



Teacher Self-Care: The Science of Gratitude

EDUO 9052 2 Semester Credits/Units

Instructor – Christina Costa

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

Course Overview

Explore the science of gratitude and the benefits gratitude has on our personal well-being. Learn how to implement gratitude into your daily life and your classroom. In this course, you will be exposed to background in the psychology of gratitude, you will begin using the simple (and research-based) strategies, and you will bring this knowledge to your school and your students to contribute to a positive learning space.

Course Objectives:

In this course, participants will have opportunity:

- Explore the psychological science of gratitude
- Incorporate gratitude strategies into their lives
- Create a lesson plan that adopts a gratitude strategy to the classroom

Course Assignments

There are 5 modules that make up this course. In Module 1 you will discover the science of gratitude—including the empirical findings that link gratitude to positive outcomes. In Modules 2 and 3 you will dive into strategies that are used in gratitude interventions. In Modules 4 and 5 you will incorporate lessons of gratitude into your school and classroom. Participants are expected to read the assigned material for each module, and complete the required assignments according to criteria.

Module 1

Overview:

The science of gratitude has been in the interest of psychologists for decades, and more recently the benefits of gratitude have made gratitude a topic of interest for many professionals across various industries. In this module, participants will read about gratitude and watch a lecture on gratitude to become familiar with some of the findings of gratitude. By the end of this module, participants will understand important psychological findings of gratitude and will synthesize their learning on the science of gratitude in a reflection response.

Module 2

Overview:

The gratitude journal is one practice included in the science of gratitude. This practice involves displaying daily forms of gratitude, and is also a psychological intervention that shows many positive health outcomes. In this module, participants will read about gratitude journaling and set up your own gratitude journal. By the end of this module, participants will have set up their own gratitude journal and have logged in that journal over a period of two weeks.

Module 3

Overview:

The gratitude letter is another practice included in the science of gratitude. This practice involves displaying gratitude for specific people in our lives. Like the gratitude journal, the gratitude letter also has empirical evidence to support the psychological benefits for the receiver and the giver. By the end of this module, participants will learn about the gratitude letter—including the benefits and how to write their own. By the end of this module, participants will have written their own gratitude letter and sent it out to the person the letter is addressed to.

Module 4

Overview:

In this module, participants will learn about displaying gratitude at work and brainstorm ways in which they can use gratitude practices in their school. They will come up with ideas based on readings, and complete these ideas. By the end of this module, participants will reflect on the ideas that they implemented in their school and submit the list of their ideas.

Module 5

Overview: This module will focus on how to incorporate gratitude practices at the classroom level. Participants will implement a lesson to either practice the gratitude journal or the gratitude lesson with their students. By the end of this module, participants will have created a lesson plan to use in the future with their class.

Course Assessment Rubric

| <p style="text-align: center;">EXCELLENT Meets or Exceeds Course Objectives: A to A-</p> | <p style="text-align: center;">ACCEPTABLE Majority of Work Meets Course Objectives; B+ to B-</p> | <p style="text-align: center;">NOT ACCEPTABLE Needs Considerable Improvement: Resubmit Work Suggested: C or below</p> |
|--|---|---|
| All work is very organized. | Most work is generally well organized. | Work shows little or no organization. |
| Answers are well thought out and demonstrate reflection on the material. | Answers are complete and demonstrate some reflection on the material. | Answers are brief and do not demonstrate any reflection on the material. |
| Assignment use specific examples and provide a detailed description of how the assignment can be incorporated into a learning environment. | Assignment use specific examples or somewhat describes how the assignment can be incorporated into a learning environment. | Assignment do not use specific examples or describe classroom incorporation. |
| <p>All assignments are completed and meet or exceed the page or paragraph requirement.</p> <p>Templates or assignment documents are fully filled out, with thorough elaboration and thoughtful detail put into each component.</p> | <p>The majority of the assignments are completed and meet the page or paragraph requirement.</p> <p>Templates or assignment documents are mostly filled out, indicating some thought put into each component.</p> | <p>Assignments are not completed and do not meet the page or paragraph requirement</p> <p>Templates or assignment documents are not filled out.</p> |
| Work is free of spelling and/or grammatical errors. | Work has few spelling and/or grammatical errors. | Work has numerous spelling and/or grammatical 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.dominicanaonlinestore.com/store/index.php?main_page=login
- For Dominican Self-Guided course information, link to <http://dominicancaonline.com/Dominican-CA-Online-FAQ>

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