



THE HERITAGE INSTITUTE 2023

Professional Development

Courses for Educators

www.hol.edu



Caring for teachers and students in
a changing world

**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
360.341.3020
registrar@hol.edu**

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Summer Zoominar

PENNSYLVANIA TEACHERS

*Students Take Action:
Making the World
a Better Place*

Watch for details in your email
this spring

*The Heritage Institute
is now PDE
Approved for Act 48!*

Earn your professional development
hours now

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/PA

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/PA

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/PA



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/PA

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/PA

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/PA

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.



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

\$380

Credit 400 & 500 level

CEU/Clock/PDU/PA

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

\$380

Credit 400 & 500 level

CEU/Clock/PDU/PA

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

\$315

Credit 400 & 500 level

CEU/Clock/PDU/PA

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

\$380

Credit 400 & 500 level

CEU/Clock/PDU/PA

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.





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/PA

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/PA

CULTIVATE JOY & JUSTICE: Classroom Morning Meetings ^{NEW}

Classroom Management is essential to the creation of a productive, creative and brave community. It is the bedrock of all potential learning. Our course text will guide us into the purpose and execution of effective K-8 daily morning meetings. You will explore the four integral components and how to integrate them. Our relationships with our students impact everything that happens. This course will help you transform your classroom community and will profoundly impact the way you look at your classrooms for years to come. Required text \$18 at Amazon.

INSTRUCTOR: Sarah Rosman, M.A.

COURSE NO: ED475n, ED575n

6 Quarter Cr (4 Semester Cr)

TUITION: \$495 Credit 400 & 500 level

\$380 CEU/Clock/PDU/PA



Sarah Rosman, M.A., received her Master of Education from Lewis and Clark College with a certification in ESL. She extensive teaching background includes teaching in Argentinian private schools, in Spanish Immersion classrooms, in the Environmental Studies magnet school in Portland, at Lewis and Clark College, aPortland State University. Currently, Sarah consults on issues surrounding race, justice, language, and education. She and her family live in Oaxaca, Mexico.

***“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

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.	TUITION:	\$280	Credit 400 & 500 level
COURSE NO:	ED465i ED565i		\$195	CEU/Clock/PDU/PA
	3 Quarter Cr (2 Semester Cr)			

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.	TUITION:	\$415	Credit 400 & 500 level
COURSE NO:	ED447E, ED547E		\$315	CEU/Clock/PDU/PA
	5 Quarter Cr (3.3 Semester Cr)			

GENERATION Z

Generation Z comprises students born since 1995. Theirs 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,	TUITION:	\$495	Credit 400 & 500 level
COURSE NO:	ED467G, ED567G		\$380	CEU/Clock/PDU/PA
	6 Quarter Cr (4 Semester Cr)			

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.	TUITION:	\$415	Credit 400 & 500 level
COURSE NO:	ED429W, ED529W		\$315	CEU/Clock/PDU/PA
	5 Quarter Cr (3.3 Semester Cr)			

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.





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/PA

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/PA

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/PA



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.

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.





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/PA

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/PA

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/PA

DYSLEXIA 101 NEW

Would you like practical ways to help dyslexic readers become proficient? This class focuses on "Overcoming Dyslexia". It is guaranteed to change the way you see your students as readers. With this powerful, informative, engaging, and classroom-relevant text you will learn to recognize indicators of dyslexia at any age, the science behind dyslexia research, and provide you with new tools to help your students become stronger readers. The course is perfect for collaboration. Text about \$13 at Amazon.

INSTRUCTOR: Rachelle Mulder, M.S.Ed.

COURSE NO: ED474Z, ED547Z
6 Quarter Cr (4 Semester Cr)

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

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.





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 grade 12 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/PA

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/PA

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/PA

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/PA



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/>.

“The Zoom sessions (in the summer) were lively, and it was great to take time to discuss further in breakout rooms. Thanks so much, and keep up the good work!”

Joel Turvey
K-8th Reading Specialist
Catapult Learning, OR

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/PA

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/PA

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 smart-phones, tablets, and apps into their curricular environment. Using interactive photography editing apps, Google websites, 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/PA

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.





PROFESSIONAL DEVELOPMENT COURSES FOR EDUCATORS

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/PA

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/PA

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/PA

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/PA



Charity Staudenraus, M.A.T., received her BA and MAT from Willamette 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 Instructional 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

Clinton School District, MT

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/PA

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/PA

Education

ACADEMIC/PROFESSIONAL DEVELOPMENT WORKSHOPS: 2023

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 Washington Clock Hours, Oregon PDUs, Pennsylvania ACT 48 or CEUs. Attending more than one event during the year? Then contact the instructor.

INSTRUCTOR: Eric Low, M.A.

COURSE NO: ED475S, ED575S
3 Quarter Cr (2 Semester Cr)

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

Eric Low, M.A., has lived, taught and coached in Washington State since 1992. Eric has a Master's degree in history from Eastern Washington University with an emphasis in America's West and has been an active researcher of Washington State history since 1994. Eric currently teaches history at Winlock High School in western Washington State and serves as a Lead Teacher for ESD 112's Constitutional Connections American History grant, a three-year program. Eric has taught for The Heritage Institute since 2004.





AWAKENING GENIUS IN THE CLASSROOM

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

INSTRUCTOR: Mary Ann Johnson, M.Ed.

COURSE NO: ED437A, ED537A

1 Quarter Cr (0.6 Semester Cr)

TUITION: \$125

Credit 400 & 500 level

\$ 95

CEU/Clock/PDU/PA

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: Shaila Bora, M.S.T.

COURSE NO: ED466M, ED566M

6 Quarter Cr (4 Semester Cr)

TUITION: \$495

Credit 400 & 500 level

\$380

CEU/Clock/PDU/PA

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/PA

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/PA



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.

“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

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/PA

HARD-TO-REACH & MARGINALIZED STUDENTS

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/PA

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/PA

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.





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/PA

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/PA

THE INSPIRED CLASSROOM

As educators we continually adapt, grow, and evolve our curriculum to meet the needs of our students and community. We ask our students What moves you? What do you want to learn about? What did you get stuck on? What are you wondering? Rarely, however, do we make space to pause and consider these essential questions for ourselves. However this is where our opportunity lies to be inspired and transformed. Pursue your own self-discovery and inspiration while earning 3 or 5 CE Quarter credits. Material fee depends upon your choice.

INSTRUCTOR: Sarah Rosman, M.A.

COURSE NO	TUITION CR	CEU/Clock/PDU/PA	CREDITS
ED476A, ED576A	\$280	\$195	3 Quarter Cr (2 Semester Cr)
ED476B, ED576B	\$415	\$315	5 Quarter Cr (3.3 Semester Cr)

INSPIRING, NURTURING & MOTIVATING STUDENTS

We live in a culture that rewards academic skills and successes. However while we help our students achieve those outcomes, we need fresh ways to cope with the daily grind. We know the power of resetting our focus to a new vision. You will find ways to bring those visions to your K-12 students. Insights and reproducibles for your ongoing use will aid your inspiring and remotivating your classes daily. Enjoy lively and engaging daily work, encouragement, and teachable moments as your norm. Text \$15 on Amazon.

INSTRUCTOR: Mary Ann Johnson, M.Ed.

COURSE NO: ED475R, ED575R
6 Quarter Cr (4 Semester Cr)

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



Brenda McKinney, M.A., is CEO of Vancouver, WA based Brain Volution.

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

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

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

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/PA

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, M.S.

COURSE NO: ED472s, ED572s
6 Quarter Cr (4 Semester Cr)

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

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/PA

LEARNING THROUGH PLAY

Learning through play is a developmentally appropriate and essential activity for young learners. Opportunities for play and choice in K-5 classrooms are a dwindling, yet there are enormous benefits of utilizing structured play, and children enjoy and engage easily in it! This course will go over describing what play can be in a classroom, how to prepare your classroom for play, how play can benefit Social Development, and how play can support academic instruction. Text \$28 on Amazon.

INSTRUCTOR: Melody Ryser, M.S.

COURSE NO: ED475X, ED575X
3 Quarter Cr (2 Semester Cr)

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

Melody Ryser, M.S., received her Master of Science degree in Curriculum and Instruction from Western Governors University in 2020. She received her B.A. degree in Special Education and Elementary Education at Western Washington University 2011. Also certified as an Early Childhood Generalist she spent ten years teaching early elementary and primary grades in low-income school districts. She constantly renews her passion for learning and strives to support her students and other teachers with new strategies and best practices.





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/PA

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/PA

PEACE IN OUR LIVES, SCHOOLS, & WORLD

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/PA

THE POTENT POWER OF BELONGING ^{NEW}

Our course text is a rare book that asks us to love our profession, love our students and find out how some of the most challenging students can benefit from feeling the power of belonging. Adding a focus on self-care and dealing with crisis artfully and you have a valuable resource. Consider the impact of a radical focus on words like love, compassion, and a culture of inclusion. Is this sounding like a focus you would like to embody as a teacher? If so then during this course you will find many how-tos in the required text, \$21 on Amazon.

INSTRUCTOR: Mary Ann Johnson, M.Ed.

COURSE NO: ED474Y, ED574Y
5 Quarter Cr (3.3 Semester Cr)

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



Shaila 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.

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

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

POWER OF GROUP CHEMISTRY

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: Shaila Bora, M.S.T.

COURSE NO: ED474C, ED574C

6 Quarter Cr (4 Semester Cr)

TUITION: \$495

Credit 400 & 500 level

\$380

CEU/Clock/PDU/PA

REACHING DIVERSE STUDENTS

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/PA

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: Shaila Bora, M.S.T.

COURSE NO: ED444V, ED544V

6 Quarter Cr (4 Semester Cr)

TUITION: \$495

Credit 400 & 500 level

\$380

CEU/Clock/PDU/PA

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/PA

Rachelle Mulder, M.A.T., received an M.A.T. from Dominican University, and a B.A. in Elementary Education from Pacific Lutheran University. Rachelle has over 25 years of elementary and college teaching experience including K-4th grade, Special Education, LAP, Library, PE, and Music. In addition to teaching 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.





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/PA

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/PA

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/PA



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.



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/PA

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/PA

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/PA

SPORTS CLINICS 2023

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 Washington Clock Hours, Oregon PDUs, Pennsylvania Act 48 or CEUs. Attending more than one clinic during the year? Contact the instructor directly.

INSTRUCTOR: Eric Low, M.A.

COURSE NO: PE405o, PE505o
3 Quarter Cr (2 Semester Cr)

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

Kimberly Carter, M.Ed. , received her Health and Fitness Degree from Central Washington University in 1987 and received a Masters in Curriculum and Instruction from City University in 1994. She has taught in both the elementary and middle school Health and Fitness settings. Kim knows the importance of creating a positive, active and creative teaching environment for her students. She is currently teaching Health and Fitness at the middle school level. Kim enjoys spending time gardening, mountain bike riding, paddle boarding, hiking, snowshoeing and all outdoor activities.





STANDARDS BASED P.E.

Did you realize that you can design a standards-based PE curriculum? During this course you will do that and more. You will also explore assessments and the importance of documenting how PE students progress toward achieving the standards. Learn how to provide all your K-12 students with meaningful opportunities to achieve their learning goals while being challenged and motivated. Used text \$46 on Amazon.

INSTRUCTOR: Kimberly Carter, M.Ed.

COURSE NO: PE401X, PE501X
5 Quarter Cr (3.3 Semester Cr)

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

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/PA

History & Social Studies

CONNECTING STUDENTS TO THEIR COMMUNITY ^{NEW}

Discover dozens of lesson and project ideas that can help your K-8 students develop a sense of pride in their school and local community. Your lessons can extend learning outside the classroom and encourage local community involvement. Each lesson can integrate history, math, and art into your curriculum while making a positive impact on students and their community. After registration the course manual will be sent to you by the instructor. It is free.

INSTRUCTORS: Peter Chausse, B.S.

Jake Gordon, M.S.

COURSE NO: SS419R, SS519R
3 Quarter Cr (2 Semester Cr)

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



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.

“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

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/PA

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/PA

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/PA

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.





TEACHING BLACK HISTORY MONTH & BEYOND

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/PA

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/PA

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/PA



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/PA

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/PA

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/PA

Jake Gordon, M.S., graduated from Western Oregon University in 2014 with a Bachelor's in Social Studies Education. In 2017 Jake completed graduate studies at the American Studies Leipzig Institute at University Leipzig. In June 2019 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. Jake is also an elected member of the Center for Geography Education in Oregon's steering committee.



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 Jake Gordon, M.S., 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



Social Justice

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/PA

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/PA

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/build-website-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/PA



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.

“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

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/PA

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/PA

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/PA

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/PA

Eva Varga, M.A., has 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 resources and materials she created.





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 OSPIs STEM requirements for Washington State teachers. All reading is free online.

INSTRUCTOR: Suzanne Warner, M.S.

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

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

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/PA

Sustainability

TOO MUCH STUFF ^{NEW}

Happiness is a crucial ingredient of human well-being and health. Sufficient abundance and enough material stuff is necessary to sustain basic happiness in order to pursue higher goals. But in western nations we consume beyond this point. Consumerism is the idea that greater consumption of goods and services produces a desirable goal: that is not true. Teachers of 3-12 students will explore personal values and develop heightened awareness regarding our actions. Text from \$14 on Amazon.

INSTRUCTOR: Eva Varga, M.A.

COURSE NO: ED476E, ED576E
5 Quarter Cr (3.3 Semester Cr)

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



Michael Boll, M.A., is an Apple Distinguished Educator, Google Certified Educator, Entrepreneur, Podcaster and former Technology Coach at International School, Bangkok. Michael has an adult 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

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/PA

BRINGING PEACE IN MOMENTS & TIMES OF STRESS ^{NEW}

The pressure to keep up with global events leads to feeling defeated and anxious. Over 77% of people experience stress, anxiety, and loneliness. This course will teach gratitude, mindfulness, stress reduction, and visualization strategies to help you and your K-12 students leave behind your overthinking minds. Join me in learning how to slow down your inner and outer pace to focus on the present moment. Come to understand more about your stress and why we are negatively affected by the thoughts, feelings, and beliefs we hold. Text is \$15 on Amazon.

INSTRUCTOR: Brenda McKinney, M.A.
COURSE NO: ED475i, ED575i
6 Quarter Cr (4 Semester Cr)

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

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/PA

FOOD FOR MENTAL HEALTH ^{NEW}

Did you know that dark chocolate, pumpkin seeds, and avocados help reduce depression, anxiety, and worry? And according to National Institute of Mental Health anxiety disorders are common in the USA affecting 18% of the population. Our course text aids us toward enhanced mental health through nutrient-dense foods that help alleviate symptoms of anxiety and depression. This course is packed with noteworthy science and easy actionable nutritional recommendations for you and your K-12 students. Text \$18 on Amazon.

INSTRUCTOR: Brenda McKinney, M.A.
COURSE NO: ED475E, ED575E
6 Quarter Cr (4 Semester Cr)

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

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.





PROFESSIONAL DEVELOPMENT COURSES FOR EDUCATORS

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/PA

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/PA

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/PA

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/PA



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.

“The courses you offer are so pertinent to the current needs of educators.”

Kila Jarvis

2nd grade

Rattlesnake Elementary, MT

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/PA

PANDEMIC FATIGUE NEW

Is the situation in your K-12 classroom unlike anything you have ever seen before? Unmotivated, disengaged students? In this topsy turvy world, students continue to struggle, and educators continue to feel overwhelmed even though they have all returned to the classroom. This course will help you get on the road to wellness and stability again. Sign up today to find renewal and an opportunity to heal your mind and let go of your post-pandemic stress using research-based strategies. Text \$18 on Amazon.

INSTRUCTOR: Brenda McKinney, M.A.

COURSE NO: ED475B, ED575B
6 Quarter Cr (4 Semester Cr)

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

PEACE INSIDE & OUT NEW

The path to peace in the world starts with peace of mind. K-8 educators in this course will learn educational strategies to help students calm themselves, alter their state of mind, and learn how to manage their behaviors. The result is more happiness, less conflict, and higher rates of authentic learning. Strategies will include techniques of self-observation and following the breath. Participants will explore literature and social studies that address the issues of peace. Materials FREE online.

INSTRUCTOR: Suzanne Warner, M.A.

COURSE NO: ED475W, ED575W
6 Quarter Cr (4 Semester Cr)

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

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/PA

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.





Technology

FREEDOM OF 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/PA

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/PA

GOOGLE JAMBOARD NEW

Are you a K-12 educator interested in furthering your digital resources and skills? Google Jamboard is a digital whiteboard that lets you collaborate in real time with students. You set up a Jamboard and invite students to collaborate. This practical course is designed to assist your process of making digital Google Jamboards that meet the diverse needs of your K-12 students. Perfect for a team of teachers. Many assignments will begin with an introduction video. No additional fee. All materials FREE online.

INSTRUCTOR: Rachelle Mulder, M.S.Ed.

COURSE NO: ED474U, ED574U
3 Quarter Cr (2 Semester Cr)

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



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.



GRAPHICS, VISUALS, & DIGITAL COMMUNICATION WITH CANVA

Never thought of yourself as someone who can make beautiful graphs, presentations, videos, charts, infographics, or posters? Think again; Canva makes designing all these visuals (and more) a breeze. Start with setting up and applying for the free (yes free!) pro-teacher account and then plunge into it. With assistance, build designs you can immediately use in your PreK-12 classroom. With helpful video screencasts and insights along the way, you emerge as a stellar designer. Materials FREE online.

INSTRUCTOR: Michael Boll, M.A.

COURSE NO: CM403o, CM503o
5 Quarter Cr (3.3 Semester Cr)

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

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/PA

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/PA



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 360.341.3020. 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 (CE) 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 CE 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 CE Quarter Credits each in the Fall, Winter, and Spring Quarters (equivalent to 6-semester credits). The limit is 15 CE Quarter Credits during the Summer Quarter. However, there is an annual limit of 25 CE 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.

CE QUARTER CREDIT COMPLETIONS • THI will email you a Credit Report showing number of CE quarter credits earned. Use this document as official completion for your district.

PENNSYLVANIA ACT 48 APPROVED PROVIDER • THI is approved by the Pennsylvania Department of Education to offer professional development hours. Completed hours will be uploaded to PERMS. More details at hol.edu.

THI CEUs, WA CLOCK HOURS & OREGON PDUs • THI CEUs, Washington Clock Hours, and Oregon PDUs 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*.

CERTIFICATE OF COMPLETION • An unofficial certificate of completions is available. Go to report.hol.edu. to create this document. First time users must create a profile.

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) per individual in any one-year period.

HOOR LIMIT • There are limits to the number of total Washington Clock Hours or Oregon PDUs. A limit of 90 hours in Fall, Winter, and Spring Quarters. During Summer the limit is 150 hours. However, the annual limit is 250 hours per individual in 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 order. 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

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 CE quarter 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.



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

*Peter Chausse, Beth & Joe Claseman, Helen Crandell,
Jeffrey Creswell, Chris Cunningham, Lori Gibson,
Jake Gordon, Lee Ogle, and Mike Sedler.*



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