

Graduate Course Description Form

Course Number: IGC 689

Course Name: Bouncing Back from a Setback: Teaching Perseverance and Resilience

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:

What happens to an educator when they are confronted with their students' letdowns? Often as well-intended teachers, we try to help our students process their emotions. At times one word could invalidate their reality, increase their anxiety, or cause them to retreat into isolation. How does a teacher support their students with daily struggles such as failing an assessment, not making the team, not being accepted into their first-choice college, or even grieving the loss of a family or friend? In this course you will be given tools and strategies to help provide your students with the skills they need to overcome adversity and persevere. This course is aligned to the Massachusetts Curriculum Frameworks.