

Graduate Course Description Form

Course Number: IGC 721

Course Name: Still Here: Recovering from Teacher Burnout & Rediscovering Your Why

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 discount)

Course Description:

This course provides Massachusetts educators with research-grounded strategies for understanding, addressing, and recovering from teacher burnout and demoralization. Drawing on the psychology of occupational stress, the sociology of teaching, and the practical wisdom of educators who have navigated burnout, participants develop a personalized restoration plan grounded in evidence and self-knowledge. n Framework Standard IV: Professional Culture. ; conversations that are both educationally essential and professionally challenging. This course builds the facilitation skills, discussion structures, and professional dispositions Massachusetts teachers need to lead these conversations well: preparing students to engage productively, maintaining psychological safety, handling moments when discussion breaks down, and navigating the relationship between classroom discussion and community context. This course is aligned to the Massachusetts Curriculum Frameworks.

Learning Outcomes:

1. Distinguish between burnout, demoralization, and compassion fatigue and identify which pattern most closely matches your current experience.
2. Apply research on occupational stress and recovery to develop evidence-based personal restoration strategies.
3. Identify the structural, relational, and personal factors contributing to your burnout and develop targeted responses to each.
4. Reconnect with your core professional values and use them as an anchor for rebuilding sustainable teaching practice.
5. Develop a personalized restoration plan with specific, achievable actions for reclaiming wellbeing and professional joy.