



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.

This course enhances classroom teaching effectiveness and supports improved student outcomes by introducing new knowledge in evidence-based self-care practices that help educators reduce burnout, promote well-being, and build long-term resilience to better support diverse learners.

Course Objectives

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

1. Explain the significance of self-care by identifying three ways it enhances overall well-being and professional effectiveness.
2. Develop a personalized self-care plan that includes three strategies aligned with personal stressors and preferences.
3. Analyze three evidence-based self-care strategies and describe how one can be integrated into a daily routine.
4. Evaluate the impact of one self-care strategy on personal well-being using a reflective practice.
5. Create a digital presentation that communicates one actionable insight from a personal self-care experience.
6. Describe three strategies to promote a culture of self-care within an educational community.
7. Explain one method for gathering feedback to improve communication of self-care strategies.
8. Demonstrate one approach for sustaining self-care within an educational community to support peers.

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 (three attempts 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. There is an interactive forum in the course to help you connect with peers and instructors, share ideas, and collaborate on best practices throughout your learning journey.