 

**Course Title:** Fostering Resilient Learners Book Study - Independent Study Option

**Department and Course Code:** Continuing EDUC 2000 - 1 credit

*Registration link* - [www.vcsu.edu/extend](http://www.vcsu.edu/extend)

**Instructor of Record:** Lee Weisgarber

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Please contact CREA admin with any questions at crea.nd@k12.nd.us

# Required Resource:

Souers, Kristin with Hall, Pete. (2016). Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom. Alexandria, VA: ASCD.

# Additional Course Materials:

* Study guide
* Journal, if recording reflection questions by hand
	+ Journals are not submitted to course instructor(s) for review or grading
	+ A single subject spiral-bound notebook is sufficient
* Art materials (i.e. crayons, colored pencils, pastels, paint, drawing paper, etc.)
	+ Note: the supplies you’ll need are contingent on your selection from the meaningful visual menu

# Description:

This course is designed to assist educators in understanding trauma and how it manifests in the classroom, reflect upon their instructional practice and beliefs through a trauma-informed lens, implement trauma-informed instructional strategies, and examine self-care practices.

# Objectives:

Upon completion of this course, participants will be able to:

1. **Understand** trauma (definition, prevalence, and manifestation of);
2. **Analyze** trauma-informed instructional strategies;
3. **Evaluate** current use of trauma-informed instructional strategies;
4. **Apply** trauma-informed instructional strategies;
5. **Create** a personally meaningful written or artistically-rendered visual to serve as a displayed or easily accessible reminder of one of your key learnings from the text.

# Course Activities and Requirements:

All course activities, including activity descriptions and instructions, are located in Teams. If you have not already received a link to the Teams course, please contact CREA Admin.

* You will complete the following activities:
	+ **Reflection questions** that are written or typed in a journal,
	+ **Study guide tasks** that are written by hand in a study guide that you will download from the text and print,
	+ **Written assignments** that are submitted through Teams,
	+ **Written/crafted/artistically-rendered meaningful visual** chosen from a menu of options, and

# A final book study reflection and course evaluation.

* You will submit the following assignments:
	+ A copy of your completed book study guide
	+ Partly written assignments
	+ An uploaded photo or scanned copy of your written/crafted/artistically-rendered visual
	+ The book study reflection and course evaluation

Please notice that you will not submit your answers to the reflection questions; these answers take the place of the verbal dialogue that would occur in a face-to-face book study. Though you are not required to submit your answers, you will find that completing the written assignments in Teams will be difficult if you choose to omit spending time engaging in reflective thinking and writing.

**Evaluation Plan:** ABCD grading

A check mark indicates meeting the standard. No check will be given if participant does not make a good-faith attempt to meet the standard.

* Completed four written assignments, submitted in Teams.
* Completed book study guide, submitted in Teams.
* Completed meaningful visual assignment, submitted in Teams.
* Completed book study reflection and course evaluation (Microsoft form link in Teams).

Grades will be assigned using the following:

* 1. Has received check marks in all standards
	2. Has received checks in 3 of 4 standards
	3. Has received checks in 2 of 4 standards
	4. Has received checks in 1 of the 4 standards

F. Has made no attempt at meeting standards

# Independent Study Course Outline:

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| **Dates** | **Agenda** | **Time Breakdown** |
| **Part 1** | * Assigned reading:
	+ Part 1 (pp. 9 – 38)
	+ Part 2 (pp. 39 – 88)
* Part 1 Reflection questions
* Part 1 Written assignment
* Part 1 Study guide tasks
 | 3 hours |
| **Part 2** | * Assigned Reading:
	+ Part 3 (pg 89 – 132)
* Part 2 Reflection questions
* Part 2 Written assignment
* Part 2 Study guide tasks
 | 3 hours |
| **Part 3** | * Assigned reading
	+ Part 4 (pg 133 – 168)
* Part 3 reflection questions
* Part 3 written assignment
* Part 3 study guide tasks
 | 3 hours |
| **Part 4** | * Assigned reading
	+ Part 5 (pg 169 – 200)
* Part 4 reflection questions
* Part 4 written assignment
* Part 4 study guide tasks
 | 3 hours |
| **Prior to semester deadline** | Complete the book study guide and submit in Teams | 1 hour |
| **Prior to semester deadline** | Complete one assignment from the meaningful visual menu and submit in Teams | 1 hour |
| **Prior to semester deadline** | Complete the book study reflec[tion and course](https://tinyurl.com/ResilientLearners) [evaluation](https://tinyurl.com/ResilientLearners) (Microsoft form link located in Teams) | 1 hour |