

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

Teaching Life's Essentials - Happiness

EDUO 9756

1 Semester Credits/Units

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

Course Overview

Welcome to **EDUO 9756, Teaching Life's Essentials - Happiness**. This class was created as part of a seven course series entitled **Teaching Life's Essentials**. The other courses in the series are:

- **EDUO 9757 Compassion**
- **EDUO 9758 Curiosity**
- **EDUO 9759 Resilience**
- **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'.

Teachers will read and view research that confirms the importance of developing certain skills and practices to bring about happiness. Following directed practice activities they will engage in a positive attitude and life style that can serve as a model for their students.

Course Objectives

In this course participants will have an opportunity to:

1. Read and study given website resources
2. Practice skills that can lead to a happy life style
3. Model their happy life style to their students
4. Project success in creating a happy classroom
5. Communicate with other teachers about happiness

Course Relation to Professional Standards

This course aligns to the National Board for Professional Teaching Standards

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

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:

- Reading resource links about happiness that are provided and write approximately one page for each, reflecting on the significance of each article to you as a person and as an educator.
- Create a *Positive Comments Journal*. In this journal you will reflect on your experiences of sharing happiness with family, friends, co-workers, students and others.
- *The Mirror Exercise*. The objective is to see yourself as your students see you. Practice greeting your students while looking into a mirror. Adjust your facial and body language as you practice interacting in a natural cheerful way with positive and encouraging words.
- Write negative statements that students use to “push your buttons.” Write a positive response you will use to each negative statement. Practice your response using a mirror.
- Write an article stating why students in your class are so happy. This article explains that students are happy because they are not afraid to make mistakes. They are willing to take risks and make mistakes because you have shared how your own mistakes have led to learning.
- Write a TED Talk about happiness.

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>