

IGS in partnership with the **University of North Dakota**  
*Now in Our 47<sup>th</sup> Year!*



Spring  
2018

## Teaching More with Less Stress

### T&L 2900.904: Teaching More with Less Stress

This three (3) credit professional development graduate course has been carefully designed around the research of the last fifty (50) years, which indicates that teachers as well as administrators are working in an ever-more stressful work environment. Initially participants will be assessed to identify actually how stressed they are. Participants then identify what are the primary causes of their stress at this point in their life, personally, family-wise and professionally. New and relevant findings about stress and its' effects on the entire person will be shared as well. The 7 keys to managing your stress will be shared while those in attendance look at all 7 dimensions of their wellness and how they can attempt to balance their personal, professional and family lives. Equally important, the course provides several practical strategies to "clear the static from the attic" (their mind) and "the basement" (their bodies) so they can parent, teach and live more stress free. The course covers a wide variety of stress-reducing instructional strategies for educators as well as with their students. These student techniques, if followed, will result in higher student academic and achievement levels. Finally, the educators will learn how to implement and value specific practical classroom ideas, materials, tools and activities for effective management of classroom stress and the increase in energy levels. We will discuss mindfulness, meditation, discuss teacher burn out, and how technology is stressing out teens.

#### Spring Offering:

April 19 – April 21, 2018

Sheraton New York Times Square

811 7<sup>th</sup> Ave

New York, NY 10019

Instructors: Juany Dahlen and Deborah Engen

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Cost: \$720.00

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Sherry Mills 1-877-447-7895 (best time to call 9am-4pm)

Email: [smills.attendigs@gmail.com](mailto:smills.attendigs@gmail.com)

CREDIT: All T&L courses carry professional development graduate credits offered by our academic partner - The University of North Dakota (UND). UND's College of Education is CAEP accredited and the institution is fully accredited by the [Higher Learning Commission](#) of the North Central Association of Colleges and Schools.