



Implementing Self Care for Educators

EDUO 9054 - 1 or 2 Semester Credits

Instructor – Elizabeth von Schwarz
EvonSchwarz@dominicanaonline.com

Course Syllabus

Course Overview

Research the importance of self care for teachers as it relates to teacher retainment, job satisfaction, and decrease in teacher burnout. Use knowledge of self care to plan and implement a self care routine for educators. Reflect on the experience of engaging in self care as it relates to overall job satisfaction. Earn one credit while researching self care, as well as implementing a self care routine.

You must log 20* hours engaging in self care.

*If taking the course for 2 credits, student will log a total of 45 hours of self care.

Course Objectives:

In this course, participants will have opportunity:

- Research the importance of self care for educators
- Plan and implement a self care routine
- Log 20 hours engaging in self care for educators
- Reflect on experience engaging in self care

Course Relation to Professional Standards

This course aligns to the standards for the teaching profession:

- Standard 2: Creating and Maintaining Effective Environments for Student Learning
- Standard 3: Understanding and Organizing Subject Matter for Student Learning
- Standard 4: Planning Instruction and Designing Learning Experiences for All Students
- Standard 6: Developing as a Professional Educator

How to Submit Coursework

Each completed assignment in this course is submitted to the instructor for review. Follow directions at the end of each assignment on how to prepare and in which Moodle Dropbox to place completed work. Name each file submitted with your last name and assignment number (i.e. BrownAssignment3. Make sure you place your full name, course number and assignment number at the top of each document page. You will receive feedback from your instructor within 2-5 days indicating successful completion of the assignment or the need for revision. Assignment grades will be averaged for the final course grade.

Grading rubrics for written projects and for presentation projects are found in this document.

Course Assignments

Assignment One: Using the articles provided, research self care in relation to how it affects teacher retention, job satisfaction for educators, and decreases teacher burnout.

Assignment Two: Create a plan self care that educators could adapt. Be sure to discuss the research you used from Assignment One in your plan creation. Carry out your plan by engaging in self care activities. Complete a written self care plan with details in implementation - upload to Dropbox #1 - Initial Plan/Project

Assignment Three: Implement your self care for educators plan; be sure to keep a running log of your hours, using the excel document provided. As you are working on your implementation, be sure to take notes about your self care journey to use in your final reflection. Upon completion of the log, upload to Dropbox #2 - Final Log

Assignment Four: Create a culminating summary/reflection for your instructor using the guiding questions below. Upload to Dropbox #3 - Culminating Reflective Summary

Culminating Reflective Summary Guiding Questions

- Describe how your self care plan would lead to teacher retention and/or job satisfaction
- Describe how you used the research from Assignment One during your self care journey
- Describe how your experience in this course has changed your views on self care as a tool to prevent teacher burnout
- Reflect on what you felt worked well in your plan implementation
- Reflect on what you would do different for this course

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: a C or below
The initial plan includes a detailed description of a self care implementation plan that promotes teacher retention, job satisfaction, and is aligned with the new knowledge from the research conducted. The goal also demonstrates a timeline of implementation during the current school year.	The initial plan includes a description of a self care implementation plan that promotes teacher retention, job satisfaction, and is aligned with the new knowledge from the research conducted. The goal also demonstrates a timeline of implementation during the current school year.	The initial plan includes a description of self care that does not align with the research.
Log of hours shows consistent and thoroughly detailed dated entries that demonstrate applicable self care activities as referenced in the research.	Log of hours shows consistent and adequately detailed dated entries that demonstrate applicable self care activities as referenced in the research.	Log of hours shows limited dated entries that do not adequately demonstrate applicable self care activities as referenced in the research.
Culminating reflective summary thoroughly answers all guiding questions and is free of grammatical and spelling errors.	Culminating reflective summary adequately answers all guiding questions and has minimal grammatical or spelling errors.	Culminating reflective summary partially answers all guiding questions or contains multiple grammatical or spelling errors.

Grading Information - Grades will be submitted after all assignments have been uploaded to Moodle.