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**Course Title:** Help for Billy 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:** Lyndsi Engstrom

Program Director

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**Required Resource:**

Forbes, Heather T. (2012). Help for Billy: A Beyond Consequences Approach to Helping Challenging Children in the Classroom. Boulder, CO: Beyond Consequences Institute, LLC.

**Additional Course Materials:**

* Journal, if recording journal reflection questions by hand
  + Journals are not submitted to course instructor(s) for review or grading.
  + A single subject spiral-bound notebook is sufficient.

**Description:**

This course is designed to assist educators in understanding how trauma-impacted children experience the traditional world of school, and to help educators discover what can be done to support trauma-impacted students to be ready and able to learn in their school environment.

**Objectives:**

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

1. **Understand** the survival-based perspective of children impacted by ongoing and/or severe trauma
2. **Analyze** trauma-informed relational and instructional strategies;
3. **Apply** trauma-informed relational and instructional strategies;
4. **Create** an action plan to prioritize regulatory thinking over behavioral thinking

**Course Activities and Requirements:**

All course activities, including activity descriptions and instructions, are located on Moodle. If you have not already received a link to the Moodle course, please contact the course instructor.

* You will complete the following activities:
  + **Reading reflection questions** that are posted in a discussion board on Moodle,
  + **Journal reflection questions** that are written/typed but not submitted in Moodle.
  + **Written assignments** that are submitted through Moodle,
  + A Help for Billy **action plan**
  + A final **book study reflection and course evaluation**.

**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 reading reflection discussion posts, including at least one reply to a classmate’s post for each of the four discussion posts.
* Completed four written assignments, submitted in Moodle.
* Completed Help for Billy action plan, submitted in Moodle.
* Completed book study reflection (Google form link in Moodle).
* Completed course evaluation (Google form link in Moodle).

Grades will be assigned using the following:

A. Has received check marks in all standards

B. Has received checks in 4 of 5 standards

C. Has received checks in 3 of 5 standards

D. Has received checks in 1 to 2 of the 5 standards

F. Has made no attempt to meet the standards.

**Independent Study Course Outline**

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| **Dates** | **Agenda** | **Time Breakdown** |
| **Part 1** | * Assigned reading:   + Chapter 1 (pp. 1 – 6)   + Chapter 2 (pp. 7 – 22)   + Chapter 3 (pp. 23-37) * Part 1 reading reflection questions * Part 1 journal reflection questions * Part 1 written assignment | 3 hours |
| **Part 2** | * Assigned reading:   + Chapter 4 (pp. 39-51)   + Chapter 5 (pp. 53-65)   + Chapter 6 (pp. 67-81) * Part 2 reading reflection questions * Part 2 journal reflection questions * Part 2 written assignment | 3 hours |
| **Part 3** | * Assigned reading:   + Chapter 7 (pp. 85-104)   + Chapter 8 (pp. 105-123)   + Chapter 9 (pp. 125-142) * Part 3 reading reflection questions * Part 3 journal reflection questions * Part 3 written assignment | 3 hours |
| **Part 4** | * Assigned reading   + Chapter 10 (pp. 143-157)   + Chapter 11 (pp. 159-174)   + Chapter 12 (pp. 175-196) * Part 4 reading reflection questions * Part 4 journal reflection questions * Part 4 written assignment | 3 hours |
| **Prior to semester deadline** | Complete a Help for Billy action plan and submit in Moodle | 1.5 hour |
| **Prior to semester deadline** | Complete the book study reflection [and course evaluation](https://tinyurl.com/ResilientLearners) (Google form link located in Moodle) | 1.5 hour |