

EPC 580 Mindfulness-based Stress Reduction & Social Emotional Intelligence in the Classroom**COURSE INFORMATION**

Dates / Times	June 25-29, 2018 8:00-4:00
Location	Payson Smith Meeting Room #1 - Portland campus
Instructor	Nancy Hathaway
Credit	Three (3) In-service Graduate Credits
Tuition/Fees	vary by student/course. <i>FMI</i> , access your <i>MaineStreet</i> account or call/visit Student Financial Services .

MaineStreet account “holds” need to be cleared before registration. Typical holds:

- 1. Financial Responsibility Statement (FRS)** – All students must read and agree to this statement **each time they enroll in a class**. Click on this link and follow the instructions: [FRS and Instructions](#)
- 2. Immunization** – Students born after 1956 taking at least one class usually need to submit required immunization records. Form and instructions are at this link: [Click here for Immunization Information](#)

COURSE DESCRIPTION

This course provides training in Mindfulness-based Stress Reduction for teachers, counselors, and psychologists in school settings. Students learn Mindfulness techniques for themselves and for their students as well as for their relationships with colleagues. Through Mindfulness exercises and practice, group and dyad discussions, presentations, readings, and talks by the instructor, students will develop Mindfulness skills to integrate into the school setting for themselves as a teacher and for students. The emphasis is on integrating Mindfulness into the classroom through modeling and seamlessly bringing Mindfulness to help students develop emotional and social skills. These skills help children thrive and as well give them a solid foundation for their academic studies.

REGISTRATION FORM**EPC 580: Integrating Mindfulness-based Stress Reduction
& Social Emotional Intelligence into the Classroom (class # 4434)**

Credit Card / E-check Please pay through your MaineStreet student account once your bill is posted. **An email will be sent to you with instructions.**

Purchase Order Purchase Order # _____ Agency _____
Agency Address _____

Name _____ Student ID _____ DOB ___ / ___ / _____

Home Address: _____ City _____ State _____ Zip _____

Email _____ Telephone _____ Male ___ Female ___

Email, mail, or fax completed registration form and purchase order (if applicable) to the PDC (address below).

Professional Development Center

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