



CollegeCoursesOnline

Professional Growth with a Personal Touch



Self-Care & Renewal For Teachers

Sample Pages for (1.0) and (2.0)



Dr. Anne F. Goiran-Bevelhimer

Course Overview

Self-Care & Renewal for Teachers is a web-based course designed to renew your energy and passion for teaching through four trails of self-care and renewal: The Trail of Awareness, The Trail of Time Management, The Trail of Managing Stress and Change, and the Trail of Passing it On, a way of sharing with colleagues students and others the strategies and effects of self-care. Using a study guide tailored to 1 or 2 semester hours of credit, you will choose activities online, follow hyperlinks, and discuss your findings with others while following the online text, developed by McREL, *The Journey to Self-Renewal*. Discover the paradox of self-care and renewal...the better you take care of YOU, the more you will have to give to others.

In a demanding profession continuously under the scrutiny of policy makers, curriculum and instructional changes, tasked with preparing students for 21st century skills, while figuring out ways to help students raise achievement scores to meet standards, it becomes more and more imperative that we bring our best “self” to the school environment. Effective teaching starts with self-care.

Self-Care & Renewal for Teachers is an experiential course. You will be guided through reading, activities, and journaling. You will be encouraged to share with others to gather information as well as to share your experience. Through assessments, you will review what you are already doing that is supporting your energies and well-being and identify areas of need. You will explore ways of managing time and stress to tailor design a personal self-care plan to address four areas of your life: physical needs, mental needs, emotional needs and spiritual needs. You will tailor design a self-care plan just right for you, chose the activities and put your plan into action. You will learn about resilience, and how to say, “no” to the things that rob you of joy and energy, and how to say, “yes” to activities that support your personal and professional well-being. These experiences will give you feedback –what works, how well is it working, and opportunities to explore choices. If you are like most teachers who experience the benefits of your work for this class, you will discover that self-care is the key to making time, having time, and enjoying what you are doing with your time!

In the words of a teacher who completed this class:

“I must admit this has been my favorite educational experience of all time. The readings and learning activities resonated with me, for they were aligned with my core values and inner soul. As I complete this course, I feel a touch of sadness, for this path has been fulfilling and inspiring beyond my imagination. I will remain on the path toward self-care and renewal all my life, and go forward with a grateful heart for all I have learned that brought me to this point. Thank you for this wealth of discovery that transformed my life! “ Ro Rains

Use the online text <http://www.collegecoursesonline.com/renewal/index.html> with the study guide to direct your reading, writing, and activities to complete the course work.

A syllabus is available on www.collegecoursesonline.com

Course Requirements for Self-Care & Renewal (1.0) and (2.0)

<http://www.collegecoursesonline.com/renewal/index.html>

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.

SELF-CARE AND RENEWAL FOR TEACHERS

<http://www.collegecoursesonline.com/renewal/index.html>

Table of Contents

Introduction

The Journey to Self-Renewal

Bridge of Commitment

- 1 Trail 1: The Trail of Awareness
 - a. Trail 1 Index
 - b. Begin Trail 1
 - c. Welcome
 - d. Description
 - e. Case Study- Sandy Part 1
 - f. Point of Reflection
 - g. Suggested Answers
 - h. Personal Focus
 - i. Self-Assessment Activity
 - j. Intended Outcomes
 - k. Matrix Activities
 - i) Self-care and renewal
 - ii) Barriers to self-care
 - iii) Why self-care and renewal for teachers?
 - iv) Choosing self-care and renewal
 - l. Learning Activities
 - m. Reflections on your Learning Process
 - n. Recommendations for another side trip: Resources

- 2 Trail 2: The Trail of Insight – Making Time and Setting Limits
 - a. Trail 2 Index
 - b. Begin Trail 2
 - c. Introduction / Welcome
 - d. Description
 - e. Case Study- Sandy Part 2
 - f. Point of Reflection
 - g. Suggested Answers
 - h. Personal Focus
 - i. Self-Assessment Activity
 - j. Intended outcomes
 - k. Matrix Activities
 - i) It's a juggling act
 - ii) Balancing time commitments
 - iii) Ideas for making better use of your time
 - iv) Setting limits and maintaining them
 - l. Learning Activities
 - m. Closure - Reflections on your Learning Process

- 3 Trail 3: The Trail of Discovery – Managing Stress and Change
 - a. Trail 3 Index
 - b. Begin Trail 3
 - c. Introduction

- d. Description
 - e. Case Study- Sandy Part 3
 - f. Point of Reflection
 - g. Personal Focus
 - h. Self-Assessment Activity
 - i. Intended Outcomes
 - j. Matrix Activities
 - i) Causes and indications of stress
 - ii) Impacts of stress especially as it applies to teacher burnout
 - iii) Resilience as a tool to managing stress and change
 - iv) Self-Care and Self-Healing Tasks for Each Dimension of your Life
 - (1) Physical self-care
 - (2) Mental self-care
 - (3) Emotional/social self care
 - (4) Spiritual self-care
 - (5) Other strategies for managing stress and change.
 - k. Learning Activities
 - l. Closure - Reflections on your Learning Process
- 4 Trail 4: The Trail of Application – Passing it on
- a. Trail 4 Index
 - b. Begin Trail 4
 - c. Welcome
 - d. Case Study – Sandy Part 4
 - e. Questions
 - f. Self-Assessment Activity
 - g. Point of Reflection
 - h. Intended outcomes
 - i. Matrix Activity
 - i) Why self-care and renewal in the classroom?
 - ii) Classroom strategies to support student's self-care and renewal
 - iii) Beyond the classroom - Sharing with colleagues
 - j. Learning Activities
 - k. Resources
 - l. Closure - Reflections on your Learning Process
 - m. Congratulations!
 - n. Write a reflection paper on what you have learned from this course.

END OF SAMPLE PAGES.

SEE DETAILS FOR REGISTERING FOR THIS COURSE

WWW.COLLEGECOURSESONLINE.COM/