

# DOMINICAN UNIVERSITY of CALIFORNIA

## **Fixing Education's Biggest Challenges: Mental Health**

### **EDUO 9445 – One Graduate Level Credit**

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### **Course Overview**

The world of education has become extremely challenging over the past few years. From teacher shortages to the mental health crisis, both educators and students are struggling. The reform needed to fix such problems is often impractical and can take years! We do not have the time to wait. By implementing practical ideas and strategies incrementally, educators can continuously improve each issue and ultimately make a big shift. Educators will walk away from this course ready to tackle one of education's biggest challenges, Mental Health.

Welcome to **EDUO 9445 Fixing Education's Biggest Challenges: Mental Health**. This course is part of a six-course series entitled **Fixing Education's Biggest Problems**. The other five courses in the series are:

- EDUO 9441 Fixing Education's Biggest Challenges: Curriculum/Achievement
- EDUO 9442 Fixing Education's Biggest Challenges: Student Behavior
- EDUO 9443 Fixing Education's Biggest Challenges: Teacher Retention
- EDUO 9444 Fixing Education's Biggest Challenges: Student Engagement
- EDUO 9446 Fixing Education's Biggest Challenges: Equity

**Please Note:** No class is a prerequisite for another. They do not have to be taken sequentially, and you are not required to take all 6 courses. You are free to take as many or as few as you want.

### **Course Objectives**

In this course, participants will have the opportunity to:

- Discuss and reflect on the biggest challenges facing education today.
- Learn practical ideas and strategies that will help address one of education's biggest challenges: Mental Health.
- Participate in activities that demonstrate the ability to create curriculum and learning environments that support student engagement, behavior, and social-emotional skills.

### **Course Relation to CCS or other Professional Standards**

This course aligns to the following professional teaching standards:

<http://www.cde.ca.gov/pd/ps/index.asp>

- Engaging and Supporting all Students in Learning
- Creating and Maintaining Effective Environments for Student Learning
- Understanding and Organizing Subject Matter for Student Learning
- Planning Instruction and Designing learning Experiences for all Students

## How to Submit Coursework

You have nine months to Complete this course from the day that you registered. However, you are free to turn in all your work for a grade at any time along the way. Nonetheless, we are flexible. Please reach out to your instructor if you do not feel as though you can complete the class on time.

Place each assignment (1-9) in a separate word processing document with clear labels and submit it into the corresponding assignment's Dropbox. Be sure to e-mail your instructor after each submission. If your assignment is too large for the Dropbox or it is in a format that the Dropbox will not accept (i.e. Google docs), feel free to e-mail or share the document directly with your instructor at [rpickett.dominicanaonline@gmail.com](mailto:rpickett.dominicanaonline@gmail.com).

## Course Assignments 1. Staying Positive

*Objective:* Discuss and reflect on the positive aspects of education and what keeps the participant active in their career.

- a. Read the article titled “*And Now for Some Good News.*” This article can be found in the online resources section of this course at: <https://dominicanselfguided.com/course/view.php?id=694> After reading the above article, discuss what surprised you the most and what made the most sense based on your experience in education.
- b. Write a paragraph or two discussing the most positive aspects of the past school year. While doing so, explain what motivates you to stay in education.

## 2. Educational Challenges

*Objective:* Discuss and reflect on the biggest challenges facing education today.

Watch the video called “*Teacher Shortages*”, which can be found in the online resources section of this course at: <https://dominicanselfguided.com/course/view.php?id=694> After watching the video, rank the following 6 educational challenges in relation to the teacher shortage crisis and explain the choices that you made.

- Teacher Retention
- Student Behavior
- Mental Health
- Equity
- Student Engagement
- Curriculum/Achievement

## 3. Educational Challenges 2.0

*Objective:* Discuss and reflect on one of the biggest challenges facing education today, Mental Health.

Without doing any research, write one paragraph on the educational challenge, Mental Health, and why you believe this area is currently such a challenge throughout the nation.

#### 4. Someday/Monday

*Objective:* Brainstorm practical ideas and strategies that will help address one of education's biggest challenges: Mental Health.

Read the article, "*The Someday/Monday Dilemma.*" The article can be found in the online resources section of this course at:

<https://dominicancaselfguided.com/course/view.php?id=694> After reading the article, come up with one small "Someday / Monday" idea to test that may improve Mental Health at your school/classroom/district. Essentially, you are to create a plan to start small and test your idea out. In your plan, describe your idea and why you choose it. There does not need to be a lot of details in your ideas, nor do you need to create any lesson plans. The basic idea is ok for this assignment.

#### 5. Introduction to Mental Health

*Objective:* Discuss and reflect on one of the biggest challenges facing education today, Mental Health and its effects on teacher recruitment.

- a. Watch the video titled "*Educator Burnout is Reaching Crisis Point*". This video can be found in the online resources section of this class at <https://dominicancaselfguided.com/course/view.php?id=694>
- b. Discuss how the mental health crisis is contributing to the teacher shortage and brainstorm ways to help the situation.

#### 6. Mental Health

*Objective:* Learn practical ideas and strategies that will help address one of education's biggest challenges: Mental Health.

- a. Read the following 5 articles. These articles can be found in the online resource section of this <https://dominicancaselfguided.com/course/view.php?id=694>
  - "*Let's Talk about Mental Health*"
  - "*States Look to Social-Emotional Learning to Combat Student Misbehavior, Poor Mental Health*"
  - "*Cultivating Joy, Healing, and Wellness*"
  - "*The Pressure of Perfectionism*"
  - "*What I Heard from Students About Mental Health*"
- b. Watch the following 4 videos. These videos can be found in the online resource section of this course at <https://dominicancaselfguided.com/course/view.php?id=694> You can also access the videos by clicking the link after the name of the video below.
  - "*Counting Down to Restore Calm in the Classroom*"
  - "*Rural Schools Take on the Mental Health Crisis*"
  - "*How to Respond When a Student Acts Out*"
  - "*4 Ways to Help Teens Strengthen Social and Emotional Literacy*"

- c. Using separate word documents, create a mini book report for each of the five articles and the four videos. Each mini report should include the following: 1) the title and author(s) of the article or video, 2) at least three images or drawings that represent the concepts in the article or video, 3) a summary of the article or video (a paragraph is fine), and 4) ideas for how the concepts in the articles could improve mental health in schools.

## 7. Mental Health 2.0

*Objective:* Learn practical ideas and strategies that will help address one of education's biggest challenges: Mental Health.

- a. Watch the following 4 videos on calming the nervous system. These videos can be found in the online resource section of this course at <https://dominicancaselfguided.com/course/view.php?id=694>
  - “Sipping Water for Self-Care During the School Day”
  - “Pushing a Wall to Settle the Nervous System”
  - “Getting in Tune to Soothe the Nervous System”
  - “Using Physical Work to Calm the Brain”
- b. Utilizing the resources from assignments 6 and 7 to create a classroom activity, lesson, or routine that will support student mental health in your classroom.
- c. Brainstorm how you can expand your idea above to your entire grade level and/or your entire school or district. This can be presented as an outline or with bullet points.

## 8. Teachers: The New Professional Athletes

*Objective:* Demonstrate gained knowledge on creating curriculum and learning environments that improves student outcomes and supports student engagement, behavior, and social-emotional skills for all students while improving the educational challenge of Mental Health.

- a. Watch the Video, “If We Treated Teachers Like Professional Athletes.” This video can be found in the online resources section of this course at <https://dominicancaselfguided.com/course/view.php?id=694>
- b. Although the video about teachers being treated like professional athletes was a segment from a comedy skit, this should be the goal of education and how teachers should be treated. Given what you have learned in this course, explain what it will take to improve mental health and how this could lead to the above video becoming a reality someday.

## 9. Fixing The Mental Health Problem.

*Objective:* Review the concepts of the course while communicating how the information can improve upon one of Education's biggest challenges, Mental Health.

a. Pretend that you just wrote and published a new book entitled, "Fixing The Mental Health Problem in Education." Create the outer cover of the book. This includes the front and back of the cover. The goal of the book cover is to entice people to read the book, not for them to learn all the information presented in this course. We want this cover to look more like one that was created to make the book stand out in a bookstore.

b. Pretend that you are attending your first book signing for the book above. This signing includes time to discuss the book with an audience that can ask questions. Write an opening statement for the crowd, as well as a script of some questions from the audience and your responses. Essentially, you are to review the concepts from this course.

### Course Assessment Rubric

<b>Exemplary: A to A-</b>	<b>Acceptable: B+ to B-</b>	<b>Unacceptable Must be resubmitted</b>
Reflective, thoughtful ideas relevant to the assignment are clearly stated	Presents some relevant ideas and connections to the assignment	Ideas are not clear or relevant
Very well organized	Generally well organized	Shows little or no organization
Responses relate numerous facts and specific details of the program materials	Some facts and specific details of the program materials are included	Few or no facts or specific details of the program materials are included
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

- You will need to complete the course within nine months of registering. If you need more time, be sure to contact your instructor prior to your due date.
- Course questions? Contact the developer by email. [rpickett@dominicancaonline.com](mailto:rpickett@dominicancaonline.com)
- For questions involving your registration, please contact us at [support@dominicanCAonline.com](mailto:support@dominicanCAonline.com) or call (800) 626-5080.
- To change your address, link to your Dominican account at [https://www.dominicancaonlinestore.com/store/index.php?main\\_page=login](https://www.dominicancaonlinestore.com/store/index.php?main_page=login)

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