

Empowered Video Courses Basic Information Packet

*Empower YOURSELF. Empower your STUDENTS.
Change the WORLD every day, one student at a time.*



Important Information

- Courses are offered for graduate level credits (3 credits per course) in partnership with exceptional Universities including Lindenwood University in St. Louis and the University of California, San Diego Extension



- Both Empowered courses are self-paced (you can take them *whenever* and *wherever* you want)
- Courses are online and involve short videos designed to be engaging and practical for your important work.
- Courses are designed for educators including teachers, administrators, counselors and social workers
- Upon registration, you will receive a complimentary electronic workbook to guide your success
 - Courses are research-based and designed to be simple, effective and empowering for busy educators
 - School and district course plans are available (so that all educators within that school or district can learn together)
 - You can register directly via drewschwartz.com/videocoursesinfo

Empowered Behavior:

Basic Syllabus Information

23 Videos total
3 Grad Level Credits

Topics include:
Proactive behavior tools
Trauma informed approaches
Responsive Behavioral Strategies
Mindfulness
Restorative Practices
Empowering Student Responsibility
Self-Care (for adults and students)

Course Outcomes:

From this course, participants will:

- Deepen understanding of socioemotional and cognitive (thoughts) factors which contribute to student behavior
- Learn practical tools related to mindfulness which can be embedded into daily work
- Learn practical tools related to trauma-informed practices
- Develop practical tools related to proactive behavior management
- Develop proactive tools related to responding (not reacting) to behavioral issues
- Learn a practical tool related to restorative practices
- Develop strategies for your own (and your students') wellness and socioemotional success
- Learn tools which are a part of a system of support designed to empower student responsibility for their behavioral (and emotional) success

Empowered Teaching and Learning:

Basic Syllabus Information

25 Videos total
3 Grad Level Credits

Topics include:
motivation,
strengths-based approaches,
purpose,
goal setting,
growth mindset in practice,
cultural responsiveness,
effective communication

Course Outcomes:

From this course, participants will:

- Deepen understanding of internal resources which inspire/motivate students and educators
- Learn practical tools related to purpose and strengths-based education which can be embedded into daily work
- Learn about the distinctions between deficit and strengths based approaches
- Develop practical tools related to setting goals based on tools of motivation
- Develop proactive tools for making growth mindset a part of your daily practices/lessons
- Learn practical tools related to verbal and non-verbal communication
- Develop strategies for engaging successfully in difficult conversations
- Learn tools related to cultural responsiveness
- Clarify your own purpose (your WHY) and learn strategies for embedding your purpose and strengths into your daily success

Graduate Credit Info

Assignments for Credit for Each Course

1. Two Short Surveys (each take 2 minutes to complete)

Complete the pre-question survey within this workbook before starting the course.
Complete the post-question survey within this workbook after completing the course.

2. Reflection Paper

Write a 4-6-page **Reflection paper** upon completion of the course responding to the question: **How will this course help empower me to make a positive impact on student lives?**

As part of this paper, please highlight:

- ✓ Concepts and tools presented in the course that resonated strongly with you
- ✓ Specific examples/stories of success and/or challenges that you've faced
- ✓ Any other thoughts, ideas, suggestions that come to mind regarding Empowered Behavior

3. One short reflection per video:

Watch all 23 short course videos. After each video, write a short reflection (short paragraph) in response to the video. You can use the "Notes" pages within this workbook to type your response if you'd like. You may choose to answer one or more of the questions from the video as part of your response or simply respond without reference to the questions.