

Course Title	The Burnout Cure Book Study
Course Number	EW 51948
Dates	April 12-May 17
Credit	1 Graduate Credit or 15 PDC's
Instructor	Deb Endress 815-275-1655 Debendress@gmail.com
Course Description	Educators will read the book The Burnout Cure (Learning to Love Teaching Again) by Chase Mielke. Participants will choose 1 assignment from each chapter and implement the strategies. Comments and results of implementation for each chapter are due weekly.
Course Outcomes	<p>Essential Question: How do we refuel, reenergize, and reframe to be our best as teachers so we can give our best to learners?</p> <p>Essential Question: What research-based practices help people and communities flourish?</p> <p>Educators will analyze mindfulness activities and research to promote Social-Emotional self awareness.</p> <p>Educators will share and critique the products and assignments of their colleagues and network to gather practical and pedagogical strategies.</p> <p>Educators will discuss the importance and impact of integrating Social-Emotional Learning Standards into teaching and learning.</p>

Task	Hours	Points
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<p>Introductory Zoom</p> <p>Topic: Burnout Cure Intro Zoom Time: Apr 12, 2021 04:30 PM Central Time (US and Canada)</p> <p>Join from PC, Mac, Linux, iOS or Android: https://tccillinois.zoom.us/j/87150130762</p>		
<p>Introduction Chapters 1 and 2 Awareness: Becoming a Goodness Curator Awareness: Being Mindful</p> <p>Analyzing and Implementing Strategies Journal Entry due: 4-14 Respond to Colleagues: 4-16</p>	<p>1 hour</p> <p>2 hours</p>	<p>40</p>
<p>Chapters 3 and 4 Attitude: Gratitude Attitude: Finite Framing</p> <p>Analyzing and Implementing Strategies Journal Entry due: 4-21 Respond to Colleagues: 4-23</p>	<p>1 hour</p> <p>1.5 hours</p>	<p>40</p>
<p>Chapters 5 and 6 Attitude: Optimism Attitude: Empathy</p> <p>Analyzing and Implementing Strategies Journal Entry due: 4-28 Respond to Colleagues: 4-30</p>	<p>1 hour</p> <p>1.5 hours</p>	<p>40</p>

Chapters 7 and 8 Attitude: Forgiveness Action: Altruism Analyzing and Implementing Strategies Journal Entry due: 5-5 Respond to Colleagues: 5-7	1 hour 1.5 hours	40
Chapters 9 and 10 Action: Crafting Your Calling Action: Ambitious Acts Analyzing and Implementing Strategies Journal Entry due: 5-12 Responding to Colleagues: 514	1 hour 1.5 hours	40
Zoom Meetings Networking and Evaluation (Dates TBD by group)	2 Hours	50 Points

GRADING				
A = 250-225 pts.	B = 224-200 pts.	C = 199-174 pts.	D = 174-150 pts.	F = 140 - 0 pts.