 

**Course Title:** Relationship, Responsibility, and Regulation 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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701-415-0441

# Required Resource:

Souers, Kristin Van Marter with Hall, Pete. (2019). Relationship, Responsibility, and Regulation: Trauma-Invested Practices for Fostering Resilient Learners. Alexandria, VA: ASCD.

# Additional Course Materials:

* Journal, if recording reflection questions by hand
  + Journals are not submitted to course instructors for review or grading
  + A single subject spiral-bound notebook is sufficient
* Laptop, if typing reflection questions
* Reliable internet connection, to access Teams for reflection questions and to submit assignments

# Description:

This course is designed to assist educators in adopting and maintaining a student-focused versus content-focused mindset to support students in experiencing safety and connection in school and an enhanced ability to access a ready-to-learn state.

# Objectives:

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

1. **Understand** a culture of safety within a school, the spectrum of trauma-savvy practices, and the definitions of relationship, responsibility, and regulation from a trauma-invested practices standpoint
2. **Analyze** the impact of responding to student trauma using practices from the three Rs
3. **Compare** how trauma-based student behavior impacts individuals from different perspectives, including students, families, teachers and school staff, and school leaders.
4. **Evaluate** current use of trauma-invested instructional strategies, individually and building-wide
5. **Apply** trauma-invested instructional strategies pertaining to the three Rs (relationship, responsibility, and regulation), and
6. **Construct** an action plan to map out next steps in professional practice.

# Course Activities and Requirements:

* You will complete the following activities:
  + Reflection questions (written or typed in a journal)
  + Brain health and self-care challenge chart and challenge reflection
  + Written assignments (one for each of the four parts of the course)
  + Three Rs action plan
  + A final book study reflection and course evaluation
* You will submit the following assignments in Teams:
  + Brain health and self-care challenge chart and challenge reflection
  + Written assignments (one for each of the four parts of the course)
  + Three Rs action plan
  + A final 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, completing the written assignments in Teams will be difficult if you choose to omit spending time engaging in reflective thinking and writing.

**Evaluation Plan: Satisfactory/Unsatisfactory**

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 all written assignments and submitted in Teams
* Completed the brain health and self-care challenge chart
* Completed the brain health and self-care challenge reflection and submitted in Teams
* Completed three Rs action plan and submitted in Teams
* Completed the book study reflection and course evaluation (Microsoft form link in Teams)

# Independent Study Course Outline:

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| **Dates** | **Agenda** | **Time Breakdown** |
| **Part 1** | * Assigned reading:   + Chapters 1-3 (pp. 9 – 62)   + Brain health and self-care challenge introduction (pp. 194-196) * Part 1 reflection questions * Part 1 written assignment * Part 1 brain health and self-care challenge | 3 hours |
| **Part 2** | * Assigned Reading:   + Introduction to Part 2 and Chapter 4 (pp. 65 – 114) * Part 2 reflection questions * Part 2 written assignment * Part 2 brain health and self-care challenge | 3 hours |
| **Part 3** | * Assigned reading   + Chapter 5 (pp. 115 – 150) * Part 3 reflection questions * Part 3 written assignment * Part 3 brain health and self-care challenge | 3 hours |
| **Part 4** | * Assigned reading   + Chapter 6 and Conclusion (pp. 151 – 196) * Part 4 reflection questions * Part 4 written assignment * Part 4 brain health and self-care challenge | 3 hours |
| **Prior to semester deadline** | Complete the brain health and self-care challenge chart and reflection and submit in Teams | 1 hour |
| **Prior to semester deadline** | Complete 3 Rs action plan and submit it 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) (Google form link located in Teams) | 1 hour |