

**Tiny Habits® for Teachers**  
***Course at a Glance*****Instructor/Presenter** Lisa R. Jensen, MSW**Length:** 45 hours**Dates:** Enroll anytime and complete in 4 months**Number of Graduate Professional Development Credits:** 3**Introduction**

This three-credit graduate professional development course will instruct educators in a new method for behavior change called Tiny Habits®. Tiny Habits® is a research- based way to create habits in your life. This method is a breakthrough because teachers, their students, and the classroom can succeed without relying on willpower or motivation. K-12 teachers will be able to directly add the Tiny Habits® method to their Instructional Strategies, Classroom Management, and or Social Life Skills for instructional improvement. The most powerful aspect of the Tiny Habits® method is the “success momentum” that develops from the use of Tiny Habits®. The Tiny Habits® method is developed by Stanford University Behavioral Scientist, Dr. BJ Fogg and all facets of the course will focus on his research - based approach to behavior change.

**COURSE PURPOSE-**

The purpose of the online course is for participants to gain knowledge in behavior change using the Tiny Habits® Method that can be applied to all aspects of Instructional Improvement as well as Professional and Personal Development.

**Course Requirements/Assignments****Participants will:**

- Define and compare the myths that exist about habit formation.
- Take part in an opportunity for one week free online Tiny Habits® Coaching.
- Explain the formula for Behavior Change.
- Demonstrate an understanding of what Tiny Habits® are and the 3 parts that create success.
- Understand the value of “Success Momentum” for you, your students and your classroom.
- Develop and practice Tiny Habits® recipes.
- Reinforce success with the “celebration” phase of Tiny Habits®.
- Compile Tiny Habits® recipes for your successful behavior changes.
- Understand how to stop behavior.
- Prioritize and Integrate Tiny Habits® for Instructional Strategies

## OVERVIEW-

Coursework online as follows:

1. Read Lessons/Watch videos 1-11..... 20 hours
2. Assignment exercises chapter 1- 11 ..... 17 hours
3. Individual Coaching session, reading, and reflection..... 4 hours
4. Peer discussion /Lesson Plan Project..... 4 hours

**Total Instructional Hours: 45**

## 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.

## Lesson Topics and Assignments

Task	Points	Percent Toward Grade	Hours
Lesson 1: Read, Reflect, Respond	100	10	4
Lesson 2: Read, Reflect, Practice, Participate, Discuss, Respond	100	10	4
Lesson 3: Read, Reflect, Practice, Discuss, Respond, Coaching	100	10	5
Lesson 4: Read, Reflect, Practice, Respond	100	10	4
Lesson 5: Read, Reflect, Practice, Respond	100	10	4
Lesson 6: Read, Reflect, Practice, Respond, Reflect	100	10	4
Lesson 7: Read, Reflect, Practice, Respond	100	10	4
Lesson 8: Read, Reflect, Practice, Respond	100	10	4
Lesson 9: Read, Reflect, Practice, Respond	100	10	4
Lesson 10: Read, Reflect, Practice, Discuss, Respond + Lesson Plan	100	10	8
<b>TOTAL</b>	<b>1000 PTS</b>	<b>100%</b>	<b>45 HRS</b>

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

### **Referenced Textbook(s)**

Tiny Habits®, The Small Changes That Change Everything: BJ Fogg, PhD Houghton Mifflin Haircourt

### **Grading and Evaluation:**

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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**

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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/>