



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. 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

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

Course Number and Title:

105T02 / 105BXX / 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 Extension.

_____ 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 curious as to what social-emotional learning is and how it relates to teaching and learning? Social and emotional learning (SEL) is a process for learning essential life skills such as decision making, problem solving, effective communication, empathy, perseverance, and coping, just to name a few. This online course is designed for K-12 teachers who want to focus on the whole student by supporting social-emotional learning skills but may not know where to begin. Teachers will learn specific strategies for addressing students' social and emotional needs through such topics as mindfulness, resolving conflict, anti-bullying, and character education. Teachers will also learn about the role they play in nurturing students' self-efficacy, grit, compassion, gratitude, and positive attitudes as they work to help diverse groups of students manage their emotions and make good decisions. Teachers will also learn how to develop a strong school-family partnership.

Seeking approval for:

_____ recertification/relicensure

_____ personal and/or professional growth

_____ district or state requirement

Signature

Date