

Graduate Course Description Form

Course Number:	IGC 721
Course Name:	Still Here: Recovering from Teacher Burnout & Rediscovering Your Why
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 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. This course is aligned to the Massachusetts Educator Evaluation Framework Standard IV: Professional Culture.

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.