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THE HERITAGE INSTITUTE 2022

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Courses for Educators

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Caring for teachers and students in
a changing world

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THE HERITAGE INSTITUTE 2022

Professional Development
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Real Courses, Real People, Student 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

Welcome to The Heritage Institute, a comprehensive, distinct, motivating, 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. At The Heritage Institute we respond to changes that affect us all. Additional courses in Distance Teaching and in the area of Social Justice have been added.

Whether in the classroom, via remote teaching, or in a hybrid format we support teachers by offering courses to help you reach your students effectively. All courses 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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The Arts

ARTS WITH THE BRAIN IN MIND

Follow Eric Jensen's guidebook *Arts With the Brain in Mind* to enhance students' creative, expressive and reflective abilities. The arts are a wonderfully humanistic way to teach all subjects better, for arts educators and other teachers alike, and Jensen has proven to be one of the most readable and enthusiastic authors for educators. Text is about \$16 from Amazon.

INSTRUCTOR: Mary Ann Johnson, M.Ed.

COURSE NO: ED433C, ED533C
2 Quarter Cr (1.33 Semester Cr)

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

BASIC ELEMENTS OF ART

Bridge the achievement gap in your K-12 classroom by integrating art activities into any subject. Course readings and activities include art materials, and concepts like: patterns, rhythm, primary colors, color blending, hot and cold color, shapes, line, texture, positive and negative space. In addition, you will learn to implement art vocabulary, and Internet references. Aligned with National and State Art Standards while fun and easy. Texts about \$20 on Amazon.

INSTRUCTOR: Debora Supplitt, M.Ed.

COURSE NO: ED444S, ED544S
6 Quarter Cr (4 Semester Cr)

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

CREATIVE RIGHT BRAIN DRAWING

Bring these guided right-brain drawing skills into any classroom to boost your students' thinking. Critical-thinking, and general problem-solving skills will develop and increase. PreK-12 students will experience the delight of right-brain drawing. You will explore short video tutorials, guided workbook lessons, and basic principles of right-brain drawing. Download the recommended supply list, use your own supplies. Books and video will cost about \$70.

INSTRUCTOR: Debora Supplitt, M.Ed.

COURSE NO: ED470X, ED570X
6 Quarter (4 Semester Cr)

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

DRAMA GAMES

Learn how to use drama techniques to make everyday classroom lessons come to life. Drama Games give K-12 teachers a new educational tool for any subject by using improvisational theatre concepts as an active form of learning. Improvisational theatre gives students a fun and interactive way to learn English, reading, literature, history, communications, speech and more. These activities can be used with all ages in any classroom. Text \$11 on Amazon.

INSTRUCTOR: Doug Larson, M.S.

COURSE NO: ED450J, ED550J
5 Quarter Cr (3.3 Semester Cr)

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

***“Thank you for providing courses that can help us
be better people so we can be better teachers!”***

Aubri Goodwin
K-2nd grade
Odyssey Elementary, WA

Challenging Students

CLASSROOM MANAGEMENT THAT WORKS

Whether you are a new teacher or an old pro, you will learn researched, best practices in classroom management. In addition you will gain new insights and develop greater finesse from authoritative and reality-based sources that will reduce your stress and increase your effectiveness in developing a classroom ready to learn. Based on *Classroom Management That Works* by Robert & Debra Marzano and Debra Pickering. Text is \$21 at ASCD and Amazon.

INSTRUCTOR: Mary Ann Johnson, M.Ed.

COURSE NO: ED430C, ED530C

2 Quarter Cr 1.3 Semester Cr)

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

COUNSELING SKILLS FOR EDUCATORS

You don't have to be a counselor to apply some basic counseling skills. Techniques in this course are invaluable in working with a wide variety of K-12 student situations. Read and practice interview and listening skills helpful to achieving greater understanding of unmotivated, angry, withdrawn or otherwise hard to reach students. Models for increasing student communication will be explored, including how to conduct a class meeting. Workbook is free from the instructor's website.

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

COURSE NO: ED409R, ED509R

5 Quarter Cr (3.3 Semester Cr)

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

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

Heritage Instructors



Mary Ann Johnson, M.Ed. Adm., has worked with students at all levels, from alternative high school to gifted classes. She was also a junior high school vice principal. Teaching with The Heritage Institute since 1994 she is a teacher emeritus who has led seminars for educators focusing on developing a quality learner environment for students and for teachers. Her continuing education distance courses for K-12 teachers are research-based and resonate with educators because of their user-friendly and energizing content.

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, various modeling practices, 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

Why do some children succeed while others fail? Mindsets in the Classroom provides ideas for building a growth mindset culture. Based on how the brain learns, differentiation, and critical thinking, you will learn to challenge students to change their thinking, their potential, and their ability. This course provides step-by-step guidance for K-12 teachers to use the growth mindset culture in their classrooms by communicating to every student that they can succeed. Text \$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

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) 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.



Classroom Management

BATTLING BOREDOM

Not only are the 99 possible strategies explored in this book going to help you engage your students, but they will banish any boredom you may experience 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 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, Part 2

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 activities are valid and provides step-by-step directions for academic discussion, writing, classroom technology and more. Text \$28 on 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

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 \$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

FIRST DAYS OF SCHOOL

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. You will be provided with step-by-step proven skills and teacher-tested strategies that will 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



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.



GENERATION Z

Generation Z comprises students born since 1995. There is 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 leading to success. To do that, learn how to best meet their unique needs and how to engage them in your K-12 classroom. Learn how they think and how they may change the world. Text \$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. 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

ORGANIZATIONAL TEACHING SKILLS

Throughout each day, educators are expected to balance academic demands with the personal aspects of each child. This course will help educators 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

SCHOOL CULTURE TIPS

Here's your chance to enjoy celebrity educator Gerry Brooks, an elementary school principal, and intervention specialist, while earning credits. Gerry delivers stories and jokes K-12 school professionals relate to. He confesses that great teachers and distinguished schools do have bad days: the most solid lesson plans fall through, parents complain, kids throw tantrums, and then testing rolls around. Excellent for collaboration. All materials are free online.

INSTRUCTOR: Debora Supplitt, M.Ed.
COURSE NO: ED471H, ED571H
2 Quarter Cr (1.3 Semester Cr)

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

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. 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.



*“Thanks for offering these opportunities to educators.
I thoroughly enjoyed my course.”*

Steven Weiss
9-12th grade Biology
Northwestern Lehigh High School, OH

TEACH KIDS TO CONTROL THEMSELVES

Encourage students to control themselves and you will increase their learning. Their feelings, behaviors, and their thoughts about what they are studying matter. Self-regulated learners use strategies and skills to engage in their learning and they learn how to learn. K-12 teachers and school professionals, who create a culture of student self-regulation will motivate and encourage implementation of self-regulation strategies in your classroom. Text is about \$33 on Amazon.

INSTRUCTOR: Jennifer Anders, M.Ed.
COURSE NO: ED471F, ED571F
5 Quarter Cr (3.3 Semester Cr)

TUITION: \$415 Credit 400 & 500 level
\$315 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, or simply wanting more understanding about this complex and confusing disorder, this course offers a solid foundational approach. Workbook is free.

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



Jennifer Anders, M.Ed., earned her M. Ed. in Early Childhood Special Education at the University of Washington, Seattle, with a focus on young children with ASD. In 2004, Jennifer traveled with Dr. Schwartz and a team of educators to China, collaborating with Chinese educators on Best Practices for children with Autism. She received her B.A. at the University of Washington in English and Creative Writing. Prior to moving overseas, Jennifer worked as a Developmental Preschool Teacher in WA State Public Schools and Birth to Three Developmental Center as the Education Coordinator.

BOYS IN TROUBLE

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

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

CHALLENGING COLLEAGUES

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

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.



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. For all K-12 educators. Workbook is free from the instructor. Text \$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. For Pre K-12 including administrators, counselors, and other support individuals. Workbook is free from the instructor.

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

COURSE NO: ED464Z, ED564Z
6 QuarterCr (4 Semester Cr)

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

TRAUMA-INFORMED TEACHING

Research shows that by 4 years of age nearly 25% of students have experienced or witnessed a major traumatic event. Knowing that, how do we reach and support all of our K-12 students? This course will help. You will develop a trauma-informed lens focused on seeing the whole child. You will explore how trauma impacts the brain, its impact on learning and social-emotional well-being, plus strategies and tools for teacher self-care. Text \$15 on Amazon.

INSTRUCTOR: Stacey Shaw, M.Ed.

COURSE NO: ED472F, ED572F
6 Quarter Cr (4 Semester Cr)

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

WELL-BALANCED TEACHER

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 for K-12 teachers you will learn how to balance your life so that you can feel more positive about yourself and your teaching. In addition you will 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



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/>.



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, and encourage positive relationships while evaluating various stages of behavior, development, and interventions to support change. Workbook is free.

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

Distance Teaching

DIGITAL PHOTOGRAPHY

In 2020 educators witnessed the emergence of a new model for teaching and learning. Whether online virtual, home based, or brick and mortar, educators are rapidly discovering the power of integrating smartphones, tablets, and apps into their curricular environment. Using interactive photography editing apps, Google web-sites, creative digital videos, and the power of project-based learning, your K-12 students will be eager to learn. Text is about \$14.

INSTRUCTOR: Debora Supplitt, M.Ed.
COURSE NO: ED471R, ED571R
6 Quarter Cr (4 Semester Cr)

TUITION: \$495 Credit 400 & 500 level
\$380 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.





DISTANCE LEARNING

Want to virtually connect and support your students effectively? This course will help. You will learn ways to create, facilitate, and distribute content to your virtual learners. Educators will create motivational and relevant K-12 classroom activities, obtain teacher support materials, and access assessment tools. Host a digital classroom with confidence, become competent using video-based conferencing, and more. All materials are free online.

INSTRUCTOR: Chris Hill, M.E.T.

COURSE NO: CM403J, CM503J
5 Quarter Cr (3.3 Semester Cr)

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

GOING THE DISTANCE : Online K-8 Math

Distance Teaching requires new teaching modalities. Dive into digital tools like FlipGrid, Edupuzzle, Padlet, and Google Slides to create elementary and middle school math that will engage K-8 learners and develop their mathematical thinking. Your students will grasp numbers and operations, measurement and data, algebraic thinking, geometry, and fractions. You will foster math discourse and daily math routines. Text, by the instructor, is \$9 on Amazon.

INSTRUCTOR: Patricia Dickenson, Ed.D.

COURSE NO: ED471T, ED571T
6 Quarter Cr (4 Semester Cr)

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

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

GOOGLE CLASSROOM

Broaden your instructional tools by learning to use Google Classroom. You can create enhanced K-12 assignments, make announcements, start discussions, keep organized, boost student engagement and implement real-time communications. You will develop your own Google classroom and implement a lesson. Collaborate with colleagues too. Open to educators who have already adopted Google Apps for Education. No additional fees. All course materials are free online.

INSTRUCTOR: Charity Staudenraus, M.A.T.

COURSE NO: CM402P, CM502P
5 Quarter Cr (3.3 Semester Cr)

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



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.

GOOGLE CLASSROOM 2.0

Use of Google Classroom will allow you to create a more organized, coherent classroom geared toward student success. You will maximize communication with guardians. Discussions, rubrics, and grading will also be explored. You will experiment with add-on functions to tailor learning to individual needs. For K-12 educators proficient in Google Classroom. Collaboration is possible. No required text, all materials are free on-line

INSTRUCTOR: Charity Staudenraus, M.A.T.

COURSE NO: CM402Y, CM502Y
5 Quarter Cr (3.3 Semester Cr)

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

GOOGLE CLASSROOM 3.0

Explore features that are desperately needed for successful Distance Teaching. Get practice attaching and annotating PDF files, grading and returning question answers, and attaching videos you created. You will also complete an individual assignment where you explore the EDU 90 series. These advanced Google Classroom elements will advance your own Google Classroom skills while improving your instruction and engaging your K-12 students. All materials are free on-line.

INSTRUCTOR: Charity Staudenraus, M.A.T.

COURSE NO: CM403N, CM503N
5 Quarter Cr (3.3 Semester Cr)

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

STUDENTS LEARN BETTER WITH FLIPPED LESSONS

Think of a lesson that you currently teach: fractions, structuring complex sentences, Spanish, healthy eating, anything. Now imagine that your students learned the basics of the lesson at home with video or animation they can re-watch until they grasp the concepts. Now classroom time can be spent expanding the lesson, digging deeper, or helping students who need it. This is how flipping works, it's taking the K-12 world by storm. Text is about \$8 on Amazon.

INSTRUCTOR: Suzanne Warner, M.S.

COURSE NO: ED471B, ED571B
6 Quarter Cr (4 Semester Cr)

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

VIRTUAL, PHYSICAL & HYBRID CLASSROOM

Teaching in a virtual, physical, or hybrid environment demands an additional set of skills and strategies for teachers. In this course you will develop the skills needed to build a virtual classroom rich with interactive content while focusing on a positive class culture and mutually supportive student community. This course is appropriate for teachers of grades K-12. No additional fees.

INSTRUCTOR: Michael Boll, M.A.

COURSE NO: CM403M, CM503M
5 Quarter Cr (3.3 Semester Cr)

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

Charity Staudenraus, M.A.T., received her BA and MAT from Wil- lamette University. Charity has experience teaching math, science, social studies, business, and language courses at the middle and high school level. She is currently serving on the 2014-2017 Oregon Science Content and Assessment Panel as well as the Oregon Instruc- tional Materials Criteria Development Committee. In addition, Charity is consulting on a Rutgers University and WPI project funded through multiple Department of Education and National Science Foundation Grants.



“I enjoyed the ease of the process and I will continue to take courses through The Heritage Institute”

Rachal Edwards

Faculty

Missoula, MT

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: 2022

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: ED474N, ED574N

3 Quarter Cr (2 Semester Cr)

TUITION: \$210 Credit 400 & 500 level

\$120 CEU/Clock/PDU

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



Brenda McKinney, M.A., is CEO of Vancouver, WA based Brain Volu-tion. 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.

CHECK FOR UNDERSTANDING

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 \$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

EMPOWERING SOCIAL-EMOTIONAL LEARNING (SEL)

Many students lack the social and emotional skills necessary for success. Social Emotional Learning (SEL) practices are about how you teach what you teach, not something additional. Through videos, articles, and our text you will help K-12 students acquire confidence and competence in their lives as students and set a foundation for their adult lives. Work, community involvement, relationships, and their families will benefit. Text \$14 on Amazon.

INSTRUCTOR: Patricia Dickenson, Ed.D.

COURSE NO: ED471G, ED571G
6 Quarter Cr (4 Semester Cr)

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

ENGAGING STUDENTS OF POVERTY

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 then 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 will perceive mistakes as opportunities. When grit is taught in the classroom, it leads to long term success and happiness. Text \$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

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.



HARD-TO-REACH & MARGINALIZED STUDENTS ^{NEW}

This course is designed to help K-12 teachers create transformative student relationships. The approach is natural and intuitive and can guide your marginalized students of color to shed their sense of guilt, restore their innocence, and become engaged learners. Be prepared to positively impact your disconnected and underserved students by creating an environment of trust, safety, recognition, and acceptance within your classroom. Course text: *The Innocent Classroom*, by Alexis Pate, \$19 on Amazon..

INSTRUCTOR: John Creger, M.A.

COURSE NO: ED474D, ED574D
5 Quarter Cr (3.3 Semester Cr)

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

HELPING STUDENTS MOTIVATE THEMSELVES

Find a dozen strategies to energize students in big ways. Throughout this course you will 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 rises 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 manage their anxiety and succeed in school. Gain strategies for talking with parents about your concerns. Text \$32 at Amazon.

INSTRUCTOR: Suzanne Warner, M.S.

COURSE NO: ED466o, ED566o
3 Quarter Cr (2 Semester Cr)

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

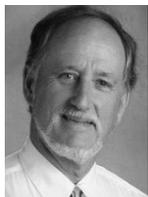
HOW TO TEACH SO STUDENTS REMEMBER

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



John Creger, M.A., as an English teacher has been learning from sophomores at American High School in Fremont, CA since 1988. In his publications and presentations since 1998, John communicates what his sophomores' continuing response to his Personal Creed Project teaches him about a deeper kind of literacy. In 2015, John launched Thriving at the Core Presentations to share his developing approach with colleagues in their own districts. He earned a B.A. from the University of California at Berkeley, and an M.A. from San Francisco State University, both in English.



INSPIRATIONAL EDUCATION

Children accomplish at a higher rate and with greater effectiveness when they are excited about learning. This course investigates strategies to increase student enthusiasm. Inspiring stories of success within the classroom and community will be presented with specific interventions and ideas that allow you to match personalities with approaches. K-12 educators will gain strategies, and ideas to activate student learning. Workbook is free from the instructor.

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

KEEP STUDENTS FROM FALLING THROUGH THE CRACKS

Don't lose heart! You can help failing K-12 students even if nothing so far has worked. This course will turn that around. You will learn of research-supported strategies based on neuroscience and mindset to inspire powerful change. Your instructor, Brenda McKinney, has spent her career developing curriculum that transforms failing students into proud graduates. In her documentary film you will hear from the students themselves. Text \$12 on Amazon.

INSTRUCTOR: Brenda McKinney, M.A.

COURSE NO: ED472G, ED572G

6 Quarter Cr (4 Semester Cr)

TUITION: \$495 Credit 400 & 500 level

\$380 CEU/Clock/PDU

KIDS & SOCIAL MEDIA: Concerns & Best Uses

Social Media - it connects our students, yet also divides our students. This course will delve into the many questions and concerns with how social media is affecting teenage students. You will learn the positives and negatives about social media and come away with ways to advise students and parents about the best ways to stay safe on social media. Text is about \$9 on Amazon.

INSTRUCTOR: Suzanne Warner

COURSE NO: ED472s, ED572s

6 Quarter Cr (4 Semester Cr)

TUITION: \$495 Credit 400 & 500 level

\$380 CEU/Clock/PDU

LGBTQ STUDENTS

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

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.



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 websites like Facing the Future, Awakening the Dreamer and more. Your students will learn that it benefits their lives when they advocate for positive change locally and globally. Text \$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

Extend student learning beyond classroom walls! Discover dozens of ways to use your school building, school grounds, local neighborhood, and community to enhance your curriculum in 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 additional materials.

INSTRUCTORS: Peter Chausse, B.S.

Jake Gordon, M.S.

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

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

PEACE IN OUR LIVES, SCHOOLS, & WORLD ^{NEW}

Albert Einstein said, "Peace cannot be kept by force; it can only be achieved by understanding". These words are the basis of peace in our classrooms. Peace means empathy for others, comprehension of differences, and the knowledge to bridge those differences. In this course, K-12 teachers will explore creating a peaceful classroom, incorporating activities that promote peace, and creating a socially and emotionally safe learning environment for students to be willing to take risks. All materials are free online

INSTRUCTOR: Suzanne Warner, M.S.

COURSE NO: ED473W, ED573W
3 Quarter Cr (2 Semester Cr)

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

POVERTY & THE BRAIN

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



Jake Gordon, M.S., graduated from Western Oregon University in 2014 with a Bachelor's in Social Studies Education. In 2017 Jake moved to Germany and completed a year of graduate studies at the world-renowned American Studies Leipzig Institute at University Leipzig. In June 2019 Jake returned to Oregon where he earned an M.S. in Social Studies Education from Western Oregon University. He currently teaches social studies and geography at Adam Stephens Middle School in Salem, Oregon. In addition to teaching, Jake is an elected member of the Center for Geography Education in Oregon's steering committee.

“I’ve been pleasantly surprised how influential the four courses I’ve taken have been on my teaching.”

Kate Carbaugh
10-12th grade English
Central Fulton, PA

POWER OF GROUP CHEMISTRY ^{NEW}

Like to know what takes group performance above and beyond? Its culture. Whether a family, a student group, a classroom or a school, every group has a culture. That culture is the invisible but powerful influence that affects our felt experience in the group, as well as the outcomes. Learn to create greater group effectiveness and comradery using these three skills: build safety, share vulnerability, and establish purpose. K-12 group members will feel happier and better navigate their challenges. Text and materials are free online.

INSTRUCTOR: Julie Bora, M.S.T.

COURSE NO: ED474C, ED574C
6 Quarter Cr (4 Semester Cr)

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

REACHING DIVERSE STUDENTS ^{NEW}

Are you looking for practical ways to reach all of your student’s diverse needs? This class will allow you to empower your students to become stronger leaders in their learning. You will learn how to integrate culturally responsive pedagogy, equity, and brain-based learning to promote authentic engagement and rigor in your classroom. A powerful combination. For P-12 teachers to collaborate on their pedagogy and bring about change in their classrooms. Course text about \$33 at Amazon.

INSTRUCTOR: Rachelle Mulder, M.A.

COURSE NO: ED474S, ED574S
5 Quarter Cr (3.3 Semester Cr)

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

TEACH LIKE A CHAMPION

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

TEACHING STUDENTS TO THINK FOR THEMSELVES

Vibrant societies need people who think for themselves. Many Americans do not. Our democracy, as well as our societal health, suffers as a result. Grade 4-12 teachers, will learn strategies providing incentives for young minds to develop courage, skills, and intellectual acumen necessary for robust thinking. Incorporating these strategies will, with continued use, generate an authentic intellectual culture among students. All reading is free online.

INSTRUCTOR: Charity Staudenraus, M.A.T.

COURSE NO: ED471V, ED571V
6 Quarter Cr (4 Semester Cr)

TUITION: \$495 Credit 400 & 500 level
\$380 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





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

WHY WILLPOWER MATTERS

Why Willpower Matters provides research supported strategies on how to achieve goals for the apathetic student in your classroom, and for yourself. 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

YOUTH SAFETY: Stop Human Trafficking

Between 200,000 to 300,000 children sitting in American classrooms this year will be trafficked for labor or sex. This unacceptable and tragic reality puts grade 6-12 educators in a front-line position to help. This course will help you to identify which youth are most at risk. You will learn the scope and effects of this exploitation, and how to intervene effectively. This course is also appropriate for school administrators, counselors, and psychologists. No additional fees. All reading is free online.

INSTRUCTOR: Patricia Dickenson, Ed.D.

COURSE NO: ED471U, ED571U
3 Quarter Cr (2 Semester Cr)

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



Rachelle Mulder, M.A.T., received from Dominican University, B.A. in Elementary Education from Pacific Lutheran University. Rachelle has over 25 years of elementary and college teaching experience. Rachelle has taught K-4th grade, Special Education, LAP, Library, PE, and Music. In addition to her teaching responsibilities, she has served as an ELA Instructional Coach for the State of Washington. In addition, Rachelle has served as an Instructor at Whitworth University as well as supervising practicum students. Teaching is a calling and privilege in her life.

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.



Health, PE & Coaching

BASKETBALL: 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.

COURSE NO: PE400Q, PE500Q
3 Quarter Cr (2 Semester Cr)

TUITION: \$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 will easily apply to your K-12 classroom. We will cover the physical, mental, emotional, and social dimensions of health. You will also learn more about First Aid, Bullying, Emotional Health, Sex Education, and Goal Setting for a healthy life. Videos and web sites will show you how to motivate students, improve health, prevent disease and reduce health related risk behaviors. No additional fee.

INSTRUCTOR: Eric Low, M.A.

COURSE NO: HE402o, HE502o
6 Quarter Cr (4 Semester Cr)

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

HOOKED ON SUCCESS

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 followed by curriculum 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 with effective strategies for helping children be successful at school. For educators, and school personnel. Workbook is free from the instructor's website.

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

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.



“I took the course in a group with other teachers and it was more valuable that way, to have others to compare thoughts with.”

Mary Bowker
9-12th grade Spanish
Jackson Hole HS, WY

SPORTS CLINICS 2022

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: PE405E, PE505E
3 Quarter Cr (2 Semester Cr)

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

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

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



Corey Davis, M.A.T., received his B.A. from Wright State University, and his M.A.T. from Concordia University. Corey has experience teaching Social Studies, specifically U.S. History and AP Human Geography at the high school level. He has served as an assistant baseball coach at his high school for the past 5 years, served on the AVID site team, and Equal Opportunity Schools site team as well. He has taken many of his continuing education courses through the Heritage Institute and is eager to help pay it forward.

EXPLORING CENTRAL OREGON

Come explore Central Oregon in this diversified driving tour. Choose 18 of the cultural, historical, and natural sites suggested and uncover the geographic and human origins of this area. The regions past, its present, and future potential will speak through the fauna and flora of the regions forested trails, volcanic areas, and alpine regions. Along the way, you will develop ideas for your K-12 classroom. Additional fee varies with your text selection.

INSTRUCTORS: Peter Chausse, B.S.
Jake Gordon, M.S.

COURSE NO: SS419B, SS519B
3 Quarter Cr (2 Semester Cr)

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

FINDING TRUTH: Beyond Fake News & Media Bias

It is harder than ever to know where the truth can be found. The 2016 presidential election was an American game changer in both political and social polarization. While this reflects historic ideational differences, the widening gulf, aggravated by fake news, is a major contributor to the breakdown. Can we achieve common ground and find bipartisanship? In this course for grades 9-12 we will explore fake news, bias and its effects. Text is \$24 on Amazon.

INSTRUCTOR: Corey Davis, M.A.

COURSE NO: SS419E, SS519E
5 Quarter Cr (3.3 Semester Cr)

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

GOOGLE EARTH BASICS

Expand your K-12 students' global awareness with Google Earth! The free program features astonishing satellite imagery of the entire Earth. Explore major river deltas; research climate change, watch endangered species and get to know land use patterns. In addition you can study Mars, the Moon, ocean floors, and distant galaxies! You will learn navigational basics and how to customize Google Earth for lessons across most K-12 subjects. 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

TEACHING BLACK HISTORY MONTH & BEYOND ^{NEW}

Let's look beyond the typical K-12 Black History Month topics and focus on unsung heroes and s/heroes not in the history books. Let's look at the profound ways they have contributed to America. Exploring the history of African Americans from 1619 to 2019 through diverse writings we will examine microaggressions to voting rights legislation. With websites and other resources, you will create and adapt lesson plans to integrate Black History into a year-long, interdisciplinary curriculum. Text on Amazon from \$15..

INSTRUCTOR: Wendy Fein, M.A.

COURSE NO: HI408W, HI508W
6 Quarter Cr (4 Semester Cr)

TUITION: \$495 Credit 400 & 500 level
\$380 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.





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

READ FOR PLEASURE & INSPIRATION

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

TEACH YOUR STUDENTS TO FIND THEMSELVES

The pandemic and social protests of 2020 provide amazing opportunities for grade 6-12 educators. A new kind of learning is called for. Young people need to understand that their behavior affects pandemic viruses, climate change, and the lives of others. They need to know what they stand for and be ready to act for a greater good. These challenges begin with understanding themselves more fully using the Personal Creed Project. Text \$20 at Amazon.

INSTRUCTOR: John Creger, M.A.

COURSE NO: ED471W, ED571W
5 Quarter Cr (3.3 Semester Cr)

TUITION: \$415 Credit 400 & 500 level
\$315 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.

WRITING & READING WORKSHOP

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, writing and reading workshops are the logical way to teach English 4-12. The instructor is your guide and partner in this writing intensive, transformational course. Text \$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

Math & Science

MATHEMATICAL MINDSETS

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 K-12 math classroom where your students experience mathematics through a positive growth mindset method. You will create tasks, assessments, and feedback that encourage mastery. Text is about \$14 from Amazon.

INSTRUCTOR: Suzanne Warner, M.S.

COURSE NO: MA400o, MA500o
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

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] to explore the many resources and educational materials she has created.



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.

Jake Gordon, M.S.

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

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

Social Justice

ADVOCACY & EQUITY FOR ELL STUDENTS

Educators of English language learners (ELLs) are important advocates for their students. Whether you are a regular K-12 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. For para-educators, counselors, and others. Text \$29 on Amazon.

INSTRUCTOR: Stacey Shaw, M.Ed.

COURSE NO: ED459G, ED559G
3 Quarter Cr (2 Semester Cr)

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

DIVIDED AMERICA

If we are faithful to the Declaration of Independence and the preamble to the Constitution, we must recognize the growing inequalities in America are not justified. Our current geopolitical and social climate reveals significant factors that divide American society. This course will examine some of those issues, which are critical conversations to have with our grade 9-12 students, and can be modified for middle school. No additional fees.

INSTRUCTOR: Wendi Fein, M.A.

COURSE NO: SS419A, SS519A
5 Quarter Cr (3.3 Semester Cr)

TUITION: \$415 Credit 400 & 500 level
\$315 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.

“I have taken several classes through Heritage Institute and have always had a great experience. Everyone is always courteous and accommodating.”

Margo Kondela

9-12th grade

Youngstown Rayen Early College, OH

GUNS, GERMS & STEEL

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

RACIAL JUSTICE IN EDUCATION

Systemic racism and racial bias negatively impact our social systems and our schools. The effects are both immediate and long lasting. Gain awareness, knowledge, and understanding of privilege within systemic inequity with appreciation of your racial and cultural identity. We will confront stereotypical thinking and misconceptions that disproportionately affect people of color, while working to the advantage of white people. Text \$10 at Amazon.

INSTRUCTOR: Stacey Shaw, M.Ed.

COURSE NO: ED472B, ED572B
6 Quarter Cr (4 Semester Cr)

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

STEM

BUILD YOUR WEBSITE NOW

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

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

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





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

EMPOWERING SCIENCE TEACHING & LEARNING

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 K-12 students understand the phenomena at the core of science teaching and learning. Course materials are free 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

MAGNETS & MORE: Early Childhood Science

Promote the joy of learning by using play-based STEM activities. Magnets, gears, whiffle balls, a tin can band, simple machines, plants, animals, funnels, sensory tubs, paint, and more will teach your preschool and early childhood students inquiry-based science concepts. All while meeting state standards and propelling their learning. You will practice all eight components of scientific inquiry and create an inquiry-based classroom. Text is \$20 - \$40 on Amazon.

INSTRUCTOR: Kelly Lickteig, M.A.

COURSE NO: ED471X, ED571X
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 problem-based lessons, 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' knowledge to make connections that lead to mastery. Research suggests 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



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.

ONLINE MATH TUTORIALS: Khan Academy & More

Supplement your in-class K-12 math instruction and homework with an amazing diversity of online math tutorials. Many educational websites are now aligned with the Common Core standards in math. They are available for addition, multiplication, calculus and more. Bite-sized mini-lessons, these tutorials address specific concepts and skills. Reading and lesson samples online will culminate in your review, implementation and evaluation. No additional fees.

INSTRUCTOR: Wendi Fein, M.A.

COURSE NO: ED451B, ED551B
3 Quarter Cr (2 Semester Cr)

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

PRESCHOOL MATHEMATICS

In this exciting preschool math course, you will learn how to teach activity centered, basic math concepts that meet national standards for early childhood students. Your students will find that math is fun through engaging activities in the areas of numbers and operations, algebra, geometry, measurement, and data analysis and probability. You will walk away with classroom tools and resources that will keep your students engaged. Text at Amazon for \$11.

INSTRUCTOR: Kelly Lickteig, M.A.

COURSE NO: MA400N, MA500N
5 Quarter Cr (3.3 Semester Cr)

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

STEAM: Curriculum Integration

STEAM is an educational approach to learning that integrates two or more key K-12 subject areas: Science, Technology, Engineering, the Arts and Math. This course will help you blend these content areas to enhance learning across the curriculum. With this broader perspective your students will begin to take thoughtful risks, engage in experiential learning, problem solve, collaborate, and explore the creative process. Text about \$22 at Amazon.

INSTRUCTOR: Debora Supplitt, M.Ed.

COURSE NO: ED464Q, ED564Q
2 Quarter Cr (1.33 Semester Cr)

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

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 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. Fulfills OSP's 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

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.



“The courses you offer are so pertinent to the current needs of educators and the assignments are very well designed.”

Kila Jarvis

2nd grade

Rattlesnake Elementary, MT

TAKING CONTROL OF YOUR DIGITAL LIFE

Overwhelmed with the sheer volume of digital communications each day? Take advantage of the storage and organization systems available that will simplify your digital life and free up your time. Learn about personal digital assistants, getting to Inbox Zero, note-taking systems, task-management systems, and more all together in one place. 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 to create happy lives. Learn how to shift perspective about difficult situations, and more. 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: A balanced program of 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 K-12 teachers.. Text is \$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



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.

HAPPINESS DIET

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

HARDWIRING HAPPINESS

Humans have an incredible capacity for happiness, but negative thinking limits it. Neuroscience shows our ability to concentrate on happy thoughts depends upon our brain's amygdala section. The goal of this course for K-12 educators is to teach you how to train your mind to cultivate happiness, and to recognize when your amygdala is lying to you. Using a powerful four-step process, you can create new neural structures and habits. Text \$16 on Amazon.

INSTRUCTOR: Brenda McKinney, M.A.

COURSE NO: ED470o, ED570o
5 Quarter Cr (3.3 Semester Cr)

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

MINDFULNESS

Our brains love repetition, whether it is negative or positive. This course is a chance to create new neural pathways while letting go of distractions. Interest in mindfulness has been growing steadily. This course provides an opportunity to learn and practice mindfulness while strengthening skills to be with whatever arises. Remember, every moment counts. This is a perfect opportunity to influence your brain, your health, and longevity. Text is \$14 on Amazon.

INSTRUCTOR: Brenda McKinney, M.A.

COURSE NO: ED471E, ED571E
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

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.





OVERCOMING ADVERSITY

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 movies, TED Talks, read books, and more. 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

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

FREEING DIGITAL PRISONERS

"If we have lost control over our relationship with smartphones, it is by design. Add it all up, and North American users spend somewhere between three and five hours a day looking at their smartphones," wrote Eric Andrew-Gee. We love technology, but it is essential that we find balance. Achieve that balance for yourself and access resources to share that balance with your PreK-12 students. Text is \$10 at Amazon. Additional materials are free online.

INSTRUCTOR: Charity Staudenraus, M.A.T.

COURSE NO: SC418Z, SC518Z
6 Quarter Cr (4 Semester Cr)

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



Chris Hill, M.E.T., received his Master of Educational Technology from Boise State University and currently teaches Marketing, Leadership, and Digital Media at Lake Oswego High School. His diverse teaching experience includes teaching at The International School in Tegucigalpa, Honduras. He is one of fifty educators from across the country who was chosen to participate in the 2011 STEM Institute in Washington D.C. He is a member of the Northwest Council for Computer Education and the International Society for Technology in Education. He has served as the Technology Coordinator, Math Department Head, and Activities Director at various schools.

GOOGLE DRIVE ACROSS THE CURRICULUM

Teachers, administrators and other school personnel will learn how to use Google Drive, a free, web-based Microsoft Office alternative. With Google Drive, all your work is automatically saved online where you can access it from any computer. All you need is a Gmail account! You will create and enhance K-12 classroom lessons, activities or support materials. For professional as well as personal needs: includes word processing, spreadsheets, and more. No text fee, reading is online.

INSTRUCTOR: Chris Hill, M.E.T.

COURSE NO: ED446K, ED546K
3 Quarter Cr (2 Semester Cr)

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

World Languages

HABLA ESPAÑOL: Spanish Basics for Educators Pt I

Build a positive rapport with your Spanish-speaking K-12 students by mastering relevant vocabulary and phrases. This introductory course teaches important fundamentals of the Spanish language and basic skills like phone-conferencing and progress reports for effectively communicating with your Spanish-speaking students and parents. \$28 workbook and audio files fee due after registration.

INSTRUCTORS: Deborah Richter, B.A.
Isis Tabares, M.A.

COURSE NO: ED432P, ED532P
3 Quarter Cr (2 Semester Cr)

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

HABLA ESPAÑOL: Spanish Basics For Educators Pt II

Teachers K-12 may move to the next level in this follow-up course to Habla Español Part I. Learn relevant verbs and other grammar skills to help strengthen your communication with your Spanish-speakers. You will acquire more phone and live conferencing strategies while continuing to practice bilingual progress reports and parent-notifications. \$28 material fee due after registration.

INSTRUCTORS: Deborah Richter, B.A.
Isis Tabares, M.A.

COURSE NO: ED444E, ED544E
3 Quarter Cr (2 Semester Cr)

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



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.

Deborah Richter, B.A., is an accomplished Spanish instructor who has been teaching for more than 25 years. She founded La Única Spanish Instruction center, which offers a variety of workshops and classes for teachers that emphasize strengthening communication and bridging language gaps. Additionally, she arranges and leads adult groups in cultural trips to various Spanish-speaking countries. Deborah holds degrees in K-12 Education and Physical Education from Whitman College.





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The Heritage Institute

INFORMATION and POLICIES

REGISTRATION • You may register online at any time: 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 360.341.3070. Registration forms are located on our website at www.hol.edu. Courses, Mail in Registration Form.

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 Seattle's Continuing Education Quarter Credits are acceptable in most states for teaching certificate renewal and salary advancement. Prior to registering for a course, we recommend you seek approval from your state office of education or school district Human Resources department as many state and district requirements are unique.

GROUP COLLABORATION • You may register for distance courses as a group. Groups are limited to four(4) participants. Please visit our website at www.hol.edu. Courses, Group Collaboration for more information and guidelines.

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, enter your email address and password. For further assistance, contact THI Customer Service: customerservice@hol.edu.

CEUs – CONTINUING EDUCATION UNITS (HOURS) • The Heritage Institute offers Continuing Education Units. 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 hours, 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 CEU (Hours), Washington Clock Hours or Oregon PDU Hours, send a request to THI Registrar, 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 THI. 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 additional tuition must be paid, if applicable.

CANCELLATIONS & REFUNDS • Cancellation requests must be received by THI within 30-days of registration to qualify for a tuition refund (minus a \$20 administrative fee for each course canceled). Beyond thirty-days after registration, full tuition is forfeited. Contact THI by phone 360.341.3020, fax 360.341.3070 or email, registrar@hol.edu. Transcripts will be held until all fees are paid. For Workshops' policies, please contact your instructor directly.

SYLLABI SUMMARY • Course syllabi are available for viewing before registration on the website course description page at www.hol.edu. Please do not begin your course prior to registration.

PAYMENT • Payment is due at the point of registration. We accept Visa, Master-Card, American Express, Discover, check, or Purchase orders. 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.

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.

TRANSCRIPTS • Transcripts are only available if you have earned Continuing Education credit at the 400 or 500 level. THI CEU (Hours), WA Clock Hours, and Oregon PDUs DO NOT APPEAR on an Antioch Transcript. Request THI CEU, WA Clock Hour, or OR PDU certificates directly from THI.

Transcripts for Continuing Education credits are processed through the National Student Clearinghouse at www.getmytranscript.com.

To be sure all courses completed within the past 60 days are included, review your Certificate of Course Completions by going to report.hol.edu, before ordering a transcript. It is important that you do not order before receiving credit verification.

For more information on how to Order a Transcript go to www.hol.edu, RESOURCES/FAQ, TRANSCRIPT.

Additional Information • Please visit our website at www.hol.edu, Resources/FAQ, and view Policies/Credits/FAQ for additional information on our policies.

WORKSHOPS

Workshops



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Live Workshops and Field Studies in Washington and Oregon along with Travel Study Programs are offered throughout the year by faculty members of The Heritage Institute:

Peter Chausse, Mike Sedler, Lori Gibson, Lee Ogle,
and Beth & Joe Claseman.

CHANGE SERVICE REQUESTED

For more information please go to: www.hol.edu

COURSES

(Live Workshops)

Due to COVID-19 our offerings of workshops, field studies, and travel study programs may be subject to local restriction guidelines.