Denty Connection
Graduate Courses for Teachers

Graduate Course Description Form

Course Number: IGC 722

Course Name: From Surviving to Thriving: The Science of Teacher Wellness & Sustainable Practice

Credits Earned: 3 Graduate Credits / 67.5 PDPs

Credits Issued By: Gordon College

Course Fee: $675 ($625 with early registration discount)

Course Description:

This course translates the latest research on stress, resilience, and wellbeing into practical strategies Massachusetts educators can implement immediately. Moving beyond generic self-care advice, participants examine the neuroscience of stress, develop evidence-based coping strategies tailored to the specific stressors of teaching, and design a sustainable professional practice that preserves their health, energy, and longevity in the classroom. This course is aligned to the Massachusetts Educator Evaluation Framework Standard IV: Professional Culture.

Learning Outcomes:

1. Explain the neuroscience of chronic stress and its effects on cognition, emotion, and physical health in the context of teaching.
2. Distinguish between effective and ineffective coping strategies using research on stress regulation and recovery.
3. Develop a personalized stress management toolkit grounded in evidence and tailored to the specific demands of your teaching context.
4. Apply mindfulness, boundary-setting, and cognitive reframing strategies to reduce stress reactivity in professional settings.
5. Design a sustainable teaching practice that protects your wellbeing while maintaining high standards for student learning.