

## Fall 2020 - PDC Course Offerings

Go back to school alongside your students this fall and improve your craft! See below for the courses offered through the Professional Development Center at USM this fall. Registration forms can be found on the PDC website: <https://usm.maine.edu/pdc/fall-2020-courses>

**Note:** These courses are in addition to the cohort program courses being offered. Visit our website for more information about all the services the PDC offers: <https://usm.maine.edu/pdc>

### **PDS 513 - Mindfulness-based Stress Reduction & Social Emotional Intelligence in the Classroom**

Class #50599; Nancy Hathaway, instructor; 3 graduate credits; online synchronous via Zoom

Saturdays 8-11 am, Sep 19-Nov 7, 2020 (Oct 31 meet 8 am-1 pm); some asynchronous work expected

Students will develop Mindfulness skills to integrate into the school setting for themselves and for their students. The emphasis is on integrating Mindfulness into the classroom through modeling to help develop emotional and social skills.

### **PDS 514 - Integrating Mindfulness-based Compassionate Communication into Education**

Class #50982; Nancy Hathaway, instructor; 3 graduate credits; online synchronous via Zoom

Tuesdays 4-7 pm, Sep 22-Nov 10, 2020 (*plus Sun, 11/8, 8 am-1 pm*); some asynchronous work expected

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.

**Pre-requisite:** PDS 513 or instructor permission.

### **PDS 526 - Exploration, Principles, and Ethics of Animal Assisted Interventions & Anthrozoology**

Class #50600; Clare Thomas-Pino, instructor; 3 graduate credits; online asynchronous

August 31 - December 11, 2020 (*no class meetings*)

Students will gain an understanding of the various roles animals can play in counseling, education, health and wellbeing, & the clear legal & ethical boundaries in the differentiation between educational, physical, & mental health practitioners of AAI. Emphasis will be placed upon understanding animal behavior & the human-animal bond as essential components of AAI.

### **PDS 551 - Fostering Resilience, Competency, & Safety: Effective Strategies for Teaching Struggling Students**

Class #50304; Karen Suhrhoff, instructor; 3 graduate credits; online synchronous via Zoom

Thursdays 4-6:30 pm, September 10, 2020-June 3, 2021 (*meeting dates updated 7/24*)

Class meets 9/10, 9/24, 10/15, 10/29, 11/12, 12/10, 1/21, 2/11, 2/25, 3/11, 4/8, 5/6, 5/20, 6/3

This year-long course will provide practicing teachers and school faculty the knowledge and skills that will assist in the planning, implementation, and evaluation of practical and effective strategies to address students' social and emotional health and skill deficits, while fostering resiliency, competency, engagement and safety for all students in the classroom.

For help registering for a course or for more info, contact the PDC at [pdc@maine.edu](mailto:pdc@maine.edu). Payment is due September 15, or within 10 calendar days of registration (whichever is later).

**We hope to see you this fall!**



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