

## Fall 2022 - PDC Course Offerings

Continue your education along with your students this fall! See below for the courses offered through the Professional Development Center at USM in Fall 2022.

### **PDS 513 / SBS 420 - Mindfulness-based Stress Reduction & Social Emotional Intelligence in the Classroom**

September 12-October 24; Online synchronous

Zoom meetings Mondays 4:30-8:30 pm (9/12, 9/19, 9/26, 10/3, 10/17, 10/24) & Sun. 10/16 8 am-1 pm

3 graduate (PDS 513) or 3 undergraduate (SBS 420) credits; Nancy Hathaway, instructor

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 515 / 415 - Mindfulness and Social-Emotional Skills in Early Childhood Settings**

September 13-October 25; Online synchronous

Zoom meetings Tuesdays 4:30-8:30 pm (9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25) & Sun. 10/23 8 am-1 pm

3 graduate (PDS 515) or 3 undergraduate (PDS 415) credits; Nancy Hathaway, instructor

This course provides training in Mindfulness-Based Stress Reduction (MBSR) and Social-Emotional skills especially focused on early childhood educators. Students will develop Mindfulness and Social-Emotional skills to integrate into early childhood settings for themselves, as educators, and for their students.

### **PDS 560 - Equity Literacy for Educators - *NEW!***

October 3-November 18; Online synchronous (with additional online asynchronous class activities)

Zoom meetings Tuesdays 4:00-5:30 pm; 3 graduate credits; Mark Tappan, instructor

This course prepares participants in the core dimensions of equity literacy: (1) understanding how equity and inequity operate in schools and society, and (2) developing awareness, knowledge, and skills necessary to identify inequities, eliminate inequities, and actively cultivate equity.

### **PDS 660 - Curriculum and Methods for Teaching Students who are Gifted**

August 29-December 9; Online asynchronous (plus 1 Zoom meeting 8/30 4:00-6:30 pm)

3 graduate credits; Patti Drapeau, instructor

This course is for individuals responsible for a) developing or modifying learning experiences for gifted/talented students, b) implementing differentiated learning experiences within the regular classroom or through a special grouping arrangement, and/or c) creating/selecting instructional materials to support the implementation of differentiated learning experiences.

For full details and registration form link, visit: <https://usm.maine.edu/pdc/fall-2022-courses>

For help registering for a course or for more info, contact the PDC at [pdc@maine.edu](mailto:pdc@maine.edu)

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