



# Before You Burn Out: Teacher Self-Care Interventions

## Course Syllabus

### Course Description

This professional development course helps educators design a self-care routine and carry it out during a 4-week implementation period. Choosing, monitoring, and evaluating the use of self-care practices is empirically proven to mitigate the chances of experiencing “burn out” or other factors to the workload required to teach learners with diverse needs. This self-paced online course is designed for educators to curate a personalized self-care intervention that can support their professional goals by enhancing experiences during personal time.

### Course Objectives

At the end of this course you should be able to:

1. Understand the significance of self-care in enhancing overall well-being and professional effectiveness.
2. Identify personal stressors, the importance of individual preferences in self-care selection, and strategies for a personalized self-care plan tailored to needs and lifestyle.
3. Analyze evidence-based self-care strategies to integrate them into daily routines and assess their impact on teaching practices and student outcomes.
4. Select reflective practices to assess personal experiences with self-care strategies, analyze challenges and successes in their integration into professional lives, and evaluate the impact on educators' overall well-being.
5. Understand how educators can distill their self-care experiences into actionable insights for peers and diverse audiences, leveraging technology and creative approaches to enhance the impact of self-care presentations.
6. Describe strategies to effectively communicate the importance of self-care and cultivate a culture of self-care within educational communities.
7. Explain methods for educators to gather constructive feedback and utilize collaboration for refining and advancing communication of self-care strategies.
8. Engage with strategies to sustain ongoing self-care within educational communities to inspire and support other educators in developing personalized self-care plans.

### Modules

- Module 1: Understanding the Foundations of Self-Care, Quiz 1
- Module 2: Identifying Personal Goals and Aspirations, Quiz 2
- Module 3: Exploring Self-Care Strategies and Their Benefits, Quiz 3
- Module 4: Reflecting on Self-Care Experiences, Quiz 4



- Module 5: Designing a Personalized Self-Care Intervention Plan, Quiz 5
- Module 6: Implementing and Adapting the Self-Care Plan, Quiz 6
- Module 7: Peer Feedback and Iterative Improvement, Quiz 7
- Module 8: Sustaining a Culture of Self-Care in Education, Quiz 8

**Grading:**

Each quiz must be passed at an 80% or higher (retakes allowed).

**Format**

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find reflection assessments that are not graded but will help in your journey through the course.