

**PDE: Emotional Resilience for Educators**

**Course at a Glance**

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

**Length:** 45 hours

**Dates:** Enroll anytime - Complete in 4 months

**Number of Graduate Professional Development Credits:** 3

**Introduction**

This course explores habits and dispositions educators need to build resilience in their professional work. The course will consider how educators work through challenging situations to build their Onward.

**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**

Participants will

- 1) Cultivate resilience with a four-part framework based on 12 key habits.
- 2) Uncover your true self, understand emotions, and use your energy where it counts.
- 3) Adopt a mindful, story-telling approach to communication and community building.
- 4) Keep learning, playing, and creating to create an environment of collective celebration.

**Course Overview**

The course content is organized into eight 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**

Aguilar, Elena (2018). *Onward: Cultivating Emotional Resilience in Educators*

San Francisco, CA: Jossey-Bass.

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ISBN-10: 1119364892

## Lesson Topics and Assignments

This course contains 8 lessons designed to focus your study of Onward. 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
<b>Lesson 1</b>  <b>5</b> <b>Instructional</b> <b>Hours</b>	Introduction and Resilience <ul style="list-style-type: none"> <li>• Complete Introduction</li> <li>• Explore conceptual framework for resilience</li> </ul>	<ul style="list-style-type: none"> <li>✓ Acquire textbooks</li> <li>✓ Practice accessing course features on Blackboard</li> <li>✓ Review syllabus</li> <li>✓ View videos</li> <li>✓ <b>Read the Introduction and Chapter 1 in <i>Onward</i></b></li> <li>✓ <b>Upload Educator Introduction</b></li> <li>✓ <b>Upload Resilience Pre-Assessment</b></li> </ul>
<b>Lesson 2</b>  <b>5</b> <b>Instructional</b> <b>Hours</b>	Emotions and Empowering Stories <ul style="list-style-type: none"> <li>• Recognize emotions and their influence on situations</li> <li>• Identify the impact of empowering stories</li> </ul>	<ul style="list-style-type: none"> <li>✓ View videos and resources</li> <li>✓ <b>Read Chapters 2-3 in <i>Onward</i></b></li> <li>✓ <b>Upload What's Your Personality?</b></li> <li>✓ <b>Upload Challenge That Thought</b></li> </ul>
<b>Lesson 3</b>  <b>7</b> <b>Instructional</b> <b>Hours</b>	Building Communities and Valuing Now <ul style="list-style-type: none"> <li>• Recognizing the value of building community</li> <li>• Learn to be present</li> </ul>	<ul style="list-style-type: none"> <li>✓ View videos and resources</li> <li>✓ <b>Read Chapters 4-5 in <i>Onward</i></b></li> <li>✓ <b>Upload Building Community</b></li> <li>✓ <b>Complete Mindfulness Activity</b></li> </ul>
<b>Lesson 4</b>  <b>5</b> <b>Instructional</b> <b>Hours</b>	Taking Care of Yourself <ul style="list-style-type: none"> <li>• Valuing physical self-care and well-being as a foundation for other habits</li> </ul>	<ul style="list-style-type: none"> <li>✓ View videos and resources</li> <li>✓ <b>Read Chapter 6 in <i>Onward</i></b></li> <li>✓ <b>Upload Take Care of Yourself</b></li> </ul>
<b>Lesson 5</b>  <b>5</b> <b>Instructional</b> <b>Hours</b>	Looking for the Light <ul style="list-style-type: none"> <li>• Resolving to focus on strengths, assets and skills</li> </ul>	<ul style="list-style-type: none"> <li>✓ View videos and resources</li> <li>✓ <b>Read Chapter 7 in <i>Onward</i></b></li> <li>✓ <b>Upload Bright Spots</b></li> </ul>
<b>Lesson 6</b>  <b>5</b> <b>Instructional</b>	Cultivating Compassion and Being a Learner <ul style="list-style-type: none"> <li>• Using compassion during interpersonal challenges</li> </ul>	<ul style="list-style-type: none"> <li>✓ View videos and resources</li> <li>✓ <b>Read Chapters 8-9 in <i>Onward</i></b></li> <li>✓ <b>Upload Compassion &amp; Learning</b></li> </ul>

<b>Hours</b>	<ul style="list-style-type: none"> <li>Valuing challenges as opportunities</li> </ul>	
<b>Lesson 7</b>  <b>5 Instructional Hours</b>	Play and Creativity during Times of Change <ul style="list-style-type: none"> <li>Explore play and creativity as vital activities</li> <li>Utilize strategies to manage change</li> </ul>	<ul style="list-style-type: none"> <li>✓ View videos and resources</li> <li>✓ <b>Read Chapters 10-11 in <i>Onward</i></b></li> <li>✓ <b>Upload Play Personality</b></li> <li>✓ <b>Upload Change Happens</b></li> </ul>
<b>Lesson 8</b>  <b>8 Instructional Hours</b>	Celebrate, Appreciate and Move Onward <ul style="list-style-type: none"> <li>Develop appreciation to build resilience</li> <li>Create a personal action plan for Onward</li> </ul>	<ul style="list-style-type: none"> <li>✓ View videos and resources</li> <li>✓ <b>Read Chapter 12 and the Conclusion in <i>Onward</i></b></li> <li>✓ <b>Upload Appreciation &amp; Awe</b></li> <li>✓ <b>Upload Resilience Post-Assessment and Reflection</b></li> </ul>

**Activity Response Rubric**

	<b>9-10 Points Excellent</b>	<b>7-8 Points Good</b>	<b>5-6 Points 5-7 Marginal</b>	<b>0-4 Points Below Standards</b>
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](mailto:und.courses@und.edu) or 701-777-0488.

## Scholastic Dishonesty

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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/>