



COURSE SYLLABUS

Course:	EDZU 9914	<u>The Motivated Teacher</u>
Credit Hours:	3.0 credits / 45 hours	
Instructor:	Kyle Black	

Course Description

This course is for any teacher that wants to continue, maintain and/or grow their love, enjoyment, passion and motivation for their profession for the remainder of their career. Teachers taking this course will reflect on the tremendous impact they have on their students' lives. Teachers need this reminder regularly to reinforce the noble work they do each day. They will learn strategies and new ideas to stay motivated and passionate professionally throughout their teaching career and will reflect on ways to apply them to their own lives. They will learn how to balance their work and life to stay healthy and happy. They will learn the realities of teacher-burnout, how to identify it, and how to combat it quickly. In the end, teachers will create a Motivation Maintenance Plan as a reference to stay on the right track. Why is this course vital? How would you like to be at the end of your teaching career? Pleased, positive and passionate? Or exhausted, irritated and burnt-out? You know what the answer is. Most have experienced colleagues or teachers from their childhood on both ends of this spectrum. The choice is yours, but you need to be prepared to combat obstacles that will arise and come out stronger. A happy and passionate educator results in a more content and rewarding life for the teacher, and a more beneficial experience for the students. It's a win-win situation.

Course Goals

To Know

1. The positives and negatives of teaching, and how the positives outweigh the negatives.
2. How to identify if you need a refreshed motivation for teaching.
3. Statistics related to teacher-burnout.

To Understand

1. The influential role a teacher can have on children.
2. Strategies to create work/life balance (meditation, yoga, exercise, nutrition, handling stress, getting enough sleep, and more).
3. Strategies to combat teacher burn-out (positive relationships with colleagues, remind yourself why you love teaching, be more creative with lesson planning, work/life balance, have a stress outlet, pursue another degree/certification, anticipate ups and downs, and more).

and To Be Able To

1. Create a Maintaining Motivation Plan Reference Sheet with reminders of strategies of how to stay motivated/passionate and to combat burnout.
2. Reflect on the positive impact you have as a teacher on children's lives.
3. Discuss motivating quotes related to the teaching profession.

Course Outline**Block 1: Teachers' Impact Reflection**

- A. Why did you become a teacher?
- B. Positive Impact Reflection
- C. Share a positive experience
- D. The positives of teaching.
- E. Your best experience as a teacher
- F. Quote Reflection

Block 2: Identifying and Combatting Teacher Burnout

- A. Burn out quiz
- B. Burnout Research and Statistics
- C. How to fight and beat teacher burnout
- D. The negatives of teaching are a reality, but they do not outweigh the positives
- E. Quote Reflection

Block 3: Strategies to Stay Motivated and Passionate

- A. Self-care
- B. Summer recharge ideas
- C. Professional Development to Re-motivate
- D. Ways to remind yourself why you got into teaching
- E. Quote Reflection

Block 4: Life Balance

- A. Burnout or Balance Article
- B. Work/Life Balance
- C. Self-Management
- D. Time Management Tips
- E. Slow Down, Accomplish More
- F. Quote Reflection

Block 5: Strategies to Stay Healthy, Motivated and Passionate

- A. Meditation
- B. Exercise for the teacher
- C. Nutrition for the teacher
- D. How to Turn Stress to your Advantage
- E. Take a break
- F. Getting Enough Sleep

Final Project: Create a Maintaining Motivation Plan Reference Sheet

Methods of Instruction

Teachers enrolled in this course will review a wide variety of resources, including articles, blogs, videos, and reflect on their current practices. They will reflect on a teacher's impact, identify and combat teacher burnout, find strategies to stay motivated and passionate, discover ways to balance their lives, and explore strategies to stay healthy, motivated and passionate. They will connect information learned in articles, blogs and videos with reflection on their professional and personal lives to come up with a plan to maintain motivation and passion for their craft for their entire career.

Students will connect with each other throughout the course within forums and various other types of online feedback options built into each class.

Methods of Assessment

All students will participate in online class discussions and complete assignments based on review of assigned readings and resources. Assignments will challenge students to active learning content by applying it to their professional practices.

For a graduate student to earn an A, the student must complete all assignments and discussion forums. They must complete the final project by creating a Maintaining Motivation Plan Reference Sheet- complete with the explanation of 5 possible causes for teacher burnout related to the teacher's career and 5 solutions (strategies and ideas learned in the course) to prevent and/or extinguish the burnout that would work for them personally.

For a graduate student to earn a B, the student must complete all assignments and discussion forums. They must complete the final project by creating a Maintaining Motivation Plan Reference Sheet- complete with the explanation of 3 possible causes for teacher burnout related to the teacher's career and 3 solutions (strategies and ideas learned in the course) to prevent and/or extinguish the burnout that would work for them personally.

Instructors are online each day of the course and correspond with students through the course itself, feedback on assignments, e-mail, and by phone.

Time Validation

Assignment	Time (in hours)
Block 1: Teachers' Impact Reflection	
Teachers will participate in an online discussion about why they entered the teaching profession.	0.50
Teachers will read articles and reflect on a student they had a positive impact on (academically, socially or emotionally).	1.00

Teachers will participate in an online discussion after reading articles and discussing the greatest accomplishment one of their students has ever achieved, or what you wish they would achieve in the future.	1.00
Teachers will list and explain 10 positives of teaching.	0.50
Teachers will describe their best/most rewarding experience as a teacher.	0.50
Discussion: Quote Reflection- Choose from motivational teacher quotes. React and connect it to your teaching career.	1.00
Block 2: Identifying and Combatting Teacher Burnout	
Assignment: Teachers will watch a video and reflect on teachers' discussion on burnout and how to beat it.	1.00
Assignment: Teachers will take online burnout quiz and reflection on their results.	1.00
Assignment: Teachers will choose 3 of the research findings from a survey and reflect on where they fall in those areas.	1.00
Assignment: Teachers will read articles and discuss how they can use strategies to fight teacher burnout.	2.00
Assignment: Teachers will read an article and reflect on 2 of the burnout banishers and how they can be connected to their teaching career.	1.00
Assignment: Teachers will read an article and discuss 3 burnout symptoms and 3 coping mechanisms to combat it. They will evaluate themselves using the 3 burnout factors.	2.00
Teachers will read an article and participate in an online discussion forum about teacher "moonlighting" help make ends meet financially.	1.00
Teachers will participate in an online discussion forum reflecting on research on teachers spending personal money for their own classroom.	1.00
Assignment: Teachers will read an article and respond to 3 strategies to stay passionate and motivated if they ever experience the sad reality of less than stellar administration.	1.00
Assignment: Teachers will respond to research from articles about the role politicians play in education.	1.00
Teachers will read articles and participate in an online discussion forum about teacher evaluations.	1.00
Teachers will read articles and participate in an online discussion forum about physical resources they need, want and have.	1.00
Teachers will participate in an online discussion forum about good teachers getting the most difficult students.	0.50
Discussion: Quote Reflection- Choose from motivational teacher quotes. React and connect it to your teaching career.	1.00
Block 3: Strategies to Stay Motivated and Passionate	
Teachers will read an article and analyze the well-being, managing stress, and social/emotional learning for professionals.	1.00
Teachers will read an article and explain ideas on how to recharge in the summer.	1.00
Teachers will read a list of literature suggestions for teachers and participate in an online discussion forum about their own professional summer.	1.00
Teachers will research professional development opportunities that interest them.	1.00
Teachers will participate in an online discussion forum sharing examples of student work that makes them proud.	1.00

Teachers will participate in an online discussion forum about positive relationships they have had with past students/classes.	0.50
Teachers will participate in an online discussion forum about positive relationships they have had with colleagues.	0.50
Discussion: Quote Reflection- Choose from motivational teacher quotes. React and connect it to your teaching career.	1.00
Block 4: Life Balance	
Teachers will read the article and respond to the research statistics of teacher burnout, life balance, passions and continuing to grow as an educator.	1.00
Teachers will read an article and react to ideas of work/life balance (defining success, technology, being in the moment and having a support network).	1.00
Teachers will read an article and explain how they can work smarter.	1.00
Teachers will read an article about time management and choose and explain tips to help them be more productive in their workday.	1.00
Teachers will read an article and explain how they can slow down and accomplish more.	1.00
Discussion: Quote Reflection- Choose from motivational teacher quotes. React and connect it to your teaching career.	1.00
Block 5: Strategies to Stay Healthy, Motivated and Passionate	
Teachers will read 2 articles and watch a short video and discuss yoga/mindfulness in the classroom and how they can implement it.	2.00
Teachers will read an article and explain ways they can exercise in their busy day.	1.00
Teachers will read an article and reflect on positive diet and lifestyle ideas.	1.00
Teachers will read an article and reflect on ways to turn stress to your advantage.	1.00
Teachers will read an article and find energizing work-day boosts that they can implement in their lives.	1.00
Teachers will read an article and discuss strategies to get the suggested amount of sleep.	1.00
Discussion: Quote Reflection- Choose from motivational teacher quotes. React and connect it to your teaching career.	1.00
Final Project: Teachers will create a Maintaining Motivation Plan Reference Sheet for personal/professional use.	4.00
Total Time	45.00