

Instructor/TA Info

Instructor Information

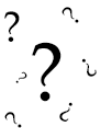
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Course Information

Description

The purpose of this course is to help you to become a more effective, resilient, and durable teacher. We are taking the long view of this class.

Materials

Item	Price (new)	Price (used)
 <u>The Happiness Trap</u> - Required by Harris,R	16.95	12.75

Grading Scale

Grades	Percent
A	93%
A-	90%
B+	87%
B	83%
B-	80%
C+	77%
C	73%
C-	70%
D+	67%
D	63%
D-	60%
E	0%

Grading Policy

Late assignments may not be graded. If they are graded you will get half credit.

Participation Policy

You will get a participation grade for each class.

Attendance Policy

There is no way to make up a missed class. If you miss a class you just miss the class.

Assignments

Assignment Descriptions

Quiz #1

Sep

11

Due: Wednesday, Sep 11 at 11:59 pm

Optimism Journal 9.11.19

Sep

11

Due: Wednesday, Sep 11 at 11:59 pm

Did you make at least three entries in your optimism journal this week?

- Start a journal (paper or electronic) and begin to attend to any negative "internal chatter". You don't need to do anything about it. Simply record the situation (what was happening) and what you told yourself about the situation (internal chatter).

Optimism Journal 9.18.19

Sep

18 Due: Wednesday, Sep 18 at 4:59 pm

Did you make at least three entries in your optimism journal this week?

Quiz #2

Sep 18 Due: Wednesday, Sep 18 at 11:59 pm

Optimism Journal 9.25.19

Sep 25 Due: Wednesday, Sep 25 at 4:59 pm

Did you make at least three entries in your optimism journal this week?

Readings 1 (Student Teaching Handbook)

Sep 25 Due: Wednesday, Sep 25 at 11:59 pm

Read Student Teaching Handbook pgs. 1-33 and submit a question from that reading

Quiz #3

Sep 25 Due: Wednesday, Sep 25 at 11:59 pm

Optimism Journal 10.2.19

Oct 02 Due: Wednesday, Oct 02 at 4:59 pm

Did you make at least three entries in your optimism journal this week?

Readings 2

Oct 02 Due: Wednesday, Oct 02 at 11:59 pm

Read Student Teaching Handbook pgs. 34-54 and submit a question from that reading.

Quiz #4

Oct 02 Due: Wednesday, Oct 02 at 11:59 pm

Optimism Journal 10.9.19

Oct 09 Due: Wednesday, Oct 09 at 4:59 pm

Did you make at least three entries in your optimism journal this week?

Readings 3

Oct 09 Due: Wednesday, Oct 09 at 11:59 pm

Read Student Teaching Handbook pgs. 55-105 and submit a question from that reading

Quiz #5

Oct 09 Due: Wednesday, Oct 09 at 11:59 pm

Optimism Journal 10.16.19

Oct 16 Due: Wednesday, Oct 16 at 4:59 pm

Did you make at least three entries in your optimism journal this week?

Participation

Oct 16 Due: Wednesday, Oct 16 at 11:59 pm

Participation points will be earned by arriving on time for class, attending the entire class period, and contributing to class discussions.

Lead a discussion

Oct
16

Due: Wednesday, Oct 16 at 11:59 pm

You will be required to present a topic that is proving to be challenging to you as a student teacher/intern. You will then lead a 30 min discussion on how to address the challenge. You do not have to have the answer to the challenge. You do need to discuss a productive discuss on how to address the challenge.

ACT Final Response Paper

Oct
16

Due: Wednesday, Oct 16 at 11:59 pm

In this paper you will summarize your experience working on improving your own optimism and psychological flexibility. You will identify the strategies that have been helpful and the strategies that have not been helpful. You will present a detailed plan for how you will continue to work on improving/maintaining your optimism and psychological flexibility throughout your first year of teaching.

Praxis

Oct
16

Due: Wednesday, Oct 16 at 11:59 pm

You must take the Praxis corresponding to you specialization before the semester is out:

Special Education: Core Knowledge and Severe to Profound Applications (5545)

Special Education: Core Knowledge and Mild to Moderate Applications (5543)

There is a very short time window in which you can take the exam (9.3.18 to 9.15.18). YOU NEED TO TAKE THE EXAM TO PASS THIS CLASS AND TO GRADUATE. Please plan accordingly.

Quiz #6

Oct
16

Due: Wednesday, Oct 16 at 11:59 pm

Point Breakdown

Categories	Percent of Grade
Assignments	45.45%
Readings	9.09%
Optimism Journal	27.27%
Quizzes	18.18%

University Policies

Honor Code

In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact be your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university. Students are also expected to adhere to the Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and every instructor's expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 422-2847 if you have questions about those standards.

Preventing Sexual Misconduct

In accordance with Title IX of the Education Amendments of 1972, Brigham Young University prohibits unlawful sex discrimination against any participant in its education programs or activities. The university also prohibits sexual harassment-including sexual violence-committed by or against students, university employees, and visitors to campus. As outlined in university policy, sexual harassment, dating violence, domestic violence, sexual assault, and stalking are considered forms of "Sexual Misconduct" prohibited by the university.

University policy requires all university employees in a teaching, managerial, or supervisory role to report all incidents of Sexual Misconduct that come to their attention in any way, including but not limited to face-to-face conversations, a written class assignment or paper, class discussion, email, text, or social media post. Incidents of Sexual Misconduct should be reported to the Title IX Coordinator at t9coordinator@byu.edu or (801) 422-8692. Reports may also be submitted through EthicsPoint at <https://titleix.byu.edu/report> (<https://titleix.byu.edu/report>) or 1-888-238-1062 (24-hours a day).

BYU offers confidential resources for those affected by Sexual Misconduct, including the university's Victim Advocate, as well as a number of non-confidential resources and services that may be helpful. Additional information about Title IX, the university's Sexual Misconduct Policy, reporting requirements, and resources can be found at <http://titleix.byu.edu> (<http://titleix.byu.edu>) or by contacting the university's Title IX Coordinator.

Student Disability

Brigham Young University is committed to providing a working and learning atmosphere that reasonably accommodates qualified persons with disabilities. If you have any disability which may impair your ability to complete this course successfully, please contact the University Accessibility Center (UAC), 2170 WSC or 422-2767. Reasonable academic accommodations are reviewed for all students who have qualified, documented disabilities. The UAC can also assess students for learning, attention, and emotional concerns. Services are coordinated with the student and instructor by the UAC. If you need assistance or if you feel you have been unlawfully discriminated against on the basis of disability, you may seek resolution through established grievance policy and procedures by contacting the Equal Employment Office at 422-5895, D-285 ASB.

Schedule

Date	Topic	Reading	Assignments
Week 1			

W Sep 04 Wednesday	Class Introduction	https://web.stanford.edu/class/msande271/onlinetools/LearnedOpt.html	<p>Attendance Link</p> <p>https://docs.google.com/spreadsheets/d/134duZX2Hgil10w_i9ahfCdPJ5TEu70/edit?usp=sharing</p> <p>Class Discussion Schedule:</p> <p>https://docs.google.com/spreadsheets/d/1mtx6llcpCW7HgwBh0aIUaHNK086Vuh6D8GatRw8OM/edit?usp=sharing</p> <p>Link to Student Teaching Handbook:</p> <p>https://education.byu.edu/cpse/teaching-experience</p>
Week 2			
T Sep 10 Tuesday			
W Sep 11 Wednesday	Introduction: Optimism Discussion #1	Optimistic Teaching.pdf Download Durand et al 2013.pdf Download	Optimism/Psychological Flexibility Journal #1 Optimism Journal 9.11.19 Quiz #1
F Sep 13 Friday			
Sa Sep 14 Saturday			
Week 3			
T Sep 17 Tuesday			
W Sep 18 Wednesday	The happiness trap	Part one: How you set the happiness trap (pgs. 1-20)	Optimism/Psychological Flexibility Journal #2 Optimism Journal 9.18.19 Quiz #2
Week 4			
T Sep 24 Tuesday			
W Sep 25 Wednesday	Transforming the inner world	Happiness Trap pgs. 33-75 Readings 1 (Student Teaching Handbook)	Optimism Journal 9.25.19 Quiz #3
Week 5			
T Oct 01 Tuesday			
W Oct 02 Wednesday	More Transforming the Inner World	Happiness Trap pgs 76-129 Readings 2	Optimism Journal 10.2.19 Quiz #4
Week 6			
W Oct 09 Wednesday	More Transforming the Inner World	Happiness Trap pgs.130-182 Readings 3	Optimism Journal 10.9.19 Quiz #5
Week 7			
W Oct 16 Wednesday	Wrap-up and program feedback More Transforming the Inner World	Happiness Trap pgs. 183-234	ACT Final Response Paper Lead a discussion Optimism Journal 10.16.19 Participation Praxis Quiz #6
Week 8			
W Oct 23 Wednesday			
Week 9			
W Oct 30 Wednesday			
Week 10			
W Nov 06 Wednesday			
Week 11			
W Nov 13 Wednesday			
Week 12			
W Nov 20 Wednesday			
Week 14			
W Dec 04 Wednesday			

Week 15

W Dec 11 Wednesday