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THE HERITAGE INSTITUTE  
**Professional Development Courses  
for Educators 2020**

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*Real Courses. Real People. Real Success*

# The Heritage Institute: Distance & Online Courses for Educators

QUARTER & SEMESTER CREDIT EQUIVALENCY		
Quarter Credit	# of Hours	Semester Credit
1 Quarter Cr	10 Hours	0.66 Semester Cr
2 Quarter Cr	20 Hours	1.33 Semester Cr
3 Quarter Cr	30 Hours	2.00 Semester Cr
4 Quarter Cr	40 Hours	2.66 Semester Cr
5 Quarter Cr	50 Hours	3.33 Semester Cr
6 Quarter Cr	60 Hours	4.00 Semester Cr

**W**elcome to The Heritage Institute, a comprehensive, distinct, interesting and affordable source of K-12 educator professional development courses.

The Heritage Institute has been a leader in educator professional development inspiring teachers in the Pacific Northwest, nationally and internationally since 1978. Our experienced instructors and classroom-tested curriculum will help you make a difference in your classroom.

K-12 teachers appreciate our commitment to educate the whole child through courses that honor teacher and student strengths, the power of caring connections, and the development of character along with the acquisition of content.

All our courses are self-paced and you may register at any time. Once registered you have six (6) months to complete.

 This symbol indicates courses which involve sending assignments to your instructor by email.

 This symbol indicates an online course in which assignment responses are posted in a password-secured online webpage.

All courses listed are available for Antioch University continuing education quarter-system credit. See the conversion table above for the quarter-system to semester-system equivalents.

Antioch University is accredited by the Higher Learning Commission, 230 South Lasalle St., Chicago, IL. 60604; 800.621.7440.

Antioch continuing education credits may be used to maintain your teaching certificate and for salary enhancement. Please check with your faculty advisor, state office or district administrator before registering to ensure our program meets your requirements.

Please review our policies page for more information or contact our office if you have questions or would prefer to register by phone or mail.

We look forward to providing you with continuing education that offers inspiration along with high academic standards.

**The Heritage Institute, PO Box 1273, Freeland WA, 98249  
800.445.1305; registrar@hol.edu**

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Our cover art, “Balloon Forest” is by Sarity Gervais, a Magical Artist who draws her inspiration from her creative spirit and her love of life. The playful application of her subject matter comes from her focus on the beauty she sees in all things and all beings. Her work can be viewed at [www.saritygervais.com](http://www.saritygervais.com). She can be contacted at [sarity@saritygervais.com](mailto:sarity@saritygervais.com)

# FINDING YOUR TRUE NORTH Educator's Retreat



*July 15-17, 2020*

**P**ersonal and professional stresses can cause us to lose our “true north,” that inner heart center where we feel like our true, confident selves. Come and recover your inner compass back home to an inspired, hopeful you with the tools to maintain after the retreat. In our three days at the lovely Menucha Retreat and Conference Center we will:

- *Affirm and recognize your True North*
- *Learn how the mind creates repetitive messages*
- *Delve into the affect these messages have on your emotional state*
- *Explore the role of vulnerability and truth-telling*
- *Practice gratefulness and loving-kindness to warm the heart*

## **RETREAT LEADERS:**

Mike Seymour and Brenda McKinney

## **INFO AND REGISTER:**

[www.hol.edu](http://www.hol.edu)

Enter ED407f into the Search Box

Space limited to 20

## **FEES:**

**\$395**

Includes room, meals, retreat activities

20 WA Clock hours or Oregon PDUs

**\$100 additional** for 2 Quarter Credits



## ESTABLISHING RULES & BOUNDARIES

Finding a balance between rules, guidelines, boundaries and suggestions can be difficult. This course challenges all educators to evaluate personal guidelines and rules, investigate strategies to teach children how to follow rules, and explore ways to modify your behavioral plans. Upon completion, you will have a clearer understanding of your own value system, how it impacts your students and a defined process of developing rules. Workbook is free from the instructor's website.

**INSTRUCTOR:** Michael Sedler, D.Min., M.S.W.

**COURSE NO:** ED445X, ED545X 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## MINDSET:

### The New Psychology Of Success

Change your mind, change your life describes the powerful work of Carol Dweck. Students with a fixed mindset are less likely to flourish in the classroom. Explore the concept of Fixed versus Growth Mindsets and learn how hard work, good strategies, modeling and your own mindset techniques can be developed. Transform your K-12 students by giving them a renewed passion for learning. Text \$10 used on Amazon.

**INSTRUCTOR:** Brenda McKinney, M.A.

**COURSE NO:** ED448K, ED548K 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## MINDSETS IN THE CLASSROOM: Increase Student Achievement

Why do some children succeed while others fail? Mindsets in the Classroom will provide educators ideas for building a growth mindset culture based on how the brain learns, mindset, differentiation, and critical thinking. You will learn how to challenge students to change their thinking about their potential and ability. This course was created to provide step-by-step guidance for K-12 teachers using the growth mindset culture in their classrooms by communicating to every student they can succeed. Text about \$14 on Amazon.

**INSTRUCTOR:** Brenda McKinney, M.A.

**COURSE NO:** ED459Q, ED559Q 5 Quarter Cr  
(3.3 Semester Cr)

**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

## REASONS STUDENTS DON'T LIKE SCHOOL:

### Mind & Your Classroom

It is stressful to deal with students of all ages who hate going to school; however, new research paves the way for all K-12 educators to benefit from understanding the biological and cognitive explanation of why many students don't like school. Surprising findings confirms that all brains are malleable, IQ is not fixed, and you cannot develop thinking skills without facts. You will learn the nine principles for engaging the mind. Used text \$15 on Amazon.

**INSTRUCTOR:** Brenda McKinney, M.A.

**COURSE NO:** ED448L, ED548L 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## SOCIAL SKILLS:

### A Foundation For Learning

Poor social skills are the leading reason people lose jobs, according to Labor and Industry research. While educators know the importance of social skills, schools do not provide adequate training. Gain valuable strategies for teaching social skills and self-esteem without sacrificing content time, and obtain specific K-12 curriculum. Workbook is free from the instructor's website.

**INSTRUCTOR:** Michael Sedler, D.Min., M.S.W.

**COURSE NO:** SS401V, SS501V 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU



**Doug Larson, M.S.**, taught third grade and middle school in Dubois, Idaho and drama at New Mexico State University. He created original productions for elementary and high school. Doug is an award-winning playwright, drama coach and teacher. To learn more about Doug visit his website ([www.freedrama.net](http://www.freedrama.net)) which provides free plays to schools and community groups around the world, or look him up on YouTube. In 2008 Doug launched his first Emmy Award winning film series followed in 2011 by his second, Paws and Stripes about veterans with PTSD helped by service dogs.

**Mike Sedler, D.Min., M.S.W.**, brings over 30 years of educational experience as an administrator, social worker, behavior specialist and teacher to each of his classes. He provides consultation and offers seminars throughout the United States and Canada for schools, agencies and businesses. He has a graduate degree in Social Work, a Doctoral degree in Ministry, a Counseling license, as well as his teaching certification. All of Mike's classes are practical and field-tested in schools and classrooms. Educators have found success in implementing Mike's clear and concise approaches. For a complete list of Independent Study courses offered by Michael Sedler, please check his website: [www.michaelsedler.com](http://www.michaelsedler.com).



# Classroom Management

## 10 STUDENTS YOU'LL MEET IN YOUR CLASSROOM: Tips For Secondary Teachers

This course presents the 10 personality types in most classrooms, including all the special characters you work with in the secondary classroom: the Good Kids, the Rebels, the Perfectionists, the Invisibles and more. Each introduction provides ample information on how to work with that type student. This wonderful resource improves human relations while providing practical strategies for understanding and succeeding with your interesting and varied students. Used text \$15 on Amazon.

**INSTRUCTOR:** Mary Ann Johnson, M.Ed.  
**COURSE NO:** ED448H, ED548H 3 Quarter Cr  
(2 Semester Cr)  
**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## BATTLING BOREDOM

Not only are the 99 possible strategies explored in this book going to help engage your students, but they will banish any boredom you may be experiencing as well. Based on sound teaching practices, Bryan Harris's text offers enough variety for any classroom, teaching style, or grade level. You will have fun selecting the best fit for you, and finding out just how to get the student engagement and the focus that make teaching fun, indelible and authentic. Text \$28 new from Amazon.

**INSTRUCTOR:** Mary Ann Johnson, M.Ed.  
**COURSE NO:** ED448G, ED548G 3 Quarter Cr  
(2 Semester Cr)  
**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## BATTLING BOREDOM, Pt 2: Even More Strategies To Spark Student Engagement

Take boredom out of your K-12 classroom and engage your students! Learn new strategies and techniques that include novelty and brain-friendly ideas. These processes will get students involved with material you already planned to cover. No special equipment or preparation is usually required. Each section explains why that set of activities is valid and provides step-by-step directions for academic discussion, feedback, writing, classroom technology and more. Text about \$28 from Amazon.

**INSTRUCTOR:** Mary Ann Johnson, M.Ed.  
**COURSE NO:** ED466U, ED566U 5 Quarter Cr  
(3.3 Semester Cr)  
**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

## CHALLENGING PRESCHOOLER

Every early childhood classroom has challenging students. Learn new and easy strategies for managing power struggles, disrupting, bullying, learning disabilities, behavioral disorders and more. Your students can learn to problem solve, handle their emotions appropriately, and replace negative behaviors with positive ones. You can create a positive, supportive, and healthy learning environment for your early learners through the use of many simple, applicable techniques. For Preschool through grade 3 teachers. Text is about \$11 at Amazon.

**INSTRUCTOR:** Kelly Lickteig, M.A.  
**COURSE NO:** ED461Q, ED561Q 5 Quarter Cr  
(3.3 Semester Cr)  
**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

## EXECUTIVE FUNCTIONING & THE TEEN BRAIN

Teenagers are both incredibly delightful and occasionally frustrating. While that is not news, why teenagers behave the way they do is news to many of us. Recent research has created a significant body of literature that explains the developmental phases of teens. Based on teen brain research, this course will help you to navigate the labyrinth of emotions, developmental differences and entertainment we often call the teenage brain. For teachers of grades 7-12. Text about \$15 on Amazon.

**INSTRUCTOR:** Lori Boll, M.A.  
**COURSE NO:** ED465i ED565i 3 Quarter Cr  
(2 Semester Cr)  
**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU



**Suzanne Warner, M.S.**, has taught mathematics to middle school, high school and currently at the college level. Suzanne is lauded by administrators, colleagues, students and parents regarding her teaching and her classroom management skills. Her students enjoy learning in a respectful, productive environment, where each is in control of her/his own learning and behaviors. She believes that all students want to do well, and creates a teaching environment for them to succeed. Visit her website at <https://www.sites.google.com/site/warnereducation/>.

**Kelly Lickteig, M.A.**, received her Master of Arts in Teaching from Willamette University. She has taught students ranging from preschool to eighth grade in both public and private schools. Upon starting a new position in the private sector, she was assigned the task of developing and managing a resource room that assisted both learning disabled and gifted students. Kelly has taught for The Heritage Institute since 2012.



## **FIRST DAYS OF SCHOOL: From Stress To Success**

With 3.3 million copies sold, our course text is a must have for new teachers and veterans alike. It is the best-selling book ever written on classroom management. Step-by-step proven skills and teacher-tested strategies lead you to success and less stress. Specific strategies to motivate K-12 students mean more time on task, leaving you more time for creatively closing the achievement gap. Used text about \$17 on Amazon.

**INSTRUCTOR:** Mary Ann Johnson, M.Ed.  
**COURSE NO:** ED447E, ED547E 5 Quarter Cr  
(3.3 Semester Cr)  
**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

## **GENERATION Z: Understanding & Teaching The Kids In Our Classrooms**

Generation Z comprises students born since 1995 into a digital world made up of the Internet and cell phones. They are enmeshed in social media and criticized for lacking social skills. However, they are the future and we need to teach them in a manner that will lead to their success. To do that, learn how to best meet the unique needs of Generation Z and how to engage them in the K-12 classroom. Learn about what they think, where they are going and how they may change the world. Text about \$14 at Amazon.

**INSTRUCTOR:** Suzanne Warner, M.S.,  
**COURSE NO:** ED467G, ED567G 6 Quarter Cr  
(4 Semester Cr)  
**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## **LEADING & MANAGING A DIFFERENTIATED CLASSROOM**

Experts in differentiated instruction, Carol Ann Tomlinson and Marcia Imbeau add a fresh dimension to DI making it playful and practical. You will help students be patient with others working at different levels and speeds. The text has suggestions for classroom routines so students at various levels feel good working together, help manage noise, time and the differences between highly capable and struggling students. Used text about \$10 on Amazon.

**INSTRUCTOR:** Mary Ann Johnson, M.Ed.  
**COURSE NO:** ED448i, ED548i 3 Quarter Cr  
(2 Semester Cr)  
**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## **LIFE LESSONS FROM DR. SEUSS: Kindness In The K-5 Classroom**

Support kindness, respect for others, an attitude for service and a variety of other positive character traits by learning how to incorporate the literature and themes found in Dr. Seuss books, one of the most beloved of children's authors. Elementary teachers will compile lists of Dr. Seuss books and videos and create lessons that enhance social and emotional learning in the classroom. Text is about \$6 on Amazon.

**INSTRUCTOR:** Larry Rzeznik, M.S.  
**COURSE NO:** ED437P, ED537P 3 Quarter Cr  
(2 Semester Cr)  
**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## **LOVE & LOGIC IN TEACHING**

Let's focus on solutions for the frustrations and challenges in today's K-12 classroom. Love and Logic is a highly regarded teaching approach. With it you feel in control and students learn to think for themselves, raise their level of understanding, and are prepared to function in a society filled with temptation, decisions and consequences. The result is a cohesive classroom where students enjoy learning, and discipline is reduced. Used text \$8 on Amazon.

**INSTRUCTOR:** Suzanne Warner, M.S.  
**COURSE NO:** ED442W, ED542W 3 Quarter Cr  
(2 Semester Cr)  
**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## **ORGANIZATIONAL TEACHING SKILLS**

Throughout each day, educators are expected to balance academic demands with the personal aspects of each child. The purpose of this course is to help educators to become more organized in their preparation time and in their teaching style. You will also come to understand better how you can encourage and teach a disorganized student while you facilitate their development of organizational skills. Workbook is free from the instructor's website.

**INSTRUCTOR:** Michael Sedler, D.Min., M.S.W.  
**COURSE NO:** ED429W, ED529W 5 Quarter Cr  
(3.3 Semester Cr)  
**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

**Lori Gibson, M.A.**, received her undergraduate degrees in Psychology and Education at Whitworth University. In 1990, she received her MA in Counseling Psychology from Gonzaga University. She has served as a guidance counselor at North Chicago Community High School in Illinois, as an elementary school counselor for Lake Washington School District in Redmond, WA and is presently a counselor for Spokane Public Schools. Lori has taught for The Heritage Institute since 2002.



**Jacquie Bernbaum, M.A.**, has worked as a school counselor in Spokane, WA since the early nineties. Her BA is from the University of Texas at Austin and her graduate degree is from Gonzaga University. She served on Eastern Washington University's PEAB board for six years, Critical Incident Team for 10 years, as well as on the Child Protective Team for 10 years, making long term decisions about the wellbeing of children in the Spokane community. Jacquie has been teaching workshops and distance courses through The Heritage Institute since 2002.





## SETTING LIMITS:

### A Love & Logic Approach To Classroom Management

Obstacles facing today's K-12 teachers are enormous. This class teaches you alternatives to leave you feeling uplifted and successful. Take control of your classroom as you eliminate power struggles and handle disruptions quickly. You will learn to establish a climate of cooperation and respect using natural and logical consequences. Includes proactive conduct, focused parent conferences and more. Used text \$11 from Amazon.

**INSTRUCTOR:** Suzanne Warner, M.S.

**COURSE NO:** ED444o, ED544o 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

# Counseling & Special Ed



## AUTISM: Questions & Answers

PreK-12 educators will learn about Autism along with proven interventions. You will also gain a greater medical understanding of the characteristics of Autism and other special needs qualities and the causes. In addition, you will focus on learning models to assist these students. Whether you are an educator, a parent, a relative, or simply someone wanting more understanding about this complex and confusing disorder, this course offers a solid foundational approach. Workbook is free from the instructor's website.

**INSTRUCTOR:** Michael Sedler, D.Min., M.S.W.

**COURSE NO:** ED445Y, ED545Y 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU



## AUTISM PUZZLE

If you have K-12 students with one of the Autism Spectrum Disorders (ASD), and you do not know what they are thinking or feeling, your days will be difficult and theirs will be too. This course is an essential introduction to this puzzling disorder and covers potential causes, diagnosis, types of ASD, explanation of behavior patterns, strategies and resources for educators. Text is about \$15 on Amazon.

**INSTRUCTOR:** Lori Gibson, M.A.

**COURSE NO:** ED436U, ED536U 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU



## BOYS IN TROUBLE:

### Turnaround Strategies For Educators

Our boys are struggling. They are academically disengaged and facing social challenges alone. We will look at the troubling symptoms K-12 boys are presenting, and then pull back the curtain on their inner lives. We will also look at the cultural expectations they are under, cultivate a new understanding of "boy world" and explore what educators can do to turn the tide. The text, *Masterminds and Wingman*, is \$15 at Amazon.

**INSTRUCTOR:** Lori Gibson, M.A.

**COURSE NO:** ED452Y, ED552Y 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU



## BULLYING BEHAVIORS:

### Enough Is Enough

Develop proactive strategies to minimize and prevent K-12 students' bullying and teasing behaviors. We will discuss victims, rescuers, bystanders, and bullies and how they are intertwined in life. Empowering of victims, strategies for bystanders, alternative approaches for rescuers, and redirection in behaviors for bullies will be shared with all participants. Workbook is free from the instructor's website.

**INSTRUCTOR:** Michael Sedler, D.Min., M.S.W.

**COURSE NO:** ED437Q, ED537Q 5 Quarter Cr  
(3.3 Semester Cr)

**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

### Lori Boll, M.A.

is a Special Ed leader with over 20-years experience. In 2003, when Lori's son Braden was diagnosed with autism spectrum disorder her focus changed from teaching elementary to advocating for all child learners. Lori is an international educator who opened up three special needs programs; two in Shanghai, China, and one in Bangkok, Thailand. In Shanghai, China, Lori co-founded SHINE Academy, for students with special needs. She is also a regular presenter at special needs conferences worldwide.



### Brenda McKinney, M.A.

is CEO of Vancouver, WA based Brain Volution. She is the developer and dynamic facilitator of workshops that teach practical thinking and learning tools for raising student achievement with the brain in mind. She has trained educators throughout the Pacific Northwest and is a popular presenter because of her ability to motivate, make things fun, and teach practical techniques for the classroom that can be used immediately. She is a popular speaker at the state, regional and national level.



## CHALLENGING COLLEAGUES:

### Bringing Out The Best In People At Their Worst

Learn powerful communication skills and successful strategies for working with challenging colleagues. Learn the 10 specific behaviors and underlying causes of people at their worst and how to bring out their best. You will uncover insights about yourself and your work place. For K-12 teachers, administrators and support staff. Text is \$18 from Amazon. NOTE: If you took Challenging Colleagues as a workshop you may not register for this course.

**INSTRUCTOR:** Jacquie Bernbaum, M.A.  
**COURSE NO:** ED456T, ED556T 5 Quarter Cr  
(3.3 Semester Cr)  
**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

## HELPING ANXIOUS STUDENTS

It is estimated that 1 out of every 5 students in America suffers from a diagnosable anxiety disorder. Unchecked, anxiety can result in school failure, social isolation and missed opportunities. Increase your understanding of anxiety and learn how to support students, and their parents. For Pre-K through grade12 teachers, administrators, support staff and parents. The text \$8 at Amazon.

**INSTRUCTOR:** Lori Gibson, M.A.  
**COURSE NO:** ED453i, ED553i 3 Quarter Cr  
(2 Semester Cr)  
**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## HIGH MAINTENANCE BEHAVIORS & INTERACTIONS

Investigate the many aspects of high needs people and their behaviors. Gain a greater understanding of how to interact with student and adult explosive behavior, dependent behavior, poor listener behavior and more. Examine your own behavior patterns and how they intersect with others, and learn helpful strategies to minimize problematic attitudes and their resulting actions. This course is appropriate for all K-12 educators. Workbook is free from instructor's website. Text about \$10 on Amazon.

**INSTRUCTOR:** Michael Sedler, D.Min., M.S.W.  
**COURSE NO:** SS409F, SS509F 5 Quarter Cr  
(3.3 Semester Cr)  
**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

## IMPACT OF TRAUMA & LOSS

Trauma and loss are constant companions for many children today. Whether from divorce, death of a loved one, abandonment, abuse, rejection, or another difficult scenario, educators benefit by understanding the impact of these losses. Strategies to help the grieving child and interventions to assist their academic progress will be provided. Appropriate for Pre K-12 including administrators, counselors, and other support service individuals. Course workbook is free and downloadable from the instructor's website after registration.

**INSTRUCTOR:** Michael Sedler, D. Min., M.S.W  
**COURSE NO:** ED464Z, ED564Z 6 Quarter  
(4 Semester Cr)  
**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## REACHING STUDENTS WHO HURT: Teaching Kids With Trauma & Loss

Some form of loss touches every life. Learn how to respond appropriately to the extraordinary challenges some students will face from divorce, death of a friend, loved one, or pet; violence; chronic illness; and more. Grief affects academic performance, emotional stability, and social interactions. This class examines grief at different developmental levels and gives you strategies to respond, communicate, and identify students at risk. For K-12 educators. Text is \$22 on Amazon.

**INSTRUCTOR:** Jacquie Bernbaum, M.A.  
**COURSE NO:** ED456U, ED556U 5 Quarter Cr  
(3.3 Semester Cr)  
**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

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**Brian Long, M.A.**, earned his BSE in PE and his MA in health education. As a high school teacher and coach, Brian has served as a member of the Character Alliance Committee and the Drug Awareness Coalition. He has created in-service workshops and has developed intramural programs at his school. In 2008, Brian received his district's Special Performance/Achievement Recognition Award as well as NYSUT's Community Service Award in 2009. He began teaching for The Heritage Institute in 2011.



## WELL-BALANCED

### TEACHER: Stay Sane In & Out Of Classroom

Feel stressed? Feel as if there is not enough time in the day to get everything done? Feel as if you always put yourself last? In this course, teachers K-12, you will learn how to balance your life so that you can feel more positive about yourself and teaching, feel better both physically and mentally, and determine your non-negotiables, what to let go of, and how to have a mindset of self-efficacy. Text about \$10 on Amazon.

**INSTRUCTOR:** Suzanne Warner, M.S.

**COURSE NO:** ED463T, ED563T 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## "WHY ARE THEY PICKING ON ME?" Understanding & Responding To Social Cruelty

Social cruelty exists and persists despite anti-bullying policies. Based on Dr. Carl Pickhardt's work, this course looks at the deeper causes behind social cruelty, (including bullying), to help K-12 teachers, counselors and administrators have a more complete and nuanced understanding of why kids act this way. You will learn how to react in a more effective manner and how to proactively address social cruelty with your students. \$11 for text on Amazon.

**INSTRUCTOR:** Lori Gibson, M.A.

**COURSE NO:** ED451Z, ED551Z 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## WHY CHILDREN ACT OUT

Why does one K-12 student get argumentative and another becomes withdrawn? What does it mean when a child makes negative comments about assignments? This course explores the motivation of these behaviors and helps you understand their function. You will increase motivation, reduce power struggles, encourage positive relationships while evaluating various stages of behavior, development, and interventions to support change. Course workbook is free and downloadable from the instructor's website after registration.

**INSTRUCTOR:** Michael Sedler, D. Min. M.S.W.

**COURSE NO:** ED458T, ED558T 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## YOUTH SUICIDE

Suicide continues to claim many lives each year. Suicidal behavior and youth suicides are a leading cause of death among those ages 15 to 24. Depression is common during this period and when prolonged becomes a serious risk of suicidal behavior. This course emphasizes strategies and interventions to recognize and support K-12 students exhibiting suicidal behavior. No additional fee

**INSTRUCTOR:** Michael Sedler, D.Min., M.S.W.

**COURSE NO:** SS404U, SS504U 5 Quarter Cr  
(3.3 Semester Cr)

**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

# Education

## 8 FAMILIAR FORCES FOR IMPROVING CLASSROOM CULTURE

Each of us brings to school our own beliefs about what learning is. Whether you teach kindergarteners or seniors, 8 Familiar Forces contribute to creating a culture of learning. Revisit Expectations, Language, Time, Modeling, Opportunities, Routines, Interactions and Environment. Let the forces guide you. Sponsor a stronger group culture of thinking today. Text \$16 at Amazon.

**INSTRUCTOR:** Julie Bora, M.S.T.

**COURSE NO:** ED459L, ED559L 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## ACADEMIC & PROFESSIONAL DEVELOPMENT WORKSHOPS: 2020

Are you planning to attend at least one Academic Camp or Professional Development Workshop this year? This course is for you. It's open to teachers nationwide attending ANY Academic Camp or Professional Development Workshops related to your professional assignment. You can attend and earn 3 Continuing Education Quarter Credits, or 30 WA Clock Hours, Oregon PDUs or CEUs. Attending more than one event during the year? Then contact the instructor.

**INSTRUCTOR:** Eric Low, M.A.

**COURSE NO:** ED469Y, ED569Y 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$210 Credit 400 & 500 level  
\$120 CEU/Clock/PDU



### **Eric Low, M.A.**, has lived, taught and coached in Washington State since 1992.

Eric has a Master's degree in history from Eastern Washington University with an emphasis in America's West and has been an active researcher of Washington State history since 1994. Eric currently teaches history at Winlock High School in western Washington State and serves as a Lead Teacher for ESD 112's Constitutional Connections American History grant, a three-year program. Eric has taught for The Heritage Institute since 2004.

## AWAKENING GENIUS IN THE CLASSROOM

Thomas Armstrong's *Awakening Genius* encourages a renaissance of thinking about the true meaning of children's giftedness. The book lists simple genius experiences and activities for the classroom that help counter the often damaging effects of scripted curriculum, standardized grading and testing, along with other factors that degrade the love of learning. Text is \$19 on Amazon.

**INSTRUCTOR:** Mary Ann Johnson, M.Ed.

**COURSE NO:** ED437A, ED537A 1 Quarter Cr  
(0.6 Semester Cr)

**TUITION:** \$125 Credit 400 & 500 level  
\$ 95 CEU/Clock/PDU

## CHECK FOR UNDERSTANDING: 10 New Techniques From Teach Like A Champion

Check For Understanding (CFU)-we know it is important, we all do it and still we readily admit there is always room for improvement. Find out more by delving into 10 easy to implement CFU techniques used by master teachers of grades 1-12. Create a powerful synergy by combining techniques to increase understanding. It is easy and effective, plain and simple. Text about \$16 from Amazon.

**INSTRUCTOR:** Julie Bora, M.S.T.

**COURSE NO:** ED466M, ED566M 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## EFFECTIVE PRINCIPAL'S FIELDBOOK

Every principal needs to examine the issues that are central to his/her success. The course text present hands-on insights to help you become an inspirational leader in your school. You will find practical information from the authors' own experiences including research-based techniques covering topics from informal school communication networks, building lasting relationships, improving faculty meetings, keeping up with state mandates, dealing with surprises, and more. Course text is about \$20 at Amazon.

**INSTRUCTOR:** Mary Ann Johnson, M.Ed.

**COURSE NO:** ED461N, ED561N 5 Quarter Cr  
(3.3 Semester Cr)

**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

## ENGAGING STUDENTS OF POVERTY: Practical Strategies That Raise Achievement

Too many of our students are tuning out because of a failure to engage them. It would be easy to look at the statistics and just give up. The good news is that there are powerful solutions to boost attention, lessen behavior issues, reduce the struggle with attendance, and turn your K-12 classroom into a high-performance success story. Learn strategies that work making school the best part of every student's day! Text about \$14 used on Amazon.

**INSTRUCTOR:** Brenda McKinney, M.A.

**COURSE NO:** ED458Z, ED558Z 5 Quarter Cr  
(3.3 Semester Cr)

**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

## FOSTERING GRIT IN THE CLASSROOM

The key to student success is not how well they perform on standardized tests or their ranking in school, but their ability to work hard, struggle, and persevere until they accomplish a task. Learn how to instill grit in your K-12 students through relationship building, challenging tasks and active reflection. Students should perceive mistakes as an opportunity to grow. Research suggests when grit is taught in the classroom, it can lead to long term success and happiness. Text about \$13 on Amazon.

**INSTRUCTOR:** Patricia Dickenson, Ed.D.

**COURSE NO:** ED467A, ED567A 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

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**Julie Bora, M.S.T.**, has been active in educational renewal since her youth. She continues to be a moderate and patient voice for trying on simple changes in the art of educating and learning. With instructional experience in both science and the arts, teachers have found her sincere support and friendly understanding to be a welcome nudge toward updating and improving the techniques, protocols and strategies in their own professional development.



## HELPING STUDENTS MOTIVATE THEMSELVES

Find a dozen strategies to energize students in big ways. Learn how to motivate K-12 students, to help them see the importance of personal responsibility, and teach them to deal with disruptive students and classes. You will find ways to integrate technology and maximize the success of a lesson. Each section of the course provides stimulating and down to earth tools that save you hours. Text used \$26 on Amazon.

**INSTRUCTOR:** Mary Ann Johnson, M.Ed.

**COURSE NO:** ED448F, ED548F      6 Quarter Cr  
(4 Semester Cr)

**TUITION:**      \$495      Credit 400 & 500 level  
                     \$380      CEU/Clock/PDU

## HELPING STUDENTS OVERCOME ANXIETY

Student anxiety is rising at an alarming rate. Starting in kindergarten it continues to rise and progresses through elementary, middle, and the high school years. You can help. Learn to identify the key forms of anxiety: excessive anxiety; occasional anxiety; chronic anxiety disorder. Apply tools and strategies from this course to help K-12 students learn to manage their anxiety and succeed in school. Gain strategies for talking with parents about your concerns. Text about \$32 at Amazon.

**INSTRUCTOR:** Suzanne Warner, M.S.

**COURSE NO:** ED4660, ED5660      3 Quarter Cr  
(2 Semester Cr)

**TUITION:**      \$280      Credit 400 & 500 level  
                     \$195      CEU/Clock/PDU

## HOW TO TEACH SO STUDENTS REMEMBER

Marilee Sprenger's book, *How to Teach So Students Remember*, is top-rated and inspiring. A "how-to" guide, it shows the seven important strategies, and supporting research, to give K-12 students the best possible chance to make meaning and to remember what's academically important. Text is about \$18 from Amazon.

**INSTRUCTOR:** Mary Ann Johnson, M.Ed.

**COURSE NO:** ED430F, ED530F      2 Quarter Cr  
(1.33 Semester Cr)

**TUITION:**      \$185      Credit 400 & 500 level  
                     \$140      CEU/Clock/PDU



**Peter Chausse, B.S.**, is a veteran teacher with extensive studies of Portland's history, art, architecture, urban parks, museums and transportation systems. A former middle and elementary school teacher Peter and his co-instructor Christopher Naze, M.Ed., provide field experiences with real life applications for students of all ages. Peter has a degree in Forestry and has taught for The Heritage Institute since 1991 leading hundreds of walking tours in Portland and the surrounding communities. [www.walkportland.com](http://www.walkportland.com)

**Christopher Naze, M.Ed.**, has been teaching elementary education in Portland Public Schools since 2002. His areas of expertise are technology, writing and mathematics. He has won grants for classroom technology projects and has been active in the Oregon Writers' Project.



## INSPIRATIONAL EDUCATION

Children accomplish at a higher rate and with greater effectiveness when they are excited about learning. This course will investigate strategies to increase enthusiasm in students. You will read and view inspiring stories of success within the classroom and community. Specific interventions and ideas will be presented that allow each individual to match his/her personality with engagement approaches. Participants will come away with a bank of strategies, activities and ideas to activate K-12 students and their learning. Workbook is free from the instructor's web-site.

**INSTRUCTOR:** Michael Sedler, D.Min., M.S.W.

**COURSE NO:** ED452F, ED552F      6 Quarter Cr  
(4 Semester Cr)

**TUITION:**      \$495      Credit 400 & 500 level  
                     \$380      CEU/Clock/PDU

## LGBTQ STUDENTS: Creating A Supportive School Environment

Most lesbian, gay, bisexual, transgender and queer/questioning (LGBTQ) students do not feel safe in school. This course is designed to open-up communication lines by sharing techniques and strategies to build safety within effective learning environments for students of all genders and sexual orientations. K-12 students will develop advocacy skills that will be reflected in their confidence and in their ability to thrive at school. Text \$20 on Amazon.

**INSTRUCTOR:** Brian Long, M.S.

**COURSE NO:** ED463V, ED563V      3 Quarter Cr  
(2 Semester Cr)

**TUITION:**      \$280      Credit 400 & 500 level  
                     \$195      CEU/Clock/PDU



## LOVE & LOGIC FOR PARENTS & TEACHERS:

### Raising Responsible Kids

Create effective partnerships with parents around the Love & Logic philosophy and strategies. This course for all teachers, K-12, promotes a common vision for expectations and accountability both at home and in school. This course will help you, the teacher, and the parent create confident, self-motivated, and responsible children and students. The text can be purchased from Amazon for around \$15.

**INSTRUCTOR:** Suzanne Warner, M.S.

**COURSE NO:** ED448J, ED548J 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU



## MAKING THE WORLD A BETTER PLACE

Climate change, school shootings and political gridlock are indicators of world change. It is good teaching to involve ourselves and our grade 5-12 classrooms in being aware, caring and making a difference. You will explore a variety of critical issues and a variety of websites including Facing the Future, Awakening the Dreamer and more. Your students will learn that it brings heart and meaning to their lives when they advocate for positive change in their community and in the world. Text about \$10 on Amazon.

**INSTRUCTOR:** Charity Staudenraus, M.A.T.

**COURSE NO:** ED466Q, ED566Q 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU



## NO CHILD LEFT INSIDE: Lesson Ideas For Your Community

Extend student learning beyond those classroom walls! Discover dozens of ways to use your school building, school grounds, local neighborhood and community to enhance your curriculum in the areas of math, art, science, language arts, history and geography. Through a series of activities, which include exploration of local neighborhoods, parks and museums, you will develop meaningful lessons that your K-12 students will really enjoy. \$20 materials fee due after registration.

**INSTRUCTORS:** Peter Chausse, B.S.

Christopher Naze, M.Ed.

**COURSE NO:** ED438R, ED538R 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 Level  
\$195 CEU/Clock/PDU



## NURTURING COMPASSION WITHIN OUR SCHOOLS

Help children move from complacency to compassion and social responsibility in their interactions with people. Too often, children miss opportunities to support, encourage, and help others. Through literature, hands-on activities and discussion topics we will emphasize acts of kindness, increasing sensitivity to others, and phrases and actions that lead toward compassion. This class is filled with interventions for your K-12 school. Course workbook is free and downloadable from the instructor's website after registration.

**INSTRUCTOR:** Michael Sedler, D.Min., M.S.W.

**COURSE NO:** ED434Y, ED534Y 5 Quarter Cr  
(3.3 Semester Cr)

**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU



## POVERTY & THE BRAIN: Creating Emotional, Physical & Academic Success

Chronic exposure to poverty can result in dramatic changes to the brain. How can we help all children of poverty learn? This course will focus on what matters most, brains can and do change every day. The course-work will provide a practical and enriching guide for improving the minds and lives of all students whether they live in poverty or not. Learn how every K-12 educator can improve the potential of every student. Text about \$21 on Amazon.

**INSTRUCTOR:** Brenda McKinney, M.A.

**COURSE NO:** ED444U, ED544U 5 Quarter Cr  
(3.3 Semester Cr)

**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU



## SIX INDICATORS OF HIGHLY EFFECTIVE TEACHING

This is your look at the newly expanded 3rd Edition of "Qualities of Effective Teachers." In this new edition significant additional research reveals what six indicators define this special teacher and how to expand those skills. You will find information to validate your own personal and professional strengths and goals, as well as timely information about the special qualities that help high ability students as well as students at risk. Text about \$29 on Amazon.

**INSTRUCTOR:** Mary Ann Johnson, M.Ed.

**COURSE NO:** ED466S, ED566S 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU



**Wendi Fein, M.A.**, spent 25 years teaching in K-12 public schools with a focus on special education, math, dance, PE, study skills and English/World Cultures. In addition, Wendi has traveled and volunteered extensively, bringing her stories and passion for human rights and equity into the classroom. Wendi holds a B.A. from the University of California, Santa Barbara and an M.A. in Special Education. Presently, she is teaching Adult Education, Developmental Math and ESL at Tacoma Community College in Tacoma Washington.

## **SO EACH MAY LEARN: Integrating Learning Styles & Multiple Intelligences**

Based on the book *So Each May Learn* by Harvey Silver, Richard Strong and Matthew Perini. With a commitment to effectiveness, practicality, fairness and fun for you and your students, the authors of this great book blend learning styles and multiple intelligences so that you can best meet the needs of individual K-12 students. \$2 for used text on Amazon.

**INSTRUCTOR:** Mary Ann Johnson, M.Ed.

**COURSE NO:** ED430J, ED530J 1 Quarter Cr  
(0.66 Semester Cr)

**TUITION:** \$125 Credit 400 & 500 level  
\$ 95 CEU/Clock/PDU

## **TEACH LIKE A CHAMPION: Field Notes From The Masters**

Transform your K-12 teaching with winning techniques of master teachers. Our text comes complete with a show and tell DVD. Are you a teacher who wants to improve your craft? Then this course will give you the tools to do it. These powerful, below the radar techniques from the masters will separate you from the pack and help transform lives. Used text \$16 at Amazon.

**INSTRUCTOR:** Julie Bora, M.S.T.

**COURSE NO:** ED444V, ED544V 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## **TOTALLY POSITIVE TEACHING**

What distinguishes the great teacher from the struggling teacher? Joseph Ciaccio has developed a list of five ways the great teacher lives a positive and effective life in the classroom. Our methods-oriented text shows the power we all have to deal effectively with ineffective results, classroom meltdowns and boredom. Meet both K-12 student and teacher needs simultaneously. Text \$16 on Amazon.

**INSTRUCTOR:** Mary Ann Johnson, M.Ed.

**COURSE NO:** ED437E, ED537E 2 Quarter Cr  
(1.33 Semester Cr)

**TUITION:** \$185 Credit 400 & 500 level  
\$140 CEU/Clock/PDU

## **VISUAL LEARNING IN THE CLASSROOM**

Learn to use visual learning techniques to help students at all levels achieve academic success. Visual learners benefit from seeing material in representations other than printed words on paper, and these techniques can make a huge difference in student understanding. Visual representations such as graphic organizers, concept maps and outlines can make a huge difference in understanding for IEP students, EL students and other K-12 non-linear learners. Text about \$20 at Amazon.

**INSTRUCTOR:** Stacey Shaw, M.Ed.

**COURSE NO:** ED464a, ED564o 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## **WHEN TEACHING GETS TOUGH: Smart Ways To Reclaim Your Game**

As a teacher, do you ever feel overwhelmed? Burned-out? If so, this course is just what you need. You will learn practical strategies to make things better right away. The text, *When Teaching Gets Tough*, offers examples for addressing a plethora of difficult situations. Soon you will be back on top of your game, feeling re-energized and positive about your teaching. This course is appropriate for all grades K-12. The text is available from Amazon for about \$4.

**INSTRUCTOR:** Suzanne Warner, M.S.

**COURSE NO:** ED461A, ED561A 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## **WHY WILLPOWER MATTERS: Improve Health, Happiness & Productivity**

Why Willpower Matters provides research supported strategies on how to achieve goals from the apathetic student in your classroom to your own goals for eating healthy or maintaining weight. The emphasis is on providing tools to alter habits forever. You can teach willpower as a skill. There is a neuroscience behind willpower that you can learn and teach. With practical activities and exciting reading, your K-12 classroom will make connections enhancing quality of life. Text is \$15 on Amazon.

**INSTRUCTOR:** Brenda McKinney, M.A.

**COURSE NO:** ED449A, ED549A 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU



**Stacey Shaw, M.A.**, is a dynamic and inspiring instructor for both children and adults. She has experience in education since 1995 and she is currently the principal at a charter high school. She has taught ELL, bilingual and regular education at K-8 and college levels. She earned her Bachelor of Arts degree in Latin American Studies at The Evergreen State College and her Master of Arts degree in Education at Prescott College. Stacey is currently working on her Doctorate of Education at Lewis and Clark College. She has been an online instructor for The Heritage Institute since 2011.

## THE WORLD WE WANT: Self Design Courses For K-12 Teachers

Passionate about serving the human and earth community? Want to make a difference? You can earn hours or continuing education quarter credit doing what you care about. This simple, flexible online program supports K-12 teacher involvement in activities ranging from cultural exchange, eco-literacy, climate change, sense of place, community service, social justice, school gardens, yoga and mindfulness in the classroom, and more. Earn 10-50 hours or 1-5 Antioch Continuing Education quarter credits.

**INSTRUCTOR:** Ann Amberg, M.C.S.

COURSE NO:	CREDIT	HOURS	QTR.
	TUITION	TUITION	CR.
ED442P, ED542P	\$125	\$95	1
ED442Q, ED542Q	\$185	\$140	2
ED442R, ED542R	\$280	\$195	3
ED442S, ED542S	\$350	\$265	4
ED442T, ED542T	\$415	\$315	5

## ESL/ELL

### ADVOCACY & EQUITY FOR ELL STUDENTS

Educators of English language learners (ELLs) are important advocates for their students. Whether you are a regular classroom teacher with ELL students or an ELL specialist, you understand the needs of second language learners and can help create a school environment that supports their academic and social success. This course offers concise strategies for becoming an ELL advocate. Appropriate for K-12 teachers, para-educators, counselors, and other support personnel. Text about \$29 from Amazon.

**INSTRUCTOR:** Stacey Shaw, M.Ed.

<b>COURSE NO:</b> ED459G, ED559G	3 Quarter Cr (2 Semester Cr)
<b>TUITION:</b> \$280	Credit 400 & 500 level
\$195	CEU/Clock/PDU

## MEETING THE NEEDS OF SECOND LANGUAGE LEARNERS

In six readable chapters Judith Lessow Hurley spells out the "best practices" K-12 educators need to work successfully with ELL or ESL students. The impact of national, state and local requirements is covered, making the most of the realities teachers face. Text is \$9 on Amazon.

**INSTRUCTOR:** Mary Ann Johnson, M.Ed.

<b>COURSE NO:</b> ED433E, ED533E	1 Quarter Cr (0.66 Semester Cr)
<b>TUITION:</b> \$125	Credit 400 & 500 level
\$ 95	CEU/Clock/PDU

## Health, PE & Coaching

### BASKETBALL: Principles For Developing Today's Student Athlete

You will examine 3 areas of basketball fundamentals: program philosophy, motivation, and leadership as it relates to the overall development of today's student/athlete and community. These fundamental areas will be studied through online articles, videos, and books from insightful and successful American coaches. Designed for K-12 coaches and teachers, this course is open to non-teaching coaches, at any level. No additional fee.

**INSTRUCTOR:** Eric Low, M.A.

<b>COURSE NO:</b> PE400Q, PE500Q	3 Quarter Cr (2 Semester Cr)
<b>TUITION:</b> \$280	Credit 400 & 500 level
\$195	CEU/Clock/PDU

### HEALTH CURRICULUMS FOR K-12 EDUCATORS

Explore a wide range of health subjects and curriculums that apply to your K-12 classroom. We will cover physical, mental, emotional, and social dimensions of health. Learn more about First Aid, Bullying, Emotional Health, Sex Education and Goal Setting for a healthy life. Videos and web sites show how to motivate, improve health, prevent disease and reduce health related risk behaviors. No additional fee.

**INSTRUCTOR:** Eric Low, M.A.

<b>COURSE NO:</b> HE402o, HE502o	6 Quarter Cr (4 Semester Cr)
<b>TUITION:</b> \$495	Credit 400 & 500 level
\$380	CEU/Clock/PDU



**Ann Amberg, M.C.S.**, was the former Director of Special Programs at The Heritage Institute. An artist and educational consultant, Ann creates and facilitates integrative ecology curriculum. In 2012, she founded the "What Does the Universe Do?" program of applied transformational ecology. Ann is the instructor for The World We Want program and has taught for The Heritage Institute since 2007. [www.annamberg.com](http://www.annamberg.com), [annamberg@whidbey.com](mailto:annamberg@whidbey.com).

**Mario Reaves, M. ED., E.S.A.**, has 24 years experience as a public school counselor in Washington State. He served as a Professional Education Advisory Board member for City University of Seattle and has been recognized locally and nationally for his proactive work motivating students, teachers and his community to be their best. He has over 5000 hours of classroom instruction time teaching from a comprehensive counseling curriculum, which includes Natural High's a nationally recognized program.



## **HOOKED ON SUCCESS:** **Helping Students Discover Passion & Purpose In Life**

Without passion and a sense of purpose our youth are finding themselves adrift. Both in life and in school they are falling short of their potential and are susceptible to drugs, alcohol and underperformance. A proven system, "Natural High," engages grade 5-12 students with what is important to them. You will review video stories of successful adults. The storytelling is followed by curriculum that guides discussion, provides worksheets and activities that take students deeper into the subject. Course materials are free online.

**INSTRUCTOR:** Mario Reaves, M.Ed., E.S.A.  
**COURSE NO:** HE403A, HE503A 3 Quarter Cr  
(2 Semester Cr)  
**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## **MENTAL HEALTH ISSUES & STUDENTS**

Understand and deal more effectively with a range of K-12 student disorders, such as Oppositional Defiant Disorder, Conduct Disorder, Anxiety Disorder, AD/HD, Obsessive Compulsive Disorder, Attachment Disorders, and Self Injurious Behaviors. You will learn signs and recognition aspects as well as effective strategies for helping children to be successful at school. For educators, counselors and school personnel. Course workbook is free and downloadable from the instructor's website after registration.

**INSTRUCTOR:** Michael Sedler, D.Min., M.S.W.  
**COURSE NO:** HE402N, HE502N 5 Quarter Cr  
(3.3 Semester Cr)  
**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

## **PASS THE VEGGIES PLEASE:** **Toward A Plant-Strong Diet**

Diet is more important than we think. Look in your refrigerator, freezer, your cupboards and your root cellar, what exactly is there? Is it the best medicine ever, or is it the Standard American Diet that causes painful, degenerative diseases and a lack luster existence? Starting today K-12 teachers can learn how to improve your well being by eating more plant-based meals. Required video, *Forks Over Knives, the movie*, is free online. Required text about \$15 on Amazon.

**INSTRUCTOR:** Julie Bora, M.S.T.  
**COURSE NO:** ED466F, ED566F 5 Quarter Cr  
(3.3 Semester Cr)  
**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

## **SPORTS CAMPS: 2020**

Are you planning to attend at least one Sports Camp this year? If so this course is for you. It is open to coaches Nation Wide attending ANY Sports Camp. Sports camps are available for your particular sport and athlete program. Often times these Sports Camps have Professional and/or College coaches lecturing. You can attend and earn 3 continuing education quarter credits or 30 clock hours, PDUs or CEUs. Attending more than one camp during the year? Then contact the instructor directly.

**INSTRUCTOR:** Eric Low, M.A.  
**COURSE NO:** PE404J, PE504J 3 Quarter Cr  
(2 Semester Cr)  
**TUITION:** \$210 Credit 400 & 500 level  
\$120 CEU/Clock/PDU

## **SPORTS CLINICS 2020**

This course is open to coaches Nation Wide attending ANY Sports Clinic. Sports Clinics are available that focus on a variety of aspects related to your particular sport and athlete program. Often times these Sports Clinics have Professional and/or College coaches lecturing. You can attend and earn 3 continuing education quarter credits or 30 clock hours, PDUs or CEUs. Attending more than one clinic during the year? Contact the instructor directly.

**INSTRUCTOR:** Eric Low, M.A.  
**COURSE NO:** PE404N, PE504N 3 Quarter Cr  
(2 Semester Cr)  
**TUITION:** \$210 Credit 400 & 500 level  
\$120 CEU/Clock/PDU



**Glenn Monahan, B.S.**, was a park ranger in Yellowstone National Park for 5 years. His degree in Geology from Montana State University led to teaching junior high earth science for 15 years. He is a member Geological Society of America and loves outdoor activities, natural and human history, mapping and remote sensing, and advocating for wild places and wildlife.

**Nancy Schultz, M.Ed.**, lives in Bozeman, Montana in a solar powered house. For 30 years, she was an elementary school teacher and reading specialist and she also worked as a ranger in Mt Rainier National Park. She is an outdoor enthusiast who is involved in preserving our public lands heritage, and is deeply involved in advocacy for the wildlife and ecosystems of the Northern Rocky Mountains.



Both Glenn and Nancy began teaching for The Heritage Institute in 1992. They live in Bozeman, Montana in a home with a 2400-watt photovoltaic solar system, and a 1600 square foot solar hot water system.

## **STRESS REDUCTION IN STAFF & STUDENTS**

This course addresses the vital topic today of childhood and adult stress. You will learn strategies to help K-12 students appropriately direct their stress, through coping skills, into positive avenues. Peer relations, chaotic family structures, generalized feelings of anxiety, failure and negative thought processes, as well as many other topics will be covered. Course workbook is free and downloadable from the instructor's website after registration.

**INSTRUCTOR:** Michael Sedler, D.Min., M.S.W.

**COURSE NO:** HE401M, HE501M 5 Quarter Cr  
(3.3 Semester Cr)

**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

# History & Social Studies

## **BEYOND DIVISIVENESS: Teaching Students Respectful Discussion**

In an era of social polarization and political gridlock grade 6-12 students need the skills to respectfully tackle critical, contemporary issues. Finding common ground forms the foundation of citizenship. Educators taking this course will be encouraged to engage their students on a multitude of issues by examining a subject from varying views. The text grapples with conflicting views of unresolved social issues such as gun control, marriage equality, Black Lives Matter, and immigration. Text about \$26 at Amazon.

**INSTRUCTOR:** Stacey Shaw, M.Ed.

**COURSE NO:** ED464E, ED564E 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## **COLONIAL & REVOLUTIONARY AMERICA: Film, Literature & Classroom Resource**

Use film to bring alive K-12 early American history as never before. Extensive use of film, as well as traditional literature will enhance your American Colonial and Revolutionary period curriculum. This course explores 8 films and 2 books, in the development of teaching units to enhance your students' understanding and appreciation of these important periods. Text fee will vary depending upon your selection.

**INSTRUCTOR:** Eric Low, M.A.

**COURSE NO:** HI407F, HI507F 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## **FROM LOCAL TO GLOBAL: Human Rights For All**

Develop valuable lessons for your K-12 students around human rights issues. Using a framework of equity, social justice and the human rights of children you can meet standards while engaging students in critical inquiry relevant to issues affecting their lives. In addition, a review of related literature, websites and videos will help engage your students in thoughtful inquiry regarding their lessons and activities. A service learning project will culminate the course. Free downloads. Text about \$8 at Amazon.

**INSTRUCTOR:** Wendi Fein, M.A.

**COURSE NO:** ED459A, ED559A 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## **GOOGLE EARTH BASICS**

Expand K-12 students' global awareness with Google Earth! The free program features captivating and astonishing high-resolution satellite imagery of the entire Earth. Explore major river deltas; research climate change, endangered species, land use patterns; study Mars, Moon, ocean floors, and galaxies! In this introductory course, you will learn navigational basics and how to customize Google Earth for use in your K-12 history, geography, math, social studies, and earth science lessons. No additional fee.

**INSTRUCTORS:** Glenn Monahan, B.S.  
Nancy Schultz, M.Ed.

**COURSE NO:** SC415E, SC515E 2 Quarter Cr  
(1.33 Semester Cr)

**TUITION:** \$185 Credit 400 & 500 level  
\$140 CEU/Clock/PDU

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**Patricia Dickenson Ph.D.** Is an Associate Professor of Teacher Education and the Program Lead for the Bachelors of Arts In Interdisciplinary Studies with the Preliminary Multiple and Single Subject Credential at National University. Her research area focuses on mathematics professional development and technology. She has worked as a mathematics coach and elementary school teacher for the Los Angeles Unified school district for over 10 years. Dr. Dickenson has published two books, several chapters and articles.



## **GUNS, GERMS & STEEL: Roots of Global Inequality**

How did the world become so unequal with some societies developing more quickly? Help your K-12 students gain an understanding of these big questions. Learn how geography and natural resources enabled some countries to advance technologically. Using the PBS documentary film and website history, geography and world studies teachers will understand. Access to the film is required. Text \$10 on Amazon.

**INSTRUCTOR:** Wendi Fein, M.A.

**COURSE NO:** HI406X, HI506X 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## **WORLD WAR II in FILM & LITERATURE**

Make your Language Arts and Social Studies units on 20th century history and WW II come alive. How? By integrating some of the films and period literature of this epic period in American and world history. Short readings and films will be of your own choosing. Appropriate for grades K-12. Fees for video rental depend on source.

**INSTRUCTOR:** Eric Low, M.A.

**COURSE NO:** HI407C, HI507C 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

# Language Arts

## **EDITING MADE EASY: Strategies For All Writers**

*Everyday Editing* by Jeff Anderson will turn your grade 3-12 students' groans into smiles. You will build on student strengths to improve writing instead of just targeting errors. Literature and well-written sentences will show students how to craft sentences. Find easy, fun ways to make editing part of writing time. Each chapter has ideas for immediate use. Used text \$14 at Amazon.

**INSTRUCTOR:** Mary Ann Johnson, M.Ed.

**COURSE NO:** ED443T, ED543T 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU



**Deb Lund, M.A.**, Deb Lund is passionate about supporting literacy and those who help kids learn to read and write. She is an author, a creativity coach, and a teacher with a master's project on teaching writing. Be warned: Deb is a zealot about teachers needing to write, to model their writing and thinking, and to give students their choice of writing topics and reading materials. You will find more ways for Deb to support you at [www.deblund.com](http://www.deblund.com).

**Eva Varga, M.A.**, has extensive experience in both formal and informal education settings. In 2001, she was awarded National Board Certification: Middle Childhood Generalist and during her years in the classroom received more than \$20K in grants and awards. She presently develops online science courses for homeschool students, writes a middle level secular science curriculum called Science Logic and blogs for Better Chinese. Visit her website [[www.evavarga.net](http://www.evavarga.net)] to explore the many resources and educational materials she has created.



## **READ FOR PLEASURE & INSPIRATION: Fire Up Your Life & Work**

How often do we get to simply read for pleasure and inspiration in ways that enrich our lives and our work? In this course, you will choose from a wide range of reading that suit your personal and professional needs. You will also reflect on the importance of engaging your students in productive reading. Appropriate for teachers K-12. Text(s) cost depends on choice of book(s).

**INSTRUCTOR:** Suzanne Warner, M.S.

**COURSE NO:** ED463S, ED563S 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## **READING STRATEGIES FOR ALL CONTENT AREAS**

Students who struggle the most in their classes are the ones with poor reading skills. You don't have to be a reading teacher to give your students a few reading strategies to build confidence. Our text, *How to Teach Reading When You Are Not a Reading Teacher* by Sharon Faber, has an extensive list of easy-to-use strategies for you to use. Applicable for K-12 as well as early college teachers. Text about \$5 from Amazon.

**INSTRUCTOR:** Suzanne Warner, M.S.

**COURSE NO:** ED463U, ED563U 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## **WRITING & READING WORKSHOP: Engaging The Adolescent**

Using Nancie Atwell's *In the Middle* (with 80% new material), we will explore ways to organize, launch, and maintain successful writing and reading workshops. With hundreds of mini-lessons, mentor texts, and techniques for teaching and conferring with students, this material makes the writing and reading workshop the only logical way to teach English 4-12. Author, teacher, and creativity coach Deb Lund will be your guide and partner in this writing intensive, transformational course. Text about \$40 from Amazon.

**INSTRUCTOR:** Deb Lund, M.A.

**COURSE NO:** ED461X, ED561X 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## WRITING STRATEGIES THAT WORK FOR EVERY CLASSROOM

Every teacher sees students who love to show what they know by speaking, but struggle to produce the same result in writing. The best way to engage the less confident grade 4-12 writers is to give them something powerful to think about. You will develop a means to focus student thinking, fuel deeper learning, and build complex understanding in English, social studies, math, and science. Plus, you will learn strategies that support young writers to unlock their writing skills. Text about \$25 at Amazon.

**INSTRUCTOR:** Stacey Shaw, M.Ed.

**COURSE NO:** ED464U, ED564U 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## WRITING WITH KIDS: Real Writing With Real Results

Inspire great writing from your students with writing workshop tools and techniques that provide structure, content, and increased confidence in your own writing and teaching. In this course you will join author Deb Lund, who was already instructing teachers about writing with kids when our text by Lucy Calkins, *The Art of Teaching Writing*, was first published. Be a mentor for your students and model the writing process as you explore K-12 fiction, personal narrative, essay, and poetry writing. Text about \$5 at Amazon.

**INSTRUCTOR:** Deb Lund, M.A.

**COURSE NO:** ED450K, ED550K 5 Quarter Cr  
(3 Semester Cr)

**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

# Math & Science

## MAKING SCIENCE FUN:K-8 Hands-on Science Experiments

Open your K-8 students' minds to the amazing world of science all around them. This practical course focuses on fun activities to teach students about themselves, their environment, and how the two relate. Activities include: making rock salt ice cream (changes of state, freezing points), effects of the environment on plant growth, and using Legos to demonstrate survival of the most fit. Text fee varies with bookseller.

**INSTRUCTOR:** Larry Rzeznik, M.S.

**COURSE NO:** SC415B, SC515B 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## MATHEMATICAL MINDSETS: Every Student Can Do Math

Create a mathematics classroom where students no longer fear math or believe they are not good at math. The text by Jo Boaler, a Stanford University professor with research-based and field-tested strategies, will help you create a math classroom where your students experience mathematics through a positive growth mindset method. Videos and website readings complement the text. You will create mathematical tasks, assessments, and feedback that encourage K-12 student mastery of mathematical ideas and concepts. Text is about \$14 from Amazon.

**INSTRUCTOR:** Suzanne Warner, M.S.

**COURSE NO:** MA400a, MA500a 5 Quarter Cr  
(3.3 Semester Cr)

**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

## NATURE JOURNALING IN THE CLASSROOM

Nature journaling incorporates observation, writing, drawing and documentation. Using photographs or audio recordings you will learn about and appreciate more deeply the natural world around us. Elementary teachers, secondary science and art teachers can use this wonderful tool to engage authentic student learning as you integrate nature journaling and the texts, which you will be happy to own. Used texts \$12 on Amazon.

**INSTRUCTOR:** Eva Varga, M.A.

**COURSE NO:** ED447N, ED547N 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## TEACHING NUMERACY: Habits To Ignite Math Thinking

Many students lack basic numeracy, which is the ability to think through math problems logically, solve those problems, and apply math outside the classroom. Learn 9 critical thinking habits that foster numeracy and practical ways to incorporate them into your K-12 math teaching. The text supports Common Core Standards, National Council of Teachers of Mathematics Standards, and numerous successful literacy practices. No more students arriving at wrong answers without knowing why! Text about \$20 used from Amazon.

**INSTRUCTOR:** Suzanne Warner, M.S.

**COURSE NO:** ED458N, ED558N 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

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**Lawrence Rzeznik, M.S.**, received his M.S. and B.S. in Biology/Education respectively from S.U.N.Y. Geneseo. He has taught high school science since the nineties plus adjunct biology and chemistry instructor for nursing colleges. He has created curriculum for animal behavior, environmental biology, general biology, and forensics science courses. He has developed and implemented a science program specifically geared towards those with severe learning disabilities. Since 2008 Larry has taught professional development courses for educators with THI.



## TREES: Inside & Out

Trees provide an avenue to scientific methods of observation, classification, notation and drawing. Tree study can also be integrated with K-12 writing, math, art and social studies activities. Learn to identify local trees and discover intriguing and meaningful lessons for inside and outside the classroom. Field trip opportunities, guest speakers and community involvement projects will also be discussed. \$35 due to instructor after registration.

**INSTRUCTORS:** Peter Chausse, B.S.  
Christopher Naze, M.Ed.

**COURSE NO:** SC406Z, SC506Z                      3 Quarter Cr  
(2 Semester Cr)

**TUITION:**     \$280                      Credit 400 & 500 level  
                     \$195                      CEU/Clock/PDU

# STEM

## BUILD YOUR WEBSITE NOW

Ready to create your own website? Thanks to the popular WordPress platform, now you can. A WordPress website opens the door to all kinds of K-12 teaching and sharing experiences including digital portfolios, podcasting, communicating with parents and sharing resources to a global audience. A scaffolded, step-by-step approach ensures any course participant walks away with a finished product ready to share from day one. For more information see here: <http://smarturl.it/buildwebsitenow>. For K-12 teachers. Text is free and downloadable.

**INSTRUCTOR:** Michael Boll, M.A.

**COURSE NO:** CM401Q, CM501Q                      6 Quarter Cr  
(4 Semester Cr)

**TUITION:**     \$495                      Credit 400 500 level  
                     \$380                      CEU/Clock/PDU

## CLIMATE CHANGE FOR TEACHERS & KIDS

Climate change is a global threat. Yet our schools lag far behind international schools in educating for this change. This course uses platforms developed by NASA and the EPA to instruct about the science of climate change in a student-friendly interdisciplinary way. Engage your K-12 students with graphics, games, and activities. You will review lesson samples that integrate science, social studies, language arts, and math. Readings are free online.

**INSTRUCTOR:** Charity Staudenraus, M.A.T.

**COURSE NO:** ED456K, ED556K                      6 Quarter Cr  
(4 Semester Cr)

**TUITION:**     \$495                      Credit 400 & 500 level  
                     \$380                      CEU/Clock/PDU

## DIGITAL PORTFOLIOS: A Place To Document, Share & Enrich Student Learning

Our students come to school every day ready to work on the outcomes, goals and assignments provided by their fantastic teachers. Today, thanks to new digital portfolio systems, we can easily capture that learning and ask students to reflect in a way that is easily shared. Digital portfolios provide unique and compelling opportunities for students to document and share their learning with teachers and students. Appropriate for K-12 teachers. See more here: [SmartUrl.it/digitalportfolios](http://SmartUrl.it/digitalportfolios).

**INSTRUCTOR:** Michael Boll, M.A.

**COURSE NO:** CM403A, CM503A                      5 Quarter Cr  
(3.3 Semester Cr)

**TUITION:**     \$415                      Credit 400 & 500 level  
                     \$315                      CEU/Clock/PDU

## EMPOWERING SCIENCE TEACHING & LEARNING: Next Generation Science Standards

Explore how you can use the Next Generation Science Standards (NGSS) to engage your students and expand learning across the curriculum. NGSS is a new way of looking at science instruction. With the Disciplinary Core Ideas, Science Practices, and Cross Cutting Concepts, focus is no longer on rote memorization, but on helping students understand the phenomena that are at the core of science teaching and learning. Applicable for K-12 teachers and/or administrators. Course materials and references are located on-line.

**INSTRUCTOR:** Charity Staudenraus, M.A.T.

**COURSE NO:** ED463D, ED563D                      5 Quarter Cr  
(3.3 Semester Cr)

**TUITION:**     \$415                      Credit 400 & 500 level  
                     \$315                      CEU/Clock/PDU

## MATH IN OUR LIVES

When mathematics is taught with real-world lesson, students develop long-term conceptual understanding. You will create tasks that focus on key concepts using three pedagogical practices: Problem-based learning, Project-based learning and Inquiry. You will learn how to harness students' funds of knowledge to make real-life connections that will lead to mastery of math concepts. Research suggests that student understanding and achievement in math are significantly improved when math is highly contextualized and problem-based. \$5 material fee due to instructor after registration. Text about \$18 on Amazon.

**INSTRUCTOR:** Patricia Dickenson, Ed.D.

**COURSE NO:** MA400R, MA500R                      6 Quarter Cr  
(4 Semester Cr)

**TUITION:**     \$495                      Credit 400 & 500 level  
                     \$380                      CEU/Clock/PDU



**Michael Boll, M.A.**, is an Apple Distinguished Educator, Google Certified Educator, Entrepreneur, Podcaster and Technology Coach at International School, Bangkok. Michael has a teenage son with profound autism and is keenly in the special needs community and its population of diverse learners. This interest led Michael and his wife, Lori Boll, to open an innovative school in Shanghai, Shine Academy, for their son. For more information about Michael, check out his personal website: [www.michaelboll.me](http://www.michaelboll.me)



## STEM LESSONS FOR K-8 TEACHERS

Learn how to incorporate great STEM lessons (Science, Technology, Engineering, Mathematics) into your K-8 classroom, and why STEM integration is important. You will also learn to use rich resources, creative activities and templates to enhance student learning and confidence. The popular movie "The Martian," provides a rich resource of STEM activities. Your students will discover the many occupations STEM learning translates into. Fulfills OSPIs STEM requirements for Washington State teachers. All reading is free online.

**INSTRUCTOR:** Suzanne Warner, M.S.

**COURSE NO:** ED465V, ED565V 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## STOP MOTION ANIMATION FOR THE CREATIVE CLASSROOM: iPad, iPhone, or Laptop

Watch the excitement build as your students let their creativity fly while developing stop motion films. Using iPads, iPhones or laptop computers they will create basic storyboard ideas with zero to low cost equipment. Working on individual projects or within a collaborative group stop motion animation integrates with every PreK-12 discipline and enhances Common Core Curriculum. This course provides step-by-step instructions and classroom resource ideas. Reading is free online.

**INSTRUCTOR:** Debora Supplitt, M.Ed.

**COURSE NO:** CM402F, CM502F 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## TAKING CONTROL OF YOUR DIGITAL LIFE

Overwhelmed with the sheer volume of digital communication each day? This course will help you take advantage of the storage and organization systems available that will simplify your digital life and free up your time. You will learn about personal digital assistants, getting to Inbox Zero, note-taking systems, task-management systems, the power of RSS, collaboration tools and how to bring this suite of efficiency tools all together into one place. For more information, visit the course website:<http://smarturl.it/takingcontrolintro>. Texts from \$6 to \$15.

**INSTRUCTOR:** Michael Boll, M.A.

**COURSE NO:** CM401R, CM501R 5 Quarter Cr  
(3.3 Semester Cr)

**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

# Teacher Wellness

## BEING HAPPY: Teaching Happiness

Brain research reveals how Happiness Skills positively affect our state of mind. A conscious choice of attitudes, beliefs, intentions, personal philosophy, precepts and daily practices are under your control and teachable. All the learning in the world is worthless without happiness. For K-12 youth to be successful and motivated they need the skills and knowledge necessary to create happy lives. Learn how to shift perspective about difficult situations, and more, through readings and discussions. Text about \$15 on Amazon.

**INSTRUCTOR:** Charity Staudenraus, M.A.T.

**COURSE NO:** ED466G, ED566G 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## EXERCISE & THE BRAIN FOR PEAK PERFORMANCE

Did you know you can lift your mood, fight aging, increase your memory, sharpen your cognitive abilities, beat stress, and function better by exercising? The evidence is incontrovertible: Aerobic exercise can physically remodel your brain. Our text, *SPARK*, presents startling research proving that exercise truly defends against ADD, depression, and aggression. This course is appropriate for teachers K-12. Text \$13 on Amazon.

**INSTRUCTOR:** Brenda McKinney, M.A.

**COURSE NO:** HE402F, HE502F 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## HAPPINESS DIET: Energize Your Brain & Body

It is all too apparent that our American Diet is expanding our waistlines and making us sick; what's less obvious is that our brains are starving and shrinking. Experts are now connecting the dots and emerging neuroscience and nutrition research show that a healthy diet can and does improve mental and emotional wellbeing. Find out why K-12 teachers are cheering for this course and the change it has created in their own lives. Used text \$15 on Amazon.

**INSTRUCTOR:** Brenda McKinney, M.A.

**COURSE NO:** ED449G, ED549G 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU



**Debora Supplitt M. Ed.**, has worked with students of all levels and professional educators since 1980. She is certified in Washington, Oregon and California in Pre/K-12 Special and Elementary, and Middle School Education. She is highly qualified in the core areas of Art, Music, Reading, and Special Education as well as being a Washington State Intervention Specialist. She knows the importance of providing a creative environment where all learners can thrive.

## **HEALTHY LIVING NOW: Restore Your Health & Well Being**

In your text, *Go Wild*, Dr. Ratey reveals that civilization has rapidly evolved but our bodies have not kept pace. Healthy Living Now will help you learn how to unleash energy for full health benefits. You will investigate healthy living now through diet, exercise, sleep, reduced stress, mindfulness and more. Practical, disarming, loaded with research, this course will literally ignite and inspire you and your K-12 students to change. Text about \$13 at Amazon.

**INSTRUCTOR:** Brenda McKinney, M.A.

**COURSE NO:** ED459J, ED559J 5 Quarter Cr  
(3.3 Semester Cr)

**TUITION:** \$415 Credit 400 & 500 level  
\$315 CEU/Clock/PDU

## **ORGANIZING FROM THE INSIDE OUT**

Learn about your personal organizational style and how to reach your goals. Three effective strategies help you organize your desk, your classroom, your filing cabinet and even your workspaces at home. You will use online resources so you can work smarter, not harder. You will also learn how to help disorganized K-12 students and families. Text is *Organization from the Inside Out*, available at Amazon for about \$11 new and \$3 used.

**INSTRUCTOR:** Mary Ann Johnson, M.Ed.

**COURSE NO:** ED446H, ED546H 3 Quarter Cr  
(2 Semester Cr)

**TUITION:** \$280 Credit 400 & 500 level  
\$195 CEU/Clock/PDU

## **OVERCOMING ADVERSITY: Lessons In Life & Teaching**

The great wisdom traditions and our own life stories point to the virtue of adversity. The obstacles and difficulties in our lives test us and can bring forth our greatest potential, leading to self-knowledge, character, courage and great achievement. The course material reflects on the trials and successes of each life, and explores K-12 application of these themes. You will view two movies, several TED Talks, and read two books from an Amazon and/or Goodreads list. Text costs will vary with your selection.

**INSTRUCTOR:** Brenda McKinney, M.A.

**COURSE NO:** ED465B, ED565B 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

## **THE POWER IN YOU: Being Your Authentic Self**

Students see right through us when we are not being ourselves. Standing in our authentic self is the personal foundation of good K-12 teaching, no matter what grade level, subject or personality type. In this course, you will draw upon the work of noted educator and writer, Parker Palmer, and researcher-author, Brene Brown, to help explore what may be getting in the way of being fully yourself. You will learn the steps you can take to reclaim your personal power. Text about \$15 on Amazon.

**INSTRUCTOR:** Brenda McKinney, M.A.

**COURSE NO:** ED467D, ED567D 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

# Technology

## **GOOGLE APPS FOR EDUCATORS & SCHOOLS**

Google has a wide range of apps that can enhance your K-12 lessons. Designed for educators and schools, these apps support teachers in collaboration and in resource sharing, provide you a bridge to parents and community, engage students and more. In addition to learning and implementing Google Apps, you will create motivational and relevant classroom activities, teacher support materials, and assessment tools. Materials are free online.

**INSTRUCTOR:** Chris Hill, M.E.T.

**COURSE NO:** CM401P, CM501P 6 Quarter Cr  
(4 Semester Cr)

**TUITION:** \$495 Credit 400 & 500 level  
\$380 CEU/Clock/PDU

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**Isis Tabares, M.A.** is a native Spanish-speaker who was born in Colombia, South America. She earned a Bachelors degree at Pacific Lutheran University, majoring in Spanish, Education, and Latin American Studies. She earned a Masters Degree at the University of Salamanca, Spain and is a National Board-Certified Teacher. Isis contributes greatly to her community's language and cultural needs while supporting their desire to learn Spanish.







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- MA in CMHC with Addiction Counseling
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# The Heritage Institute

Register by Mail or Online

<https://www.hol.edu/cart.cfm>

Mail Reg. Form to:

**The Heritage Institute**

**P.O.Box 1273, Freeland, WA 98249**

Phone: 360/341-3020 Fax 360/341-3070

First Name \_\_\_\_\_ M.I. \_\_\_\_\_ Last Name \_\_\_\_\_

Permanent Mailing Address: City/State/Zip \_\_\_\_\_

( ) \_\_\_\_\_ ( ) \_\_\_\_\_  
Home Telephone \_\_\_\_\_ Daytime Telephone \_\_\_\_\_

E-mail Address \_\_\_\_\_ SS# \_\_\_\_\_

School District Name \_\_\_\_\_

Grade Level (Circle One): Pre-K K-3 4-5 6-8 9-12

Position (Circle One): Teacher Admin Student Faculty Librarian Counselor/Psychologist \_\_\_\_\_

Type of Organization: (Circle One) Public School Private School College/University Daycare Other

Credential (circle one): Bachelors Masters Ph.D. Other \_\_\_\_\_

Subject Taught \_\_\_\_\_

**COURSE CREDITS REQUESTED CHECK ONE BELOW:**

400 Level  500 Level  WA Clock Hrs  OR PDUs  CEUs

I request registration in the courses indicated below:		TUITION
COURSE NUMBER	QUARTER CREDITS	
COURSE NAME		
COURSE NUMBER	QUARTER CREDITS	
COURSE NAME		
COURSE NUMBER	QUARTER CREDITS	
COURSE NAME		
COURSE NUMBER	QUARTER CREDITS	
COURSE NAME		

**For what purpose will you use your continuing education credits?**  
 Recertification  Salary Advancement  Professional Development  
 Other \_\_\_\_\_

**TOTAL TUITION** \_\_\_\_\_

**When will you next renew your license/certification?** \_\_\_\_\_ Month \_\_\_\_\_ Year

**GROUP COLLABORATION:**

- I am enrolling in a group.
- I have read and understand the group collaboration guidelines located on THI's website.
- List group members (maximum of 4)

**Payment is due in full by check, credit card, P.O. or M.O. Check one:**

- CHECK # \_\_\_\_\_ AMOUNT \$ \_\_\_\_\_
- P.O. # \_\_\_\_\_ AMOUNT \$ \_\_\_\_\_
- M.O. # \_\_\_\_\_ AMOUNT \$ \_\_\_\_\_
- VISA  MASTERCARD  AMEX  DISCOVER

Materials fees to be paid directly to the instructor. Do not include with tuition.

NOTE Additional postage charges will apply to international mailings.

Exp. date \_\_\_\_ / \_\_\_\_ CVC \_\_\_\_\_

**AGREEMENT: I have read and agree to the Policies and Credits statement of The Heritage Institute catalog and website.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

# The Heritage Institute

## INFORMATION and POLICIES

**REGISTRATION** • You may register online at any time: [www.hol.edu](http://www.hol.edu) or by phone 800.445.1305. Or mail a registration form to: The Heritage Institute, PO Box 1273, Freeland WA 98249 or fax to 360.341.3070.

**CUSTOMER SERVICE HOURS** • The Heritage Institute customer service hours are 9am-5pm PT, Mon-Thu. Call 360.341.3020

**CREDIT** • The Heritage Institute (THI) courses are based on Continuing Education quarter-system credits. Three (3) quarter-system credits are equal to two (2) semester-system credits. For full quarter vs. semester conversion see the equivalency table on the inside front cover page. THI Continuing Education quarter-system credits are offered at the 400 level and 500 level through Antioch University Seattle.

Antioch University Continuing Education credits are acceptable in most states toward educator re-certification and within most school districts for salary advancement. Educators should check with their district administration and/or state office of education before registering for a course. Please also review the policies page on our website: [www.hol.edu](http://www.hol.edu) for more information.

**CREDIT LIMIT** • There is a limit of 9 Quarter Credits each in the Fall, Winter, and Spring Quarters (equivalent to 6 semester credits). The limit is 15 Quarter Credits during the Summer Quarter. However, there is an annual limit of 25 Quarter Credits that may be taken during any one-year period.

**GRADES** • Antioch University Seattle Continuing Education quarter-system credit is offered on a credit/no credit basis; letter grades are not issued. At the 400 level, credit is only awarded for work of 'C' or better quality. For 500 level, credit is only awarded for work of 'B' or better quality.

**CERTIFICATE OF COURSE COMPLETIONS** • Download a Certificate of Course Completions at: [report.hol.edu](http://report.hol.edu) Enter your email address and password. For further assistance contact THI Customer Service: [customerservice@hol.edu](mailto:customerservice@hol.edu).

**CEUs – CONTINUING EDUCATION UNITS** • The Heritage Institute offers Continuing Education Units (CEUs). One CEU equals ten hours of completed course work. Completed CEUs appear on Certificates of Course Completion.

**THI CEUs, WA CLOCK HOURS & OREGON PDU HOURS** • THI CEUs, Washington Clock Hours and Oregon PDU Hours do not appear on an Antioch transcript. If you take a course for Clock Hours or Units, your completion certificate will be emailed to you. Keep a copy for your records. THI is an approved provider of Washington State Clock Hours and Oregon PDUs. We are on the Washington OSPI website listed under the name Educating for Humanity Institute.

**CEU LIMIT** • There is a limit of 9 CEUs (90 Hours) in the Fall, Winter, and Spring Quarters, During the Summer Quarter there is a limit of 15 CEUs (150 Hours). However, there is an annual limit of 25 CEUs (250 hours) that may be taken by an individual during any one-year period.

**HOURLY LIMIT** • There is a limit of 90 Washington State Clock Hours or Oregon PDU Hours in the Fall, Winter, and Spring Quarters, During the Summer Quarter there is a limit of 150 clock hours or PDU hours. However, there is an annual limit of 250 Washington Clock Hours or Oregon PDU Hours that may be taken by an individual during any one-year period.

**CREDIT & HOUR LIMIT WAIVER** • To exceed the limit of Quarter or Annual Credits, THI CEUs, Washington Clock Hours or Oregon PDU Hours, send a request to The Heritage Institute Registrar, [registrar@hol.edu](mailto:registrar@hol.edu), listing the courses you want to take, their credit or hour value, and rationale for the limit waiver.

**COMPLETION** • Completion time for all Online, Distance and Customized Independent Study courses is within six months from the date of registration.

**EXTENSIONS** • There is a \$20 administrative fee for each course extended. Requests need to be received at THI at least one week prior to your required completion date. A one-time extension of six months may be obtained for all Online, Distance and Customized Independent Study courses.

**COURSE LEVEL CHANGES** • Course level changes may be done via phone or email to The Heritage Institute. Please also notify your instructor of this change. For course level changes made within 30-days of registering refunds or additional charges will apply. More than 30-days after registering no refunds will be issued, but addition tuition must be paid, if applicable.

**CANCELLATIONS & REFUNDS** • Cancellation requests must be received by The Heritage Institute within 30-days of registration to qualify for a tuition refund (minus a \$20 administrative fee for each course cancelled). Thirty-days after registration full tuition is forfeited. Cancellations may be sent by Fax or Email. Transcripts will be held until all fees are paid. For Workshops policies, please contact your instructor directly.

**SYLLABI SUMMARY** • Part of each course syllabus is viewable before registration on the course description page. If a full syllabus is required before registration, contact [customerservice@hol.edu](mailto:customerservice@hol.edu).

**PAYMENT** • Full payment for courses by Visa, MasterCard, American Express, Discover, check, or P.O. is required when registering. Make checks payable to The Heritage Institute and mail to: The Heritage Institute, PO Box 1273, Freeland WA, 98249. NSF checks incur a \$20 charge.

**PURCHASE ORDER** • To register with a purchase order, send your completed registration form to your district with instructions to forward it to THI with the purchase order.

**ADDITIONAL POSTAGE** • Additional charges will apply to teachers outside the U.S. obtaining Distance Course materials from the instructor after registration.

**THE HERITAGE INSTITUTE & ANTIOCH UNIVERSITY'S RELATIONSHIP** • The Heritage Institute and Antioch University Seattle are separately incorporated and are affiliated by a contractual agreement under whose terms Antioch University Seattle reviews and certifies the appropriateness of course content and instructor credentials.

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*For further information and references please contact [mike@communicationplus.net](mailto:mike@communicationplus.net) or 509.443.1605.  
You may find more information at the website: [www.michaelsedler.com](http://www.michaelsedler.com)*

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