

Graduate Course Description Form

Course Number: IGC 723

Course Name: Clocking Out: Designing a Teaching Career That Leaves Room for the Rest of Life

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 addresses the practical and cultural dimensions of teacher overwork, equipping Massachusetts educators with concrete tools for managing time, setting professional boundaries, and designing a teaching career that is sustainable over the long term. Participants examine the professional norms and systemic pressures that drive overwork, develop systems for managing workload efficiently, and practice the language and strategies needed to say no without guilt. 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. Audit your current time use and identify the highest-leverage changes for reclaiming time without sacrificing effectiveness.
2. Design efficient work systems for planning, grading, and communication that reduce overwork while maintaining quality.
3. Apply research on professional boundary-setting to develop language and strategies for declining requests that exceed your capacity.
4. Examine the cultural and systemic factors that normalize teacher overwork and develop a personal stance toward those pressures.
5. Create a sustainable weekly and annual professional schedule that protects time for life outside of school.