

Attitudes Are Contagious – Maintaining Optimism During Times of Challenge
Course at a Glance

Instructor/Presenter: Lisa R. Jensen

Length: 45 hours

Dates: Enroll anytime and complete in 4 months

Number of Graduate Professional Development Credits: 3

Introduction

Attitudes are Contagious provides the research and strategies of Positivity to increase an understanding and practice of positive thoughts that will change your attitude, outlook and outcomes. This course will also explore stress's effect on our attitude and the human resilience that we all possess.

COURSE OBJECTIVES-

1. Understand a logical definition of stress
2. Assess your current level of resiliency
3. Learn techniques to decrease negativity
4. Learn techniques to increase positivity
5. Be equipped with a positivity toolkit
6. Future forecast how to flourish
7. Receive techniques to bounce back from life's challenges
8. Understand the positivity ratio and why it works

Course Requirements/Assignments

Students will provide evidence, in a portfolio format, due after the course by completing the following assignments:

- Complete a *Reflections Paper* summarizing the strategic planning models you have learned about in this module. (40 points)
- Complete a final summary report from *Two Interviews* with school leaders. (30 points)
- Complete a *Compare and Contrast Paper of two or more Strategic Plans* and *Strategic and Operational Planning Framework for a K-12 School District.* (30 points)

Learning Objectives

At the end of this course, you should be able to accomplish the following objectives:

- Identify and understand the framework of strategic and operational planning.
- Compare and contrast different strategic planning models used by school district Superintendents and School Boards.
- Examine strategic planning models used by K-12 public school districts by conducting research and reviewing different models.
- Describe the essential elements of a strategic plan.
- Execute the development of a strategic planning framework for K-12 schools.

Lesson Topics and Assignments

OVERVIEW-

Coursework online as follows:

- 1. Read chapters/videos 1-13..... 13 hours
- 2. Assignment exercises/reflections chapter 1- 13..... 13 hours
- 3. Self-assessment surveys/Gratitude Journal/Caregiver App 10 hours
- 4. Interviews of human resiliency strategies for challenges..... 3 hours
- 5. Lesson Plan – Positivity Project..... 5 hours

Total Instructional Hours: 45

COURSE POLICIES-

Papers are expected to be insightful, presented in a logical format, and free from grammatical errors. All assignments must be typed. References should be presented in the American Psychological Association (APA) style.

COURSE EVALUTION-

Students will complete the course assignments as described. The course will be graded according to assignments completed. The course consists of 10 lessons which each include a reflection component that will be required. The instructor will respond with reflection notes and post grades within 3 days of assignment completion. Students will have the option of letter grade or S/U:

100-90=A 89-80=B 79-70=C 69-60=D 59/below=F

REQUIREMENT SUMMARY-

Task	Points	Percent Toward Grade	Hours
Lesson 1: Read, Reflect, Respond	100	10	4
Lesson 2: Read, Journal, Reflect, Respond	100	10	4
Lesson 3: Read, Journal, Reflect, Respond	100	10	4
Lesson 4: Read, Journal, Reflect, Respond	100	10	4
Lesson 5: Read, Journal, Reflect, Respond	100	10	4
Lesson 6: Read, Journal, Reflect, Respond	100	10	4
Lesson 7: Read, Journal, Reflect, Respond	100	10	4

Lesson 8: Read, Journal, Reflect, Respond	100	10	5
Lesson 9: Read, Journal, Reflect, Respond	100	10	5
Lesson 10: Read, Journal, Reflect, Discuss, Respond + Lesson Plan	100	10	7
TOTAL	1000 PTS	100%	45 HRS

Course Blackboard Site: Participants will use the UND Blackboard System to support the structure of the course.

Referenced Textbook(s)

Fredrickson Barbara, *Positivity: Top Notch Research Reveals the 3 to 1 Ratio that will Change Your Life*. ISBN - 978-0-307-39374-6

Grading and Evaluation:

Students will complete the course assignments as described. The course will be graded according to assignments completed. The course consists of 10 lessons which each include a reflection component that will be required. The instructor will respond with reflection notes and post grades within 3 days of assignment completion. Students will have the option of letter grade or S/U:

A/S = 90-100 % B/S = 80-89 % C/S = 70-79 %
 F/U = less than 70 %

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/>