

## **Reduce Educator Burnout and Increase Student Engagement (EDU5900.13)**

*Molloy University 3 Graduate Credits*

### **Description:**

Throughout this course, educators will connect to their own passion and purpose to teaching and learning and gain a deeper understanding of how this approach influences their daily actions in and outside of the classroom. Educators will explore factors that influence teacher burnout and will explore tools to reduce burnout while refining their approach to curriculum, instruction, and student support to increase student engagement.

### **Objectives:**

- Understand a deeper connection to their purpose as an educator by analyzing a variety of educational philosophies and drawing connections to your own passion.
- Learn strategies to deepen their connection and educational philosophy to their curriculum, instructional strategies, and their community among students and staff.
- Engage in lesson and curricular planning strategies that directly increase student engagement.

### **Suggested Dates and Times:**

In Person: 3:35 - 4:45: 9/25, 10/9, 10/23, 10/30, 11/6, 11/20, 12/4, 12/18

Assignments due Thursdays: 10/3; 10/17; 11/7; 11/21; 12/12; 12/19

### **NYS Teaching Standards:**

III. Instructional Practice

IV. Learning Environment

Danielson Rubric: Domain 1: Planning and Preparation Domain 2: Classroom Environment

### **Outline of Sessions:**

- Unpacking Your Why - Connect to your educational philosophy, while evaluating a variety of philosophies and factors that contribute to your own personal drive as a teacher.
- Evaluating Factors that Influence Teacher Burnout - Evaluate research on educator burnout to develop a deeper understanding of what causes burnout in the education field and develop strategies to combat personal signs of burnout.
- Locus of Control- Analyze factors that are within and outside of your control as an educator and evaluate the influence of these decisions on your practice and students.
- Curricular Decisions - Evaluate curricular decisions to increase student and educator engagement.
- Instructional Moves - Evaluate pedagogical moves within the classroom that will lead to an increase in student and educator engagement.
- Lead Learner - Create a professional development plan that is aligned to educator passion and student engagement.
- Nourish Your Network - Evaluate strong relationships within and outside of your classroom that influence your goals.
- Connecting the Through Line- Ensure your passion and purpose align to your everyday work.

### **Assignment Descriptions:**

- Your Why Statement - This paper is where educators work to explore the question that is asked by many educators - Why are you an Educator? This paper would not just have educators answer the question, but rather explore the roots of what drives them each day as an educator.
- Lesson or Project Plan & Reflection- Educators will create a lesson or project that directly connects to their why. They would hand in a formal lesson plan or project outline along with a reflection on how this lesson connects to their why.
- 2 Reflection Post- These would be reflection posts (1/2 page max.) where educators will reflect on what they are learning in the course and how it applies to their classroom experience.

- 1 Response to a Reflection Post: This is an opportunity to read what fellow educators have reflected on and respond to at least 1 post. Make a connection, ask a question or give a suggestion.

### **Supplemental Texts:**

*Educating with Passion and Purpose: Keep the Fire Going without Burning Out* by Meredith Matson and Rekekah Shoaf (Jossey-Bass, 2023)

*Onward: Cultivating Emotional Resilience in Educators* by Elena Aguilar (Jossey-Bass, 2018)

### **Tuition:**

The tuition is discounted to \$945 per course. There are no other fees.

Registration and Payment: All registrations are conducted online. There is an online application that you need to complete, but that is for information purposes only.

Molloy's online registration system is called Lion's Den.

Follow these steps to create your account and register

1. Enter the Lion's Den Portal for Professional Studies  
at: [https://lionsden.molloy.edu/ICS/Professional\\_Studies/](https://lionsden.molloy.edu/ICS/Professional_Studies/)

Questions: If you have any questions, contact Louis Cino at [lcino@molloy.edu](mailto:lcino@molloy.edu).