

EDPD 260. ENHANCING EDUCATORS' WELL-BEING: BEST PRACTICES IN ACTION.

Credits: 2

Offered by: Education - Dean's Office (Faculty of Education)

This course is not offered this catalogue year.

Description

Review of factors contributing to educator well-being using a positive psychology framework. Introduction to recognized core elements of best-practice programs for educator well-being with a focus on overcoming common challenges at the individual, classroom, school, and system level. Practice skills and strategies for use by educators and schools to ensure educator resilience and well-being in today's stressful classroom/school environment.

- Number of contact hours: 14; outside hours: 4.
- Language of instruction: English

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

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