 

**Course Title:** Overcoming Burnout and Compassion Fatigue - 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 with any questions at crea.nd@k12.nd.us

# Required Resource:

DuBois, A. L. & Mistretta, M. A. (2020). *Overcoming burnout and compassion fatigue in schools: A guide for counselors, administrators, and educators.* Routledge.

# 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

# Description:

This course is designed to assist educators in identifying and addressing professional burnout and compassion fatigue.

# Objectives:

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

1. **Understand** the definitions of burnout and compassion fatigue, and the differences

between them

1. **Analyze** their own current level of burnout and compassion fatigue
2. **Apply** burnout and compassion fatigue reduction and recovery strategies
3. **Create** a personalized burnout and compassion fatigue prevention plan, using at least three of the prevention plan resources provided in this course.

# Course Activities and Requirements:

* You will complete the following activities:
	+ **Reflection questions** (written or typed in a journal)
	+ **Written assignments** (one for each of the three parts of the course)
	+ A burnout and compassion fatigue **prevention plan**, which is to include at least three of the prevention plan resources provided in this course.

# A final book study reflection and course evaluation

* You will submit the following assignments in Teams:
	+ **Written assignments** (one for each of the three parts of the course)
	+ A burnout and compassion fatigue **prevention plan**, which is to include at least three of the prevention plan resources provided in this course.
	+ A final **book study course evaluation**.

Please note 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 the participant does not make a good-faith attempt to meet the standard.

* Completed all written assignments and submitted in Teams
* Completed burnout and compassion fatigue prevention plan, including at least three of the prevention plan resources provided in the course
* Completed course evaluation (Microsoft Form link in Teams)

# Book Study Course Outline - Online Independent Study Option

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| **Dates** | **Agenda** | **Time Breakdown** |
| **Part 1** | * Assigned reading:
	+ Chapter 1(pp. 1-10)
	+ Chapter 2 (pp. 11-26)
	+ Chapter 3 (pp. 27-40)
* Part 1 reflection questions
* Part 1 written assignment
* Part 1 prevention plan activities
 | 3 hours |
| **Part 2** | * Assigned reading:
	+ Chapter 4 (pp. 41-58)
	+ Chapter 5 (pp. 59-76)
* Part 2 reflection questions
* Part 2 written assignment
* Part 2 prevention plan activities
 | 3 hours |
| **Part 3** | * Assigned reading:
	+ Chapter 6 (pp. 77-87)
	+ Chapter 7 (pp. 89-108)
* Part 3 reflection questions
* Part 3 written assignment
* Part 3 prevention plan activities
 | 3 hours |
| **Prior to semester deadline** | Complete a burnout and compassion fatigue prevention plan (including at least three of the prevention plan resources provided in this course) and submit to crea.nd@k12.nd.us | 2.5 hours |
| **Prior to semester deadline** | Complete the book study course evaluation and submit to crea.nd@k12.nd.us. | .5 hour |