

Graduate Course Description Form

Course Number: IGC 640

Course Name: Alleviating & Understanding Anxiety in the Classroom - What can we do to help? For all Content Areas K-12

Instructor: Casey Rekowski

Credits Earned: 3 Graduate Credits, which equates to:

- 67.5 PDPs (courses taken prior to June 8, 2026)
- 22.5 PDPs (courses taken after June 8, 2026)

Credits Issued By: Gordon College

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

Course Description:

This course is for educators who are looking to help students manage their anxiety in the classroom environment. It will help teachers become more in tune with the signs of anxiety in their students and how to respond when necessary. Course content will help teachers develop strategies they can immediately use in the classroom with all students to help them refocus and self-regulate their emotions before anxiety symptoms become unmanageable. This course is aligned to the Massachusetts Curriculum Frameworks.