



Graduate Course Description Form

Course Number: IGC 722

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

Instructor: TBD

Credits Earned: 3 Graduate Credits / 67.5 PDPs (for courses completed before June 8, 2025) or 22.5 PDPs (for courses completed on or after June 8, 2025)

Credits Issued By: Gordon College

Course Fee: \$675 (\$575 for early bird registration)

Course Description:

This course equips Massachusetts educators with research-based strategies for managing occupational stress, building sustainable professional practices, and developing the psychological resources needed for long-term effectiveness and wellbeing. Drawing on occupational psychology, mindfulness research, and evidence-based coping strategies, participants develop a personalized wellness plan grounded in evidence and self-knowledge. This course is aligned to the Massachusetts Educator Evaluation Framework, Standard IV: Professional Culture.

Learning Outcomes:

1. Explain the physiology and psychology of occupational stress and apply current research on teacher wellness to their own professional experience.
2. Distinguish between effective and ineffective coping strategies and build a repertoire of evidence-based stress management practices.
3. Apply mindfulness, somatic awareness, and cognitive reframing techniques to reduce reactivity and build psychological resilience.
4. Design sustainable professional routines and boundaries that protect wellbeing without compromising instructional quality.
5. Develop a personalized Teacher Wellness Plan grounded in evidence and self-knowledge, with a realistic 90-day implementation timeline.

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