



Dr. Debbie O'Doan
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Educator Wellness: Happy Teacher Habits

Course Description:

This is the **second** course in the Educator Wellness Series offered through DIAL. Educators are pulled in many directions both at home and at school. If you focus on one, it can feel like the other is being neglected. This course will help teachers narrow their focus and remove the “clutter” from their classrooms, so they can inspire students. Teachers will read about strategies to motivate students and create learning experiences students want to be part of. Teachers will learn to “shift” their classrooms to a growth mindset, so the students learn to succeed. Teachers will learn how transform their classrooms and be great teachers without doing more work.

Course Objectives:

Participants will be able to identify and apply the following concepts from course materials:

- Determine a focus for their students’ learning
- Understand why it’s hard for teachers to say no
- Read about the 11 Happy Teacher Habits
- Learn how to implement the 11 Happy Teacher Habits
- Make a healthy plan to:
 - Narrow their focus
 - Tidy their classrooms
 - Inspire their students
 - Build a growth mindset
 - Utilize planning time better
 - Build connections to “bridge” the gaps to other knowledge
- Feel energized and excited to stay in the teaching profession

Textbook Information:

Linsin, Michael. *The Happy Teacher Habits: 11 Habits of the Happiest, Most Effective Teachers on Earth*. JME Publishing, (2016). San Diego, CA.

Resources provided in the course by instructor:

Website: <https://smartclassroommanagement.com/>

Videos, Articles, Blog Posts

Attendance Policy:

This is an 5-week long asynchronous online course, with 1 week break for Easter. Participants may choose to complete work during the break. Participation and completion of activities is expected weekly.



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Course Activities:

Participants will be required to read the text, watch short videos, post to the discussions, and write a final reflection. Course assignments and discussion questions will be housed in Google Classroom. The course assignments and timeline and can be viewed below:

March 22-April 26 (Easter week flexibility)	
Assignments:	Due date:
Introduction Activities Read Chapters 1-3 Read 80/20 Article Post to Discussion	March 22-March 28
Read Chapters 4-6 Watch Author Videos Post to Discussion	March 29-April 4
Easter Week, Catch up or work ahead	April 5-April 11
Read Chapters 7-9 Watch Short Videos Post to Discussion	April 12-April 18
Read Chapters 10-11 Read Blog Post or Watch Author Video Complete Personal Reflection (Healthy Plan Objective #5)	April 19-April 25
All Assignments Due	April 26

Evaluation:

The course is a Pass or No Pass course. Participants who achieve 80% or better will receive a passing grade. Evaluation will be as follows:

Assignments	Points	Weight
Introduction Activities	10	10%
Discussions (3)	30 (10 each)	30%
Final Reflection/Healthy Plan	60	60%
Total Points:	100	100%

Participant Behavior, Academic and Plagiarism Policy:

Ethical behavior, honesty and integrity are expected by all participants in this course and plagiarism will not be tolerated. The following expectations in online discussions will be adhered to.

- Respect others, disagree appropriately, respect each other's opinions.
- Avoid inflammatory or discriminatory language.
- Stay on topic in discussion posts and make sure they contribute; don't just agree or disagree with the original poster.