

**DOMINICAN
UNIVERSITY**
of CALIFORNIA
School of Liberal Arts and Education

Teaching Life's Essentials - Resilience

EDUO 9759 1 Semester Credit/Unit

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Note: This is a Public syllabus of the course. For a full detailed syllabus please email the instructor.

Introduction

Welcome to **EDUO 9759 - Teaching Life's Essentials - Resilience**. 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'.

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 Objectives

In this course participants will have an opportunity to:

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.

Course Relation to Professional Standards

This course aligns to the National Board for Professional Teaching Standards

1. TEACHERS ARE RESPONSIBLE FOR MANAGING AND MONITORING STUDENT LEARNING.
 - a) Teachers Call on Multiple Methods to Meet Their Instructional Goals
 - b) Teachers Value Student Engagement
 - c) Teachers Engage Students in the Learning Process
2. TEACHERS ARE MEMBERS OF LEARNING COMMUNITIES
 - a) Teachers Use Feedback and Research to Improve Their Practice and Positively Impact Student Learning

This course aligns with National Student Standards

NL-Eng-K12.1 READING FOR PERSPECTIVE

- a) Students read a wide range of print and non-print texts to build an understanding of texts, themselves, and of the cultures of the US and the world...

NL-ENG-K12.2 UNDERSTANDING THE HUMAN EXPERIENCE

- a) Students read a wide range of literature from many periods in many genres to build an understanding of the many dimensions (e.g. philosophical, ethical, aesthetic) of the human experience.

Course Assignments:

Course assignments will consist of articles, videos, written responses to questions, activities and posting to the class forum. Examples of assignments for this class are:

- Recall and write about a time when you or someone you know, heard of or read about bounced back from adversity.
- Watch the TED Talk, *Teaching Students the ABC's of Resilience*. Review the ABC model, describing its value to a classroom teacher towards helping students develop resilient skills.
- Review a variety of resources on resilience. Choose one activity related to resilience for each of the following topics. Explain how you would adapt each activity for your classroom: Caring adult, Caring peers, Courage, Listening, Responsibility, Leadership, Team work, Personal best.
- Write a Resilience lesson plan for your classroom.
- Write a TED Talk on Resilience.

A list of all required assignments will be provided when you have registered for this class and downloaded the full syllabus.

Course Assessment Rubric

EXCELLENT Meets or Exceeds Course Objectives: A to A-	ACCEPTABLE Majority of Work Meets Course Objectives; B+ to B-	NOT ACCEPTABLE Needs Considerable Improvement: Resubmit Work Suggested: C or below
All work is very well organized.	Most work is generally well organized.	Work shows little or no organization.
Answers are well thought out and demonstrates reflection on the material.	Answers are complete and demonstrate some reflection on the material.	Answers are brief and do not demonstrate any reflection on the material.
Assignment use specific examples or references from multiple sources.	Assignment use specific examples or references from just a few sources.	Assignment do not use specific examples or references from the readings.
All assignment are completed using complete sentences.	The majority of the assignments are completed using complete sentences.	Assignments are not completed in complete sentences.
Work is free of spelling and/or grammatical errors.	Work has few spelling and/or grammatical errors.	Work has numerous spelling and/or grammatical errors.

- You are allowed 9 months to complete the course. Course questions? Contact your instructor by email.
 - For questions involving your registration or to change your address please contact us at support@dominicanCAonline.com or call (800) 626-5080.
- For Dominican Self-Guided course information go to <http://dominicancaonline.com/Dominican-CA-Online-FAQ>