



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 (UCSD) Extension, 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. This course approval request form is specifically for a **one-unit course**, equivalent to 15 training hours. However, all other PDI courses are 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

Last Name:	First Name:	ID #:
School Name:	Address:	
Email Address:	Grade Level:	Daytime Phone:

Course Number and Title:

1T04 / EDUC42345 Self-Care Check-in: Guiding Teachers to Wellness

I am taking this course:

_____ for 1 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 15 training hours, whether taken for graduate credit or in-service.*

Course Description:

Do you ever find yourself feeling burnt out and mentally exhausted? Do you wish you had strategies to improve your physical, mental, emotional, and social wellness? Teachers, we got you! This course is designed to help teachers of all grade levels learn how to incorporate more self-care into their lives to improve their wellness. Wellness is a process of self-reflecting routines for a lifetime of continuous growth and improvement. It is critical to school culture, instruction, and students' academic, personal, and emotional development. Throughout this course, a variety of strategies are shared to help teachers cope with sensitive issues including stress, burnout, depression, anxiety, compassion fatigue, and secondary trauma. Additionally, teachers will be equipped with numerous strategies for organization and time management as they work to establish an acceptable work-life balance. By the end of this course, teachers will feel more resilient and prepared to take on the challenges they face in this profession.

Seeking approval for:

_____ recertification/relicensure

_____ personal and/or professional growth

_____ district or state requirement

Signature

Date