ED 589 SELF-CARE AND RENEWAL FOR TEACHERS 1.0

Syllabus

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COURSE CREDIT:

One Semester Hour

PREREQUISITES:

A baccalaureate degree is required for graduate level courses.

COURSE MATERIALS:

Required Textbook:

on-line text: www.collegecoursesonline.com/renewal

Computer / Internet Access:

Because the text for this course and many of the assignment prompts are Web based, it is imperative that you have access to a computer with Internet access. Minimum system requirements:

• 486 processor
• Netscape 3.04 Gold or higher with Windows 3.11 OS (operating system)
• Netscape 3.01 Standard or higher with Windows 95 OS
• Netscape 2.02 or higher with Macintosh OS

For technical questions e-mail: mike@gpsspowell.info

COURSE DESCRIPTION:

This course will explore self-care and renewal and application of the principles in a classroom setting. Using a trail system (developed by Mid-continent Regional Educational Laboratory), you will explore the Trail of Self-Awareness, the Trail of Making Time and Setting Limits, the Trail of Managing Stress, and the Trail of Application of Techniques. A computer with Internet access to complete the Web-based reading and activities is essential.
COURSE OBJECTIVES/STUDENT LEARNING OUTCOMES:

The student will:

- Explore the four trails of self-care and renewal: Awareness, Insight (Making and Setting Limits), Discovery (Managing Stress), and Application.
- Apply the principles in a classroom setting.
- Learn to navigate the Internet through reading, activities, and hyperlinks.

COURSE REQUIREMENTS:

Students will read the text, *The Journey to Self-Renewal*, online at [www.collegecoursesonline.com/renewal](http://www.collegecoursesonline.com/renewal), following the four trails of self-care and renewal. This study guide will guide you through the written assignments and final paper that you are responsible to complete for credit for this course. You will be asked to write responses, keep a journal, choose activities, read outside literature, and evaluate how the content of this course affects your life, personally and professionally.

GRADE DISTRIBUTION AND SCALE:

In alignment with ASC academic policies, no D may apply to a major or minor field.

Grade Distribution:

**Trail 1-**
- Point of Reflection- 5 pts.
- Case study- 10 pts.
- Self-Assessment- 5 pts.
- Matrix Activities- Journal 2 entries- 10 pts each
- 3 Learning Activities- 10 points each
- Reflections- 10 pts.
- 1 Side Trip- 10 pts.

Trail 1: 90 points

**Trail 2-**
- Point of Reflection-5 pts.
- Self-Assessment-5 pts.
- Matrix Activity- Journal 1 entry-10 pts.
- 3 Learning Activities-10 pts. each
- Closure- Choose 2-10 pts. each

Trail 2: 70 points
Trail 3-
Point of Reflection-5 pts.
Self-Assessment-5 pts.
Matrix Activities- Choose 5- 10 pts. each
3 Learning Activities-10 pts. each
Closure a & b-10 pts. each

Trail 3: 110 points

Trail 4-
Questions-5 pts.
Self-Assessment-5 pts.
Matrix Activities- 3 Journal entries-10 pts. each
3 Learning Activities-10 pts. each
Check out Resources-10 pts.
Closure a & b-10 pts. each

Trail 4: 100 points

Final Reflection Paper

Final Paper: 50 points

Total points 420

Scale:

90-100% A
80-89% B
70-79% C
60-69% D
59% and below F

COURSE INSTRUCTIONS

Using this study guide, work through the written assignments; you will be asked to write responses, keep a journal, choose activities, read outside literature, and evaluate how the content of this course affects your life, personally and professionally.

Log on to the Internet and go to the following URL:
http://www.collegecoursesonline.com/renewal

Click on each Trail as you are ready to proceed and click on the link to Begin the Trail; you will go through the Trail by clicking the arrow buttons on the bottom of each page. You will also be able to navigate through the Trail (or Jump to a specific component) from the hyperlinks on the index page. As you go through each Trail, you will be asked to participate in several exercises as listed in the study guide. Please complete these exercises, and transmit your written responses either electronically by e-mail or hard-copy by postal mail to your instructor. Please refer to the contact information in your syllabus. You may send your work Trail by Trail
or you may send in all the Trails at once. Please be sure to **clearly mark each exercise with your name, Trail number, and assignment number**.

**ADA Statement:**

Students who need special accommodation to complete this class should contact the instructor and the Office of Student Affairs, 719.587.7221 as soon as possible.

**Note:** Web sites are constantly changing and you may find that some have moved or are simply no longer available; contact your instructor with any questions.