

Classroom Management: Stress Management



About Corwin Advance

Corwin Advance courses are created from popular Corwin books in direct consultation with our author experts. Each course features learning and skills you can transfer to your classroom immediately, using video from classrooms showing strategies in action, along with interviews with authors, teachers, and students. All Corwin Advance courses are designed to support teacher license renewal and professional growth with the goal of improving outcomes for all students.

Accessing the Course

To access your course you will need an Internet-connected device such as a computer, tablet, or mobile phone. Courses run within the following web browsers:

- Chrome
- Firefox (Extended Releases are not supported)
- Internet Explorer 11 (Windows only)
- Edge (Windows only)
- Safari 10 and 11 (Macintosh only)

For the best experience please ensure that your browser is up to date.

Login

1. Go to <https://corwin.instructure.com>
2. Login with the email address and password you used to purchase the course.
3. If you don't remember the password you created, simply click *Forgot Password?* to reset it.

Materials

All required readings and videos are included in the course as digital files, including content from:

Pariser, S. (2018). *Real talk about classroom management*. Thousand Oaks, CA: Corwin.

Course Description

The title of this 15-hour course could be “sanity saving techniques.” Even the best teachers can hit their breaking point if they don’t take care of themselves throughout the school year mentally and physically. The activities and videos in this course strive to help busy teachers like you to manage stress and save time. As Serena Pariser writes in her book *Real Talk About Classroom Management*, by taking care of yourself, you will also be taking care of your students; when your life feels balanced, you will have more time, energy, and enthusiasm to devote to your teaching.

Course Objectives

By the end of this course, you will be able to:


- Maximize use of time in order to relieve stress
- Use proactive strategies for stress reduction
- Develop positive relationships with parents
- Create a supportive, collegial culture with co-workers

Course Outline

This course is self-paced.

Key Dates

Many students find the courses most rewarding if they work through at a steady pace, setting aside dedicated time to take the course. Completing one module per week is a common goal.

Module 1	 Take Care of Yourself	4.5 hrs Typical time to complete
Focus	Balancing Act	
Read A	Keep It Simple	
Watch A	The Importance of Teacher Self-Care	
Read B	Life Balance	
Evaluate and Create	Me Time	
Explore	Be Mindful	
Quiz	Priorities	Graded
Reflect	Taking Time to Look Back	

Module 2 	Connecting With Families After completing this module, you will be able to: <ul style="list-style-type: none"> • Develop strategies to reduce conflict with parents and students. • Develop strategies to improve relationships with parents and students. 		4.5 hrs Typical time to complete
	Focus	Getting Organized	
	Read A	Restoring Relationships	
	Watch	Positively Engaging Parents	
	Read B	Positive Engagement	
	Create	Top Ten Ways to Engage	
	Dialogue	Building Community	
	Quiz	Engaging With Others	Graded
	Project	Making Headlines	Submit for Grading
	Reflect	Communication Is Key	
Module 3 	Collegial Relationships After completing this module, you will be able to: <ul style="list-style-type: none"> • Identify ways to have productive and positive conversations with colleagues. • Apply strategies to develop and maintain positive relationships with co-workers. 		4.5 hrs Typical time to complete
	Focus	Making Connections	
	Read A	Happy Coworkers	
	Watch	Positively Engaging Colleagues	
	Read B	Solid Foundations	
	Reflect and Create	Better Conversations	
	Explore	Lesson Study	
	Quiz	Getting Along	Graded
	Reflect	It Takes a Village	
		Capstone	
Final Project	Letter Writing Campaign	Submit for Grading	
Final Reflect	What Are Your Next Steps?		
Update Your Portfolio	Stress Management		

InTASC Standards Alignment

Our courses have been aligned to the InTASC Mode Core Teaching Standards that outline what all teachers across all content and grade levels should know and be able to do to be effective in today's learning contexts. You can also view alignment to other popular frameworks [here](#).

Standard	Covered in Modules
Standard 9: Professional Learning and Ethical Practice	Module 1
Standard 10: Leadership and Collaboration	Module 2 and 3

Course Policies

Grading Policy and Rubric

Letter Grade	% Grade
A	94–100
A-	90–93
B+	87–89
B	84–86
B-	80–83
C+	77–79
C	74–76
C-	70–73
D*	65–69
F*	0–64

Component	Percentage of Final Grade
Final Project	45%
Module Projects	35%
Module Quizzes	20%

**Students earning a D grade or below will not be eligible to receive a Certificate of Completion or graduate credit.*

Assignment Resubmission Policy

Students receiving a non-passing grade in the course have one opportunity to re-submit a project assignment to improve their grade. To resubmit an assignment please work directly with your course facilitator; you have seven days from completion of the course to resubmit the assignment.

Facilitation Model

Throughout your course experience, you will have a dedicated facilitator to answer questions and provide feedback on your submitted projects. Your facilitator will respond to any questions within one business day. All submitted assignments will receive written feedback and grades within 5 business days of their submission date.

Standards of Academic Integrity

Corwin Advance maintains high standards of academic integrity related to student academic performance in our courses. When enrolling in a Corwin Advance course you do so with the understanding and agreement to produce your own work, to submit assignments that you completed yourself, and to take quizzes and exams without the assistance of others. Course facilitators will enforce our Standards of Academic Integrity Policy and will report to Corwin all suspected violations. Read the full Standards of Academic Integrity Policy at the Corwin Advance Academic Integrity web page.

University Graduate Credit & Transcript

If you select a course that is eligible for graduate credit, that credit will be awarded upon successful completion of the course by the university you select upon purchase. Upon successful completion Corwin will communicate your final grade to the university and you will be directed to the university to register and access your transcript. This could take 2–3 weeks depending on the university, though you will receive a Corwin Certificate of Completion upon completion of the course. For more details on Corwin Advance university partners visit our web page, or if you have questions, contact advancesupport@corwin.com.