



Teaching Life's Essentials - Resilience

EDUO 9759 1 Semester Credit/Unit

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Public Syllabus

Introduction

Welcome to **EDUO 9759**. This class was created as part of a seven course series entitled **Teaching Life's Essentials**. The other courses in the series are:

- **EDUO 9756 Happiness**
- **EDUO 9757 Compassion**
- **EDUO 9758 Curiosity**
- **EDUO 9760 Growth Mindset**
- **EDUO 9761 Inspiration**
- **EDUO 9762 Tolerance**

Isn't it true that great teachers are born not made? We say "not at all". With the guidance of the courses in this series, you can take your teaching to a new level; one that brings the highest degree of satisfaction to yourself and your students. Great teachers are remembered not for the knowledge they impart but for the way they encourage and lift their students' achievement, not just in a subject, but in the important skills of living a fulfilling life. These skills of happiness, of inspiration, compassion, curiosity and resilience are essential for both the learner and the teacher. This course will bring research to inform along with techniques and activities to imbue your delivery of required curriculum with the essence of greatness-both yours and your students'.

Teaching Life's Essentials - Resilience

Course Description

Resilience is a skill and can be taught. In this course you will find many tools to help teachers encourage and teach their students to bounce back from adversity.

Course Goal

To help teachers embue their students with lifelong resilience skills

Course Objectives

The teacher will:

1. Read and study website resources
2. Become acquainted with a teaching model that will help students become more resilient
3. Choose resilience activities for students for classroom use.
4. Develop a classroom resilience lesson plan.
5. Communicate with other teachers about the importance of resilience.

Grading Rubric

Exemplary: A+ to A-	Acceptable: B+ to B-	Unacceptable:
Reflective, thoughtful ideas relevant to the assignment are clearly stated	Satisfactorily completes all assignment	Ideas are not clear or relevant
Very well organized	Generally well organized	Shows little or no organization
Responses show that resources have been well understood	Responses show that resources were read	Few or no facts or specific details from the resources
Free of spelling and/or grammatical errors	Writing contains a few spelling and/or grammatical errors	Numerous spelling and/or grammatical errors make the writing difficult to read

Course Requirements

1. Respond to all *inquiries* in Course Assignments
2. Read all course website links
3. Post at least three comments on the Student Forum.
4. Respond to at least one Forum post made by another class participant.

How to Submit Coursework

Preparation: Prepare assignments in either Word or PDF formatting. Mac users of Page can save their work as a Word file. Make sure you place your full name, course number and assignment category at the top of each page. Place all R assignments in one document. Do the same for all A and B assignments.

Document names: Name each document with your last name and assignment letter (BrownAssignmentsR; BrownAssignmentsA; BrownAssignmentsB).

Dropboxes: Place each completed document in the corresponding Dropbox found on the course Moodle page. You will receive feedback from your instructor, but don't wait for it to continue with your coursework.

Forum Postings: Submit all Forum postings using the Forum found on the course Moodle page. Label each discussion post with the number of the assignment it fulfills.

Course Assignments

A full list of Resources, Activities and Lesson Plans will be in the actual course Syllabus

A. Coping strategies

Remember a time when you or someone you know or heard of or read about bounced back from a adversity.

A1. Without identifying the person, describe what happened. **Read and**

study the following website resource

<http://www.edutopia.org/blog/teaching-the-abcs-of-resilience-renee-jain>

A4. Rewrite A2 using the ABC model of resilience as described in the website resource by blogger Renee Jain.

View the following Ted Talk for further understanding of the ABC model

<https://www.youtube.com/watch?v=bAHQJSKZDB0>

A5. Review the ABC model as its value to a classroom teacher towards helping students develop resilient skills. **B.**

Resilience activities

Look over the following two documents.

- <http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&ved=0CCQQFjABahUKEwi6g6qF7pTGAhXNOYgKHYPpAF0&url=http%3A%2F%2Fwww.homebaseprogram.org%2Fcommunityeducation%2F%2Fmedia%2FFiles%2Fcommunity%2520education%2Ftoolkits%2FClassroom%2520activities.pdf&ei=GG2AVbqXHM3zoASD04PoBQ&usg=AFQjCNEmtIXcVo3INxwjuu3Qc9P8zJgJg>
- <http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=4&ved=0CDAQFjADahUKEwiGhoac8pTGAhVJWYgKHv6AJk&url=http%3A%2F%2Fwww.hoover.dubuque.k12.ia.us%2FAI%2520School%2F16%2520Games%2520That%2520Promote%2520Conversations%2520About%2520Resilience%282005%29.pdf&ei=eXGAVcbIM8myoQSL9YPICQ&usg=AFQjCNGKhatn1ccaHP7dKjowGChSsCm6rA&bvm=bv.96041959,d.cGU>

From the two resources, choose one activity that you would like to use in your classroom for each of the eight topics listed below. Briefly explain how you would adapt each activity to your classroom – in some cases grade level or subject adaptation may be needed. If this adaptation is difficult for you, remember the A B C model of resilience!

B1. Caring – adult

B2. Caring – peers

C. Resilience lesson plan

Look over the two following website resources and use them to assist you in developing your resilience lesson plan

- <http://www.angriesout.com/resilience.htm> Be sure and download free PDF
- <http://www.samaritans.org/your-community/supporting-schools/deal-teachingresources/developing-emotional-awareness-and/copin-2>

D. Your resilience lesson plan – Remember the above resources are to be used as an assist, not to be confused with a model to follow – be resilient

E. Summary – a speech

View the following Ted Talk: <https://www.youtube.com/watch?v=QixDnLzXpuU>

Because you have a reputation of being a teacher who helps your students to become resilient citizens, you have been asked to give a Ted Talk about how you have accomplished that reputation.

D1. Write out the introduction to your speech

F. Emotional Resilience for Teachers

E1. On the forum, comment on the following. ***"I've come to the frightening conclusion that I am the decisive element in the classroom. It's my daily mood that makes the weather."*** (Haim Ginott, Israeli educator)