



Cultivate Compassion to Strengthen Your Resilience

EDUO 9945 1 Semester Credit/Unit

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Public Syllabus

Note: This is a Public syllabus of the course. For a fully detailed syllabus, please email the instructor.

Course Overview:

Discover ways you can renew and refuel through cultivating compassion to boost your well-being. Teachers can be vulnerable to vicarious trauma, often known as compassion fatigue because of their supportive role with students who may have experienced trauma, violence, disasters, or crises. Explore research on well-being and strategies to connect with a community, optimize your time and strengthen your resilience. Implement a well-designed plan to renew and refuel your work-life balance.

Course Objectives: This course will give student opportunity to:

- Distinguish between compassion fatigue and burn out as they relate to your professional practice
- Create a plan to implement research-based practices that can lead you to cultivate compassion, increase resilience and improve well-being
- Describe the impact of advocating for your well-being as you implement your plan

Course Relation to CCS or other Professional Standards

Proposition 1: Teachers are committed to students and their learning.

Proposition 4: Teachers think systematically about their practice and learn from experience.

Proposition 5: Teachers are members of learning communities.

How to Submit Coursework

Each completed assignment in this course is submitted to the instructor for review. Follow directions at the end of each assignment on how to prepare and submit your assignments. Name each file submitted with your last name and assignment number (i.e. BrownAssignment3. Make sure you place your full name, course number and assignment number at the top of each document page. You will receive feedback from your instructor within 5 days indicating successful completion of the assignment or the need for revision. Assignment grades will be averaged for the final course grade.

Course Assignments or Modules

There are 4 assignments that make up this course. Assignment 1 is the examination of the research on compassion fatigue and burnout as it relates to educators and the exploration of the strategies that align to strengthening your resilience. Assignment 2 is developing your plan to refuel and renew your well-being using the research and strategies you identified during assignment 1. Assignment 3 is the implementation of your plan including recording the time and reflecting on each experience. Finally, assignment 4 provides an opportunity for you to describe the impact of advocating for your own well-being.

Assignment One:

Create a note taking tool to capture your thoughts and reflections as you read the information presented in the articles. You will use your notes to write a critical reflection and create your plan. The note taking tool is for your use and does not need to be uploaded for feedback. Look at these sites for note taking tools and suggestions: <https://medium.goodnotes.com/the-best-note-taking-methods-for-college-students-451f412e264e> <https://learningcenter.unc.edu/tips-and-tools/taking-notes-while-reading/>

- **Compassion Fatigue: The Silent Thief in Our Schools, Cheri Brown Sizemore** The Working Lives of Educators <http://www.ascd.org/ascd-express/vol11/1118-sizemore.aspx>
- **What is compassion fatigue?**
- **Resilience ...**
- **Resilience** 12 Ways Teachers Can Build Resilience -

Research two additional topics related to teacher well-being. Include the titles and links in your critical reflection.

- Topic - article/book
- Topic – article/book

Optional Text Auguliar, Elena. (2018). Onward: Cultivating Emotional Resilience in Educators. San Francisco, CA: Jossey-Bass

Synthesize your learning. Write a critical reflection that demonstrates informed opinions about ideas presented in the readings. Submit your one-page critical reflection to **Dropbox #1 Critical Reflection**.

Your well-developed written reflection must include;

- evidence of learning of compassion fatigue, burnout and resilience as it relates to educators
- how these ideas....

Optional Text: Auguliar, Elena. (2018). Onward: Cultivating Emotional Resilience in Educators. San Francisco, CA: Jossey-Bass

Assignment Two:

Design your Compassion and Resilience plan. As you develop your plan, use evidence from the readings to guide you as you determine best practices to refuel and renew. Use the chart below as a sample. Your plan must be approved by the instructor prior to beginning implementation. Using Word or Drive, create and upload a chart detailing your plan to **Dropbox #2-Initial Plan**

Daily/Weekly Well Being Activity	Cite Reference- title of research article or book		Describe how this activity will improve your compassion and resilience
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Assignment Three:

Implement your Compassion and Resilience Plan. Maintain an ongoing log of your hours, using the Excel document provided. You must complete 20 hours engaged in activities outlined in your plan. As you are implementing the plan, record notes on the impact of the activity. Upon completion of the log, upload to **Dropbox #3 – Final Log**

Assignment Four:

Write a reflective narrative describing the impact of planning, engaging and advocating for your own well-being. Follow the specific guiding questions as you reflect on your experience. Submit to **Dropbox #4 Reflective Narrative**

Course Assessment Rubric:

Course Assessment Rubric		
EXCELLENT Meets or Exceeds Course Objectives: A to A-	ACCEPTABLE Majority of Work Meets Course Objectives; B+ to B-	NOT ACCEPTABLE Needs Considerable Improvement: Resubmit Work Suggested: C or below
Implementation plan explicitly details actions you will take to promote well-being, build/renew a community and support components of resilience. The plan is aligned to the research examined and details specific ways your practices will promote compassion and resilience. The plan includes an implementation timeline during the current school year.	Implementation plan includes actions you will take to promote well-being, build/renew a community and support components of resilience. The plan is partially aligned to the research examined. The plan includes an implementation timeline during the current school year.	Implementation includes few actions that align to research on promoting compassion and resilience.
Log of hours includes detailed and dated entries of implementation aligned to the plan.	Log of hours includes some detailed and dated entries of implementation aligned to the plan.	Log of hours shows limited dated entries of implementation.
Reflective Narrative thoroughly answers all guiding questions and is free of grammatical and spelling errors.	Reflective narrative answers most guiding questions and is free of grammatical and spelling errors.	Reflective narrative partially answers guiding questions and contains grammatical and/or spelling errors.

- You are allowed 9 months to complete the course. Course questions? Contact your instructor by email.
- For questions involving your registration please contact us at support@dominicanCAonline.com or call (800) 626-5080. To change your address, link to your Dominican Store account at https://www.dominicancaonlinestore.com/store/index.php?main_page=login

For Dominican Self-Guided course information, link to <http://dominicancaonline.com/Dominican-CA-Online-FAQ>