Professional Development Institute

Flex Course Syllabus

Self-Care Check-in:
Guiding Teachers to Wellness (PreK-12)

PDI Course Number: 1T04 (This is a one-unit course)

UCSD Course Number: EDUC42345

If you would like information about receiving one unit of post-baccalaureate (graduate) credit for completing this course, please click here.

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.

Educational Outcomes

1. Teachers will be able to identify common mental health disorders and their symptoms.
2. Teachers will understand the importance of caring for their mental health.
3. Teachers will learn how Maslow's hierarchy of needs aligns with their own personal needs.
4. Teachers will understand SAMHSA's guiding principles of mental health recovery, and they will learn how to create a recovery plan.
5. Teachers will be able to name and describe the four dimensions of teacher wellness.

6. Teachers will be able to identify the causes of stress and how to cope with stress.
7. Teachers will learn how to assess their own thinking and behavior patterns to manage their stress levels.
8. Teachers will understand the characteristics, signs, and symptoms of teacher burnout, and they will learn specific strategies to make themselves more resilient.
9. Teachers will learn the five types of self-care, and they will understand the importance of attending to their own needs.
10. Teachers will learn strategies for balancing work-life and home-life responsibilities.
11. Teachers will be able to identify and describe the symptoms of compassion fatigue, and they will learn how to heal compassion fatigue with mindfulness.
12. Teachers will learn the seven attitudes of mindfulness, and they will explore several mindfulness strategies for their own self-practice.
13. Teachers will learn effective communication techniques which are designed to help them manage relationships and handle social conflicts.
14. Teachers will learn strategies for managing their workload so that stress and anxiety are reduced.
15. Teachers will learn proactive classroom management strategies for reducing disruptive and challenging behaviors among students.
16. Teachers will understand the benefits of being organized and having effective time management.
17. Teachers will learn highly effective strategies for organizing their space and their time.
18. Teachers will learn how to incorporate technology tools into their lives to improve their wellness.

Instructional Media

- Online Discussions
- Online Engagement
- Online Collaboration
- Instructor Feedback
- Instructor Interaction
- Online Resources and Websites
- Supplemental Instructional Materials
- Printable Classroom Resources

Evaluation

- Test #1
- Test #2
- Test #3
- Test #4

Topical Outline

Unit One

- The Mental Health Crisis Among Teachers
- The Road to Recovery in Mental Health
- The Four Dimensions of Teacher Wellness
- **Test #1**

Unit Two

- Mastering Stress Management
- Weathering the Storm: Developing Resilience and Overcoming Burnout
- Making Time for Self-Care
- **Test #2**

Unit Three

- Enhancing Mindfulness to Survive and Thrive as a Teacher
- Nurturing and Sustaining Meaningful Relationships
- Building a Culture of Support
- **Test #3**

Unit Four

- Preventative Measures within the School Environment
- An Organizational Toolkit to Lead a Balanced Classroom
- Tech Tools to Support Teacher Wellness
- **Test #4**

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