



Teacher Self Care-Utilizing Values

EDUO 9323 2 Semester Credits/Units

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Course Syllabus

Course Overview:

Examine how the science of values may benefit your well-being and the daily experiences of your students. Through an introduction to positive psychology, you will recognize your own values and begin to realize these values in your daily interactions in and out of the educational environment.

Course Objectives:

In this course, you will have the opportunity to:

- Explore the psychological science of values
- Incorporate values into your daily interactions through values exercises
- Develop a values exercise plan that adopts a values exercise to use in the classroom

Course Relation to CCS or other Professional Standards:

NBPTS – National Board for Professional Standards – 5 Core Propositions

<http://www.nbpts.org/five-core-propositions> - National Teaching Standards, Five Core Propositions

- Proposition 1: Teachers are committed to students and their learning.
- Proposition 2: Teachers know the subjects they teach and how to teach those subjects to students.
- Proposition 3: Teachers are responsible for managing and monitoring student learning.
- Proposition 4: Teachers think systematically about their practice and learn from experience.
- Proposition 5: Teachers are members of learning communities.

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 submit your assignments. 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 5 days indicating successful completion of the assignment or the need for revision. Assignment grades will be averaged for the final course grade.

Course Assignments:

Module 1- Introduction	
Objective	Submit an introduction.
Assignment(s) Include Activities and Needed Materials	<p>Spend 30 minutes reviewing the course and familiarize yourself with Moodle</p> <p>For your first assignment, please write a short autobiographical paragraph (200-500 words) to introduce yourself to the course instructor. In this introduction, include the following:</p> <ul style="list-style-type: none"> • Your current position • Why you chose to take this course • What brought you to the field of education • What are some of your future goals • Anything else that you would like the instructor to know <p>Submit your work to the Module 1 Dropbox in Moodle.</p>
Assessment	Module work will be assessed using the course Assessment Rubric

Module 2 - Understanding the Science of Values	
Objective	Research the empirical evidence behind the science of values
Assignment(s) Include Activities and Needed Materials	<p>The Science of Values:</p> <ul style="list-style-type: none"> • Introduce to the concept of values in psychology and the scientific background of how values affect our everyday lives • Read these articles relating to the science of Values and take notes <ul style="list-style-type: none"> ○ Values 101 ○ Value Science ○ The Role of Values in Psychological Science • Watch this material on values and take notes <ul style="list-style-type: none"> ○ How Values Influence Behavior ○ Why Values Matter • Write a 400-600 work reflection on what you have learned about values and the science of values using the following guiding question prompts <ul style="list-style-type: none"> ○ What are values? ○ What role do values play in our own well-being? ○ How do values influence our behavior? ○ What are some reasons for why we should pay attention to/assess values? ○ What have you learned from these articles? What are you still curious about? <p>Submit your work to the Module 2 Dropbox in Moodle.</p>
Assessment	Module work will be assessed using the course Assessment Rubric

Module 3 - Core Values Inventory	
Objective	Complete Core Values Index and reflect on values inventory
Assignment(s) Include Activities and Needed Materials	<p>Discovering Values:</p> <ul style="list-style-type: none"> ● Complete your core value index to discover your unique personality and value index to reveal motive and how you are wired to contribute to the world around you ● Complete the clarifying values activities ● Submit your reports <ul style="list-style-type: none"> ○ Combine the core values index and clarifying values activity into one document ○ If you printed the reports to complete them by hand, please scan or take a picture of the documents for upload ○ Additionally, write a short paragraph on your thoughts of both activities (200-400 words) and add this to the end of the document. Use the following as guiding questions: <ul style="list-style-type: none"> ▪ Do you think these activities provide a clear picture of your values? ▪ Is there anything missing or that you would add/change? ▪ Did you learn anything surprising about your values? <p>Submit your work to the Module 3 Dropbox in Moodle.</p>
Assessment	Module work will be assessed using the course Assessment Rubric

Module 4 - Values in Practice	
Objective	Practice your core values
Assignment(s) Include Activities and Needed Materials	<p>Utilizing Values:</p> <ul style="list-style-type: none"> ● Set up a tracking system to track real-life example of utilizing values you identified in Module 3 at work and at home <ul style="list-style-type: none"> ○ complete tracker set up ○ identify goals that align with values ○ create activities based on values ● complete activities over a period of one week <ul style="list-style-type: none"> ○ using tracker, complete and schedule activities ○ journal about these experiences ● Assignment 4 <ul style="list-style-type: none"> ○ write a 400-600 word reflection on the activities that you planned and completed ○ include your tracking system as part of your assignment <p>Submit your work to the Module 4 Dropbox in Moodle.</p>
Assessment	Module work will be assessed using the course Assessment Rubric

Module 5 - Identifying Core Values at School	
Objective	Create a lesson plan based on the science of Values
Assignment(s) Include Activities and Needed Materials	<p>Using Values at School:</p> <ul style="list-style-type: none"> ● Read through an identifying core values exercise for students <ul style="list-style-type: none"> ○ identify how this could be adapted to fit their classroom or workplace ○ identify who the audience is (grade level, or which staff members) ● Complete an individualized lesson plan for how to adapt this activity to your school situation ● Submit a lesson plan (or professional development plan) that is not a copy of this exercise, rather tailored to the your school situation <p>Submit your work to the Module 5 Dropbox in Moodle.</p>
Assessment	Module work will be assessed using the course Assessment Rubric

Module 6 - Completing Values Lesson Plan	
Objective	Use and evaluate the values lesson plan
Assignment(s) Include Activities and Needed Materials	<p>Incorporating a Values Exercise at School: Participants will...</p> <ul style="list-style-type: none"> ● Plan to implement the lesson plan created in module 4 <ul style="list-style-type: none"> ○ Identifying potential problems or accommodations that will be needed to implement ○ Plan which day this would best fit considering the schedule and curriculum ○ implement the activity ● Submit two pieces <ul style="list-style-type: none"> ○ a revised lesson plan based on how the exercise went ○ a reflection answer the reflection question about the exercise and future use <p>Submit your work to the Module 6 Dropbox in Moodle.</p>
Assessment	Module work will be assessed using the course Assessment Rubric

Module 7 - Conclusion	
Objective	Reflect on learning in the course
Assignment(s) Include Activities and Needed Materials	<ul style="list-style-type: none"> Write 1-2 paragraphs about what you have learned in this course and how you plan to implement the values strategies into your classroom and life as a teacher. <ul style="list-style-type: none"> Which practice do you think you are most likely to continue and why? How can you continue to use the science of values in school? <p>Submit your work to the Module 7 Dropbox in Moodle.</p>
Assessment	Module work will be assessed using the course Assessment Rubric

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 organized.	Most work is generally well organized.	Work shows little or no organization.
Answers are well thought out and demonstrate 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 and provide a detailed description of how the assignment can be incorporated into a learning environment.	Assignment use specific examples or somewhat describes how the assignment can be incorporated into a learning environment.	Assignment do not use specific examples or describe classroom incorporation.
All assignments are completed and meet or exceed the page or paragraph requirement. Templates or assignment documents are fully filled out, with thorough elaboration and thoughtful detail put into each component.	The majority of the assignments are completed and meet the page or paragraph requirement. Templates or assignment documents are mostly filled out, indicating some thought put into each component.	Assignments are not completed and do not meet the page or paragraph requirement Templates or assignment documents are not filled out.
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.