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Professional Growth with a Personal Touch



Self-Care and Renewal For Teachers

Syllabus



Dr. Anne F. Goiran-Bevelhimer

Self-Care and Renewal for Teachers

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Graduate Credit: 1.0 or 2.0 Sem. Hr. graduate credit /
1.5 CEU or 3CEU

For a syllabus per semester credit hour, please send an email request to: Anne Goiran-Bevelhimer annegoiran@collegecoursesonline.com

Graduate Prefix See accrediting university for prefix and number.

Course Schedule: Asynchronous.

6-week minimum enrollment to one year maximum, from your date of registration.

COURSE DESCRIPTION:

Renew your energy and passion for teaching and learning. Create balance in your personal and professional life. Using the online text, *The Journey to Self-Renewal* you will navigate four trails of self-renewal: The Trail of Awareness, The Trail of Insight: Making Time and Setting Limits, The Trail of Discovery: Managing Stress and Change and The Trail of Application: Passing it on. Read, journal and experience through chosen activities how to take charge of your life. Pass on these life skills to your students and colleagues. Discover the paradox of self-care and renewal ...the better you take care of YOU, the more you have to give to others.

*This course meets the **Performance Based Standard for Colorado Teacher, Standard 5: Knowledge of Classroom Instructional Management, 5.1, 5.2,5.3. Standard 6: Knowledge of Individualization of Instruction 6.1, and Standard 8:Democracy, Educational Governance and Careers in Teaching, 8.2***

STUDENT LEARNING OUTCOMES:

Upon completion of the course, the student will be able to:

- Define primary causes of negative stress.
- Explain the meaning and dimensions of self-care.
- Practice personal choices that support self-care, showing a balance to commitments.
- Distinguish priorities to manage time effectively, distinguishing between what is

important and what it urgent.

- Appraise change as a natural process and choose strategies to accept and adapt.
- Assess balancing positive and negative stress.
- Demonstrate the important of resilience in managing stress and change.
- Apply a variety of stress management tools and techniques.
- Outline a commitment for life-long habits of self-care.
- Create self-care and renewal activities for the classroom.

TEXTS, READINGS, INSTRUCTIONAL RESOURCES:

The Journey to Self-Renewal © 1998 by the MCREL Inc.

Updated 2013 by Dr. Anne Goiran-Bevelhimer, College Courses Online.

A link to the text will be sent upon registration. A study guide will supplement the text and guide you through the work to earn credits for the course.

COURSE REQUIREMENTS:

This course is delivered asynchronously; you may start anytime and will work one-on-one with the instructor. You are expected to invest 30 hours (1 semester credit hour) or 60 hours (2 semester credit hours) of independent study to this course. You may submit all work and complete the course anytime between 6 weeks to one year from date of registration.

Use the text, activities, outside reading and writing assignments to complete the following course requirements. Send responses to your work in writing to the instructor.

I. Trail 1: Awareness. Completion of the reading and writing activities for this Trail is worth 20 pts. or 20% of your final grade.

- Introduction to self-care and renewal
- Case Study- Sandy
- Points of Reflection
- Self-Assessments
- Personal focus- writing your own case study.
- Intended outcomes, Matrix Activities
 - Self-care is a process
 - Barriers to self-care
- Learning Activities – **choose 3 of the 8 activities for 1 credit hour; choose 5 of the 8 activities for 2 credit hours** - web searches, discussion opportunities with colleagues, outside reading, suggestions for self-care activities and practice.
- Reflection of Trail 1

II. Trail 2: The Trail of Insight - Making Time and Setting Limits. Completion of the reading and writing activities for this Trail is worth 20 pts. or 20% of your final grade.

- Introduction
- Case Study- Sandy
- Points of Reflection
- Self-assessments
- Personal focus

- Intended outcomes, Matrix Activities
 - Learn how to balance time and set limits.
 - Making better use of your time.
- Learning activities – **choose 3 of the 8 activities for 1 credit hour; choose 5 of the 8 activities for 2 credit hours** - web searches, discussion opportunities with colleagues, outside reading, suggestions for self-care activities and opportunities to practice.
- Reflection on Trail 2

III. Trail 3: The Trail of Discovery - Managing Stress and Change. Completion of the reading and writing activities for this Trail is worth 20 pts. or 20% of your final grade.

- Introduction
- Case Study – Sandy
- Points of Reflection
- Self-assessments
- Personal focus
- Intended outcomes and Matrix Activities
 - Causes and indications of stress.
 - Understand the mental, physical, emotional and spiritual impacts of stress.
 - Understand the characteristics of resilience.
 - Strategies for managing stress.
- Learning activities – **choose 3 of the 8 activities for 1 credit hour; choose 5 of the 8 activities for 2 credit hours** - web searches, discussion opportunities with colleagues, outside reading, suggestions for self-care activities and opportunities to practice" activities.
- Reflection on Trail 3

IV. Trail 4: The Trail of Application - Passing it on. Completion of the reading and writing activities for this Trail is worth 20 pts. or 20% of your final grade.

- Introduction
- Case Study-Sandy
- Points of Reflection
- Self-Assessments
- Personal focus
- Intended outcomes and Matrix Activities
 - Why self-care and renewal in the classroom?
 - Strategies to support student's self-care and renewal.
 - Beyond the classroom - Sharing with colleagues.
- **Choose *one* classroom strategy for 1 credit hour; choose *two* classroom strategies for 2 credit hours** to pass on self-care and renewal to the students in your classroom and write lesson plans showing how you would teach this strategy.
- Learning activities – **choose 3 of the 8 activities for 1 credit hour; choose 5 of the 8 activities for 2 credit hours** - web searches, discussion opportunities with colleagues, outside reading, suggestions for self-care activities and opportunities to " activities.
- Reflection on Trail 4

V. Matrix Activity – Journal. Create a separate document to represent your journal. Include the Trail, your topic and your entry.

Trail 1 Matrix Activities: **Respond in your journal to 2 of the topics below for 1 credit hour; respond in your journal to all of the topics below for 2 credit hours .**

- Do you have enough balance and energy in your own life to be available to others in your life?
- What about you? Like it or not, it is the only temple you have to live in. Make it last!
- Do you know how to ask others for what you need...and to give to others only what they ask for - and need?
- Your life experiences are based on you. You cannot change the past. You cannot predict the future. All you have is the moment you are in. Do you know how to create the best reality you can?

Trail 2: Matrix Activity: **Write on this topic in your journal.**

- Where does most of my time and energy go?

Trail 3: Matrix Activities: To get the full benefit of understanding self-care, I encourage you to read and explore the eight topics. **Choose *five* of the following topics to write about in your journal for 1 credit hour. Write on all the following topics in your journal for 2 credit hours.**

- Causes and Indications of Stress: Journal on the primary causes and indicators of stress in your daily life.
- Impacts of Stress: Journal on exploring strategies for preventing and recovering from teacher burnout.
- Resilience: After reading about Frederick Flach, journal on Shelia Collins' "R-Words" and how they apply to you.
- Create a Physical Self-Care Plan.
- Choose *two* "Suggestions for Physical Self-Care and Renewal." Try them out and report what you learned.
- Explore your physical environment at home and at work, and reflect in your journal by writing to the question, "What would it take to improve your physical environment at home or work to better support your health and well-being?"
- Create a Mental Self-Care.
- Pick *two* "Quick Fixes and Stress Reducers." Try them and report what you learned.
- Journal on: Sheila Collins' "5 Skills of Self-Caring."
- Spiritual Self Care: Journal on spiritual health care as it is for you.

Trail 4: Matrix Activities: From your reading and experience, **write a journal entry on 2** of the following.

- Why self-care and renewal in the classroom?
- Classroom strategies to support students' self-care and renewal.
- Beyond the classroom – sharing with colleagues.

VI. Final Reflection Paper- Write a 1-2 page reflection paper for 1 credit hour. Write a 3-4 page reflection paper for 2 credit hours. How have you changed since you wrote your case study? What have been the benefits to you for reading and practicing self-care and renewal? Describe a way to keep your commitment to taking care of YOU, especially during the school year, but all year long, too. You are worth taking good care of you. Other people will appreciate the gift you have given yourself, and the effects it has on them.

GRADE DISTRIBUTION AND SCALE:

Grade Distribution:

I.	Trail 1	20 pts
II.	Trail 2	20pts
III.	Trail 3	20pts
IV.	Trail 4	20pts
V.	Matrix Activities- Journal entries	10 pts.
VI.	Reflective Essay	10 pts.

Grade Scale:

A	91-100 points	91-100%
B	81-90 points	81-90%
C	71-80 points	71-80%
D	61-70 points	61-70%
F	Less than 60 points	Less than 60 %

12/11/12