

Course at a Glance

Instructor/Presenter: Kristen Votava, PhD, CCC-SLP

Length: 15 hours

Dates: Enroll anytime - Complete in 4 months

Number of Graduate Professional Development Credits: 1

Introduction

This course will review the ACE Study, the largest study investigating the health and social effects of negative childhood experiences. View ACEs through the discussion of the “NEAR” sciences of Neuroscience, Epigenetics, ACEs, and Resilience, including in-depth information about 1) The neurobiological effects of adversity on development, 2) The impacts of childhood adversity and trauma on population health, and 3) Resilience – what we can all do to improve health and well-being in early childhood education environments.

Course Blackboard Site: The UND Blackboard System will be utilized to support the structure of the course including, but not limited to, posting of the course at a glance, grades, and electronic communications.

Learning Objectives

Course participants will be able to do the following:

1. Identify types of child maltreatment treatment and adversity and the link to health in adulthood.
2. Recognize how stress response system activates fight, flight or fear and becomes conditioned over time especially in high stress situations.
3. Understand the concept of trauma informed care and how it creates safety for those impacted by violence and trauma.
4. Learn ways to build resiliency through protective factors.

Course Overview

The course content is organized into four lessons. Each lesson contains a purpose, learning outcomes, and a variety of links to articles, video/audio, and other instructional resources selected to enhance the learning experience and support the various topics. A variety of activities will be used to assess your comprehension and application of those materials.

Text and/or Other Materials

1. Burke-Harris, N. (2019). *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*. ISBN-13 : 978-0544828704

Lesson Topics and Assignments

The full description of assignments is within the lesson in the Blackboard site:

1. **Lesson Readings** (2 instructional hours per lesson/8 total instructional hours) Complete readings for each lesson.
2. **Lesson Activities:** (4 activities/5 instructional hours/10 points each) Complete the activity posed in the lesson.
3. **Resiliency Self-Reflection with future goals** (2 instructional hours/20 points) Articulate your personal perceptions of adverse childhood experiences and whether these perceptions have changed by the end of the course. What can you do differently in your practice to make a difference? What are your personal goals? Write in APA format using 500-1000 words.

Requirements for Participant Accountability

This course contains 4 lessons designed to focus your study adverse childhood learning experiences to assist you in achieving the course learning objectives/outcomes. You will work through a combination of required readings, captioned videos, and assignments.

Each lesson contains:

- Lesson Learning Outcomes/Objectives and To-Do List
- Required Reading
- Video and Supporting Material
- Assessment (questions, activities, case studies, and assignments)

Lesson	Lesson Objectives	Lesson Assessment
Lesson 1 4 Instructional Hours	Understanding ACEs <ul style="list-style-type: none"> • Complete Introduction • Describe adverse childhood experiences 	<ul style="list-style-type: none"> ✓ Acquire textbook ✓ Practice accessing course features on Blackboard ✓ Review syllabus ✓ View videos ✓ Upload Introduction ✓ Read the Introduction and Section 1: Discovery in <i>The Deepest Well</i> ✓ Upload ACEs
Lesson 2 4 Instructional Hours	Understanding NEAR <ul style="list-style-type: none"> • Examine the role that ACEs have on later health and well-being • Identify types of child maltreatment and adversity and the link to health in adulthood 	<ul style="list-style-type: none"> ✓ Read Section 2: Diagnosis in <i>The Deepest Well</i> ✓ View videos ✓ Upload The Deepest Well
Lesson 3 3	Explore How ACEs Affects Behavior and Academic Performance	<ul style="list-style-type: none"> ✓ Read Section 3: Prescription in <i>The Deepest Well</i> ✓ View videos and resources

Instructional Hours	<ul style="list-style-type: none"> Explore how you can build a strong foundation during early childhood Consider the impact of protective factors and resilience 	<ul style="list-style-type: none"> ✓ Upload Protective Factors
Lesson 4 4 Instructional Hours	Embracing the Mindset of Change <ul style="list-style-type: none"> Explore the concept of trauma-sensitive environments and safety for those impacted by violence and trauma 	<ul style="list-style-type: none"> ✓ Read Section 4: Revolution in <i>The Deepest Well</i> ✓ View videos and resources ✓ Upload Self-Reflection

Activity Response Rubric

	9-10 Points Excellent	7-8 Points Good	5-6 Points 5-7 Marginal	0-4 Points Below Standards
Description	Specific, detailed response based on critical analysis and/or evidence. No errors in grammar, spelling, or usage. Reference to text or readings with citation.	Organized information based on readings. Few errors in grammar, spelling, or usage. References text and readings with APA citation.	Limited response with inadequate information within the discussion. Several errors in grammar, spelling, or usage. References text and readings with APA citation with errors.	Minimal organization to support discussion with no critical analysis. Contains consistent errors in grammar, spelling, or usage. No reference to text or readings.

Grading and Evaluation Activities:

The following grading scale will be used based on total number of points:

A	100% to 90%
B	89% to 80%
C	79% to 70%
D	69% to 60%
F	Below 59%

Upon completion of your course, your final grade will be posted in Blackboard. Please allow 3-5 business days for your final grade to appear on your transcript in Campus Connection. You will receive a confirmation email when the final grade is officially posted on your transcript.

If you have an administrative question regarding course enrollment dates, extensions, withdrawals, questions regarding your transcript, or need other assistance, please contact the **Office of Extended Learning** at und.courses@und.edu or 701-777-0488.

Scholastic Dishonesty

Students enrolled in this course are expected to be aware of the seriousness of scholastic dishonesty. Unacceptable behavior such as submitting someone else's work as your own, cheating on exams, or plagiarizing can result in failure of the course or other sanctions. For a more detailed description of these policies, please refer to the UND Code of Student Life; Appendix IIIa-3, at:

<http://und.edu/student-affairs/code-of-student-life/>