



Dr. Debbie O'Doan
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Educator Wellness: Finding Your Focus

Course Description:

"Teaching requires an extremely complex skill set, and the stakes are high." ~ Angela Watson

"Every morning you have a choice. Are you going to be a positive thinker or a negative thinker? Positive thinking will energize you." ~Jon Gordon

This is the first course in the Educator Wellness Series offered through DIAL.

With everything that is currently required and expected of teachers, it can be easy to get caught up in what feels like a tornado. 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 sort through the most important things, get organized, create a plan to prioritize, practice positive thinking, all while practicing self-care before they burn-out. The resources in this course will help teachers with accomplishing more both at home and work by creating a focused plan for both and help them alleviate guilt of not taking on too much and doing some focused things well.

Course Objectives:

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

- Determine their Focus/Legacy – One Word (Jon Gordon), Fewer Things... (Angela Watson)
- Understand why it's hard for teachers to say no
- Understand the "seasons" of life
- Define expectations and create healthy boundaries
- Make a healthy plan to:
 - Align time with priorities and make time for what matters most
 - Use small blocks of time productively
 - Eliminate unnecessary from your day
 - Execute
 - Restore Balance
- Feel energized and excited to stay in the teaching profession

Textbook Information:

Watson, Angela. *Fewer Things, Better: The Courage to Focus on What Matters Most*. Due Season Press and Educational Services, (2019). Kindle Edition or Paperback.

Resources provided in the course by instructor:

Websites such as <https://jongordon.com/>, <https://truthforteachers.com/>, <https://fewerthingsbetter.com/>

Podcasts



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Resources provided in the course by instructor (cont.):

- YouTube links
- Edutopia and Education Weekly Articles
- Slide Presentations
- Activities Files

Attendance Policy:

This is a 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.

Course Activities:

Participants will be required to read the text, watch short videos, listen to at least 1 podcast, complete related activities, review articles and respond, and the final will be to create a prioritized plan for themselves. Course assignments and discussion questions will be housed in Google Classroom. The course assignments and timeline and can be viewed below:

March 15-April 26 (Easter week flexibility)	
Assignments:	Due date:
Introduction Activities Read Intro & Chapters 1-3, Watch Short Videos- One Word, Your Legacy Activity 1: Your Legacy Activity 2: Seasons of Life	March 15-21
Read Chapters 4-6 Post Podcast Choice Activity 3: Aligning Priorities Discussion/Reflection: Priorities, Expectations, Boundaries	March 22-28
Read Chapters 7-10 Watch Short YouTube Videos Activity 4: Defining Balance Edutopia Article – Work-Life Balance Discussion/Reflection: Balance Activity 5: Letting Go of the Unnecessary	March 29-April 4
Easter Break: Catch up or work ahead	April 5-April 11
Read Chapters 11-12 & Afterword Activity 6: Choosing Self-Care Short Reflection Response (Discussion 3)	April 12-18
Complete Personal Work-Life Balance Plan	April 19-26
Final Assignments Due	April 26



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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	5%
Activities (6)	60 (10 each)	30%
Discussions (3)	30 (10 each)	15%
Podcast Post	30	15%
Final Balance Plan	70	35%
Total Points:	200	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.