



Dr. Debbie O'Doan  
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## Transitions- Making Sense of Life's Changes (Book Study)

### Course Description:

This is the first course in the Change Series offered through DIAL.

Transitions happen all the time. How people adjust to those changes can be crucial to their success. This course is part of a group of courses being offered related to educators' wellness. This course will examine personal change through the lens of schools and adjustments teachers and administrators have been forced to make due to the Covid pandemic. These changes include technology, delivery of instruction, relationships with students, parents, and staff.

### Course Objectives:

- Participants will be able to identify and apply the following concepts described in the reading materials:
  - Part 1: The need for change, including
    - The phases of transition and how they affect us
    - The positives and negatives of change
    - The rules of transition
    - Transitions and relationships
    - Transitions and work life
  - Part 2: The transition process, including:
    - Endings
    - Neutral Zone
    - New Beginnings
- Participants will be able to identify ways they can better manage and respond to transitions and change in education.
- Participants will recognize what state of transition they are in.

### Attendance Policy:

This course will be delivered in an asynchronous online format. Participation, and completion of assignments is expected weekly. Participants may work ahead and may contact the instructor if they need a time extension.

### Details:

Students must complete all parts of the assignments to receive a passing grade. The course timeline and can be viewed below. Discussion questions will be posted in Google Classroom.

### Course Activities:

Participants will be required to read the text provided, watch short presentations/videos, take short assessments, interact with the instructor and other participants, and turn in a final reflection paper.



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**Course Timeline:**

<b>Part 1: March 15-April 4</b>	
<b>Assignments:</b>	<b>Due date:</b>
Introduction Activities Read Intro, Preface	March 15-21
Read Part 1 Pre-chapter (Need for Change), Chapters 1 & 2	March 22-28
Read Chapters 3 & 4, Video Post Part 1 Reflection	March 29- April 4
<b>Part 2: April 5-26</b>	
Easter Break, catch up or work ahead	April 5-11
Read Part 2 Pre-chapter (Transition Process), Chapters 5-7 Post Part 2 Reflection	April 12-18
Read Article Changes in Education Final Reflection Paper	April 19-26
Final 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:

<b>Assignments</b>	<b>Points</b>	<b>Weight</b>
Introduction Activities	10	10%
Online Reflection Posts (2)	40 (20 each)	40%
Final Reflection Paper	60	60%
<b>Total Points:</b>	<b>100</b>	<b>100%</b>

**Textbook Information:**

Bridges, William. Transitions Making Sense of Life's Changes. 40th Anniversary ed., Lifelong Hatchett Books, 2019.

**Participant Behavior, Academic and Plagiarism Policy:**

Ethical behavior, honesty and integrity are expected by all participants in this course and plagiarism and disrespect 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, not just agree or disagree with the original poster.