



## 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:

**144T02 / EDUC42428 Responding to Students' Mental Health Challenges with SEL**

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:

Do you wish you had social-emotional teaching strategies to respond to the current mental health crisis among teens? Many of our students face numerous challenges that can contribute to poor mental health outcomes, including disabilities; adverse childhood experiences; social, racial, and ethnic justice; and risky behaviors. This online course is specifically designed for teachers in grades 6-12 who are looking to dig deeper into how these challenges impact mental health and how effective social-emotional strategies such as empathy, coping, problem solving, decision making, emotional resilience, and effective communication can make a difference. Teachers will be provided with thorough background information on each mental health challenge. The foundations of equity and equality in education will be discussed, as well as strategies for helping students who have suffered from trauma. Specific culturally-responsive social-emotional strategies will also be shared so teachers can be more effective working with students from diverse racial and ethnic backgrounds. Finally, teachers will learn how to explicitly teach self-advocacy — a skill that all students can benefit from, regardless of the challenges they face. By the end of this course, teachers will be well prepared to teach critical SEL skills that directly relate to mental health.

Seeking approval for:

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

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

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

Signature

Date