



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

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

Course Number and Title:

136T02/ EDUC42343 Social, Emotional, and Physical Wellness for Students and Teachers

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 noticing a drop in overall wellness and mental health, not only for you personally, but for your students and your entire school community as well? As most teachers are acutely aware, being a teacher is an awesome privilege, which is why it is one of the most rewarding and satisfying professions; however, it also has the potential to be one of the most stressful. Additionally, many teachers also know that students who have poor mental health and coping skills are more likely to disengage from school, engage in unhealthy behaviors, and lack healthy relationships with adults. This online course is specifically designed to assist PreK-12 teachers as they search for ways to make wellness, mindfulness, and mental health a priority, not just for their students, but for themselves as well. Teachers will learn specific self-care strategies for both students and staff. Teachers will explore ways to cultivate a more joyful classroom and school environment so that everyone's social and emotional needs are better met. Specific strategies to cultivate empathy, compassion, and diversity are shared, including circle practices, modeling, making curriculum meaningful, connecting with the greater community, and celebrating student success. By the end of this course, teachers will feel more confident and successful in their quest to uncover strategies to embed the principles of social-emotional learning into their own teaching practices so that the wellness needs of both students and teachers are more wholly and efficiently met.

Seeking approval for:

_____ recertification/relicensure

_____ personal and/or professional growth

_____ district or state requirement

Signature

Date