

PDS 514 Integrating Mindfulness-based Compassionate Communication into Education**COURSE INFORMATION**

Dates/Times	Tuesdays 4-7 pm: September 22 - November 10, 2020, <i>plus Sun. Nov. 8, 8 am-1 pm</i>
Location/Format	Online (synchronous) - meetings via Zoom plus some asynchronous work Nancy Hathaway
Instructor	Hathaway
Credit	Three (3) In-service Graduate Credits
Tuition/Fees	\$1296 (in-state resident tuition) plus fees which vary by student/course and are usually ~\$200-250 . FMI, access your MaineStreet account or contact Student Financial Services .

Note to current students: Please check your MaineStreet Student Center for any holds. You cannot be registered until holds are cleared; the most common hold is the "FRS":

Financial Responsibility Statement (FRS) - All students must read and agree to this statement **each time they enroll in a class**. An FRS Hold does **not** imply that you have outstanding charges. Click on this link and follow the instructions: [FRS info and Instructions](#)

COURSE DESCRIPTION

Having a foundation in mindfulness knowledge, study, practice, and skills, the student will have the essential beginnings to study and practice this language which has as its core empathy for oneself and others and one's experience rather than from evaluation, blame, advice, judgments. This language is conducive to use in all aspects of education as it gives language to respect, non-judgment, compassion for self and others whether students, colleagues, school staff, and parents.

Prerequisites: *Previous 3-credit or week-long Mindfulness-based Stress Reduction course (UMA/USM/UM) or Instructor permission.*

REGISTRATION FORM**PDS 514: Integrating Mindfulness-based Compassionate Communication into Education (class # 50982)**

Note: Bills for the course tuition and fees will be posted to your MaineStreet student account after registration, at which time you can pay directly via credit card or check, set up a payment plan with Student Financial Services, and/or arrange to have your school district/agency to pay. Bills are due September 15, or within 10 calendar days (whichever is later). **An email will be sent to you with instructions.**

Name _____ Student ID _____ DOB ____ / ____ / ____ Gender ____

Previous/Alternate Name(s) (if applicable) _____ Phone _____

Home Address _____ City _____ State _____ Zip _____

Email _____ School District / Agency _____

Please email, mail, or fax completed registration form to the PDC (address below). Thank you!

Professional Development Center

8 Bailey Hall · 37 College Avenue, Gorham, ME 04038 · Hours: M-F 8-4:30 · <http://usm.maine.edu/pdc>
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