PDI course is instructor-led and includes practical strategies for immediate implementation into the classroom, opportunities to interact with the instructor and other participants, rich content, and valuable assignments. Every PDI course is approved as 3 1/3 semester units (or 5 quarter units) of graduate-level credit, equivalent to 50 training hours. Teachers must spend a minimum of three weeks in each course (consecutively, when taking multiple courses) before a final grade is released.

### Teacher Information

<b>Last Name:</b>	<b>First Name:</b>	<b>ID #:</b>
<b>School Name:</b>	<b>Address:</b>	
<b>Email Address:</b>	<b>Grade Level:</b>	<b>Daytime Phone:</b>

Course Number and Title:

**105T02/ EDUC40154 Educating the Whole Student: Mindfulness and Social-Emotional Learning**

I am taking this course:

\_\_\_\_\_ for 3 1/3 semester unit of graduate level credit. Upon completion, I will receive a transcript from UC San Diego Division of Extended Studies.

\_\_\_\_\_ As an in-service course. I may request a PDI Grade Report to document my completion.

*\*This course is approved as 50 training hours, whether taken for graduate credit or in-service.*

Course Description:

Are you in need of ways to help integrate social-emotional learning practices into your daily teaching? This online course is designed for K-12 teachers who want to focus on the whole student by supporting social-emotional learning skills. Teachers will learn specific strategies for addressing students' social and emotional needs through mindfulness practices. Teachers will also learn about the role they play in nurturing students' self-efficacy and grit to persevere through challenging times and situations. Strategies for helping students manage everyday relationships by making the right choices will be shared as well as techniques for regulating and resolving conflict when it occurs. Teachers will also gain suggestions to share with students for better communication as they deal with diverse groups of students and to help them become more socially aware. Components of character education are also shared within the course as they relate to social-emotional learning concepts. Teachers will also learn how to develop a strong school-family partnership. Finally, teachers will learn how to use the responsive classroom approach to build and support an inclusive classroom community. By the end of this course, teachers will understand the importance of SEL as a process for teaching students essential life skills.

Seeking approval for:

\_\_\_\_\_ recertification/relicensure

\_\_\_\_\_ personal and/or professional growth

\_\_\_\_\_ district or state requirement

Signature

Date