



HERITAGE INSTITUTE 2026

Professional Development Courses for Educators

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Monthly
Discounts

*Caring for Teachers and Students
in the Classroom*



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

We are pleased to welcome all K–12 educators to The Heritage Institute’s professional development programs. In 2026, we proudly celebrate our 50th anniversary of inspiring teachers to strive for their very best. We extend our gratitude to the THI instructors whose thoughtfully designed courses have helped THI earn its strong reputation. When asked to what degree courses from The Heritage Institute helped them better engage students and increase academic performance, teachers rated THI at 92%.

As part of our 50th anniversary celebration, educators will find instructor video “gifts” on our website—short, practical mini tutorials created to support classroom success.

K–12 teachers value our commitment to educating the whole child through courses that honor teacher and student strengths, emphasize caring connections, and support character development alongside content mastery.

All courses are available for Antioch University continuing education credit on the quarter system. Please see the conversion table above for quarter-to-semester 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 for certificate maintenance and salary advancement. Please confirm acceptance with your faculty advisor, state office, or district administrator prior to registration.

For additional details, review our policies page or contact our office if you have questions or prefer to register by phone or mail. We look forward to providing continuing education that combines inspiration with high academic standards.

The Heritage Institute
PO Box 1273, Freeland WA, 98249
360.341.3020
registrar@hol.edu

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Professional Development Courses for K-12 Educators

The Arts

ARTS WITH THE BRAIN IN MIND

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

INSTRUCTOR: Mary Ann Johnson, M.Ed.
COURSE NO: ED433C, ED533C
2 Quarter Cr (1.33 Semester Cr)
TUITION: \$185 - Credit 400 & 500 level
\$140 - CEU/Clock/PDU

BASIC ELEMENTS OF ART

Bridge the achievement gap in your K-12 classroom by integrating art activities into any subject. Course readings and activities include art materials and concepts, such as patterns, rhythm, primary colors, color blending, hot and cold colors, shapes, line, texture, positive and negative space. In addition, you will learn to implement art vocabulary and internet references. While fun and easy, this course is aligned with National and State Art Standards. 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

***"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



Challenging Students

ESTABLISHING RULES & BOUNDARIES

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

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

COURSE NO: ED445X, ED545X

6 Quarter Cr (4 Semester Cr)

TUITION: \$495 - Credit 400 & 500 level

\$380 - CEU/Clock/PDU

MINDSETS IN THE CLASSROOM

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

INSTRUCTOR: Brenda McKinney, M.A.

COURSE NO: ED459Q, ED559Q

5 Quarter Cr (3.3 Semester Cr)

TUITION: \$415 - Credit 400 & 500 level

\$315 - CEU/Clock/PDU

REASONS STUDENTS DON'T LIKE SCHOOL

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

INSTRUCTOR: Brenda McKinney, M.A.

COURSE NO: ED448L, ED548L

6 Quarter Cr (4 Semester Cr)

TUITION: \$495 - Credit 400 & 500 level

\$380 - CEU/Clock/PDU

TRAUMA: Students & Teachers

According to Dr. Sadin, 1 in 4 children have experienced trauma. Their brains have developed differently. You may not realize how trauma impacts your teaching. Learn your own Adverse Childhood Experiences (ACES) score. This class will help you have more empathy toward your K-12 students impacted by trauma. They may need more from us. Text about \$25 on Amazon.

INSTRUCTOR: Koleen McGuire, M.A. Ed.

COURSE NO: ED478A, ED578A

3 QuarterCr (2 Semester Cr)

TUITION: \$280 - Credit 400 & 500 level

\$195 - CEU/Clock/PDU



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 also 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

CULTIVATE JOY & JUSTICE: Classroom Morning Meetings

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

ORGANIZATIONAL TEACHING SKILLS

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

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

NEW

TEACHING THROUGH CURIOSITY: Bridging Divides in Education

This course explores curiosity as a transformative practice for navigating today's increasingly polarized classrooms and communities. Drawing on Mónica Guzmán's *I Never Thought of It That Way*, educators learn tools to listen deeply, hold complexity, and build bridges across differences. Participants will strengthen civil discourse, empathy, and communication with students, colleagues, and families to create more inclusive, connected school environments. Suitable for PK-12 educators and leaders.

INSTRUCTOR: Alison Beanblossom, M.A.
COURSE NO: ED482C, ED582C
6 Credits (4 Semester Cr)
TUITION: \$495 - Credit 400 & 500 level
\$380 - CEU/Clock/PDU



Counseling & Special Ed

AUTISM: Questions & Answers

Pre K-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 want more understanding about this complex and confusing disorder, this course offers a solid foundational approach. Workbook is free.

INSTRUCTOR: Michael Sedler, D.Min., M.S.W.
COURSE NO: ED445Y, ED545Y
6 Quarter Cr (4 Semester Cr)
TUITION: \$495 - Credit 400 & 500 level
\$380 - CEU/Clock/PDU

AUTISM INSIGHTS: Practical Strategies for the Classroom

General education teachers will benefit from recent interventions regarding autism. Learn an overview of autism. Explore aspects of the disorder, practical strategies to support your Pre-K to grade 12 students, and specifically, how to ease anxiety, facilitate behavioral challenges, create sensory-friendly settings, increase student communication/socialization, and more. Text about \$30 on Amazon.

INSTRUCTOR: Lori Gibson, M.A.
COURSE NO: ED478i, ED578i
3 Quarter Cr (2 Semester Cr)
TUITION: \$280 - Credit 400 & 500 level
\$195 - CEU/Clock/PDU

CREATING INCLUSIVE CLASSROOMS: Setting Up for Success

NEW

Imagine beginning each school day in a calm, predictable classroom where routines reduce stress and every child feels supported. Designed for Pre-K–2 teachers, administrators, specialists, and counselors, this course shows how UDL and PBIS can transform early learning environments. Participants will learn to design intentional spaces and routines that ease stress, foster engagement, and ensure all learners feel included and able to thrive.

INSTRUCTOR: Alison Beanblossom, LCSW
COURSE NO: ED481o, ED581o
6 Quarter Cr (4 Semester Cr)
TUITION: \$495 - 400 & 500 level
\$380 - CEU/Clock/PDU



CYBERBULLYING: The Problem & the Solution ^{NEW}

Cyberbullying affects everyone from children to adults. Anyone who uses the internet could become a victim of online harassment. This course will explore the roots of the problem with cyberbullying and examine solutions on how to handle cyberbullying when it happens. The course includes multiple activities that can be used with children in a classroom or homeschool setting. The target grade level for the course is K-12

INSTRUCTOR: Doug Larson, M.S.
COURSE NO: ED482B, ED582B
5 Quarter Cr (3.3 Semester Cr)
TUITION: \$415 - 400 & 500 level
\$315 - CEU/Clock/PDU

DYSLEXIA 101

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. The text will 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, ED574Z
6 Quarter Cr (4 Semester Cr)
TUITION: \$495 - Credit 400 & 500 level
\$380 - CEU/Clock/PDU

IMPACT OF TRAUMA & LOSS

Trauma and loss are constant companions for many children today. Trauma and loss, whether from divorce, death of a loved one, abandonment, abuse, rejection, or another difficult scenario, are constant companions for many children today. 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 Quarter Cr (4 Semester Cr)
TUITION: \$495 - Credit 400 & 500 level
\$380 - CEU/Clock/PDU

STRESS REDUCTION IN STAFF & STUDENTS

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

INSTRUCTOR: Michael Sedler, D.Min., M.S.W.
COURSE NO: HE401M, HE501M
5 Quarter Cr (3.3 Semester Cr)
TUITION: \$415 - Credit 400 & 500 level
\$315 - CEU/Clock/PDU



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

Distance Teaching

GOOGLE APPS FOR EDUCATORS & SCHOOLS

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

INSTRUCTOR: Chris Hill, M.E.T.
COURSE NO: CM401P, CM501P
6 Quarter Cr (4 Semester Cr)
TUITION: \$495 - Credit 400 & 500 level
\$380 - CEU/Clock/PDU

GOOGLE CLASSROOM

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

INSTRUCTOR: Charity Staudenraus, M.A.T.
COURSE NO: CM402P, CM502P
5 Quarter Cr (3.3 Semester Cr)
TUITION: \$415 - Credit 400 & 500 level
\$315 - CEU/Clock/PDU



Education

ACADEMIC/PROFESSIONAL DEVELOPMENT WORKSHOPS: 2026

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: ED482H, ED582H
3 Quarter Cr (2 Semester Cr)
TUITION: \$210 - Credit 400 & 500 level
\$120 - CEU/Clock/PDU

EQUITABLE GRADING-IS IT FOR YOU?

Grades play a crucial role in shaping student outcomes and experiences. Empower your knowledge and strategies of grading practices to benefit the diverse needs of your students. Learn tools and resources to identify difficulties, implement fairness, and increase educational equity. Create a more inclusive and supportive learning environment for all Pre-K to 12 students. Text about \$25 on Amazon, but not required.

INSTRUCTOR: Chris Hill, M.E.T.
COURSE NO: ED478D, ED578D
6 Quarter Cr (4 Semester Cr)
TUITION: \$495 - Credit 400 & 500 level
\$380 - CEU/Clock/PDU

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

"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



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 teen-age 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

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.

Melissa Juska, M.S.

COURSE NO: ED438R, ED538R

3 Quarter Cr (2 Semester Cr)

TUITION: \$280 - Credit 400 & 500 level

\$195 - CEU/Clock/PDU

TEACHERS & STUDENTS CONNECTING WITH NATURE

K-12 teachers will explore the profound impact of the natural world on our bodies, minds, spirits, and overall sense of well-being. Being in nature benefits our nervous systems and enhances cognitive skills. Explore connecting to nature in all kinds of settings, including urban. Learn theory and simple practices that impact our connection to nature and the planet. \$30 materials fee to instructor via annaswitzer.com. Text about \$18.

INSTRUCTOR: Anna Switzer, Ph.D.

COURSE NO: ED477Z, ED577Z

6 Quarter Cr (4 Semester Cr)

TUITION: \$495 - Credit 400 & 500 level

\$380 - CEU/Clock/PDU

VALUABLE LESSONS FOR CRAZY DAYS

NEW

Every teacher faces unexpected classroom moments that derail even the best-planned lessons. This course equips you with practical strategies for responding confidently when disruptions arise. Drawing on real scenarios from Stories from *Planet Public School*, you'll explore common—and uncommon—classroom challenges, reflect on effective responses, and develop solutions that fit your personal style. Gain tools to stay grounded, flexible, and prepared for whatever the school day brings. Text about \$14.

INSTRUCTOR: Mary Ann Johnson, M.Ed.

COURSE NO: ED481S, ED581S

3 Quarter Cr (2 Semester Cr)

TUITION: \$280 - Credit 400 & 500 level

\$195 - CEU/Clock/PDU



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

NEW

ELEMENTARY PE: Games/Activities/Skills/Exercises

P.E. teachers want to start the year strong with many warm-up activities and games to keep students engaged. These activities are key with the purpose of assessing the class on how they can play team games, taking notes on which students may need extra help with certain skills, and lastly trying to get the students to interact with everyone in their class. During this course you will read articles and posts pertaining to the importance of P.E. in schools today. Participants will watch videos of activities I do with my classes and be able to incorporate them into your P.E. programs

INSTRUCTOR: Adam Harrison, M.A.

COURSE NO: PE406K, PE506K

3 Quarter Cr (2 Semester Cr)

TUITION: \$280 - Credit 400 & 500 level

\$195 - CEU/Clock/PDU

HEALTH CURRICULUMS FOR K-12 EDUCATORS

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

INSTRUCTOR: Eric Low, M.A.

COURSE NO: HE402o, HE502o

6 Quarter Cr (4 Semester Cr)

TUITION: \$495 - Credit 400 & 500 level

\$380 - CEU/Clock/PDU

***"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



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

SPORTS CLINICS 2026

This course is open to coaches nationwide attending ANY Sports Clinic. Sports Clinics are available that focus on a variety of aspects related to your particular sport and athlete program. Often 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: PE406M, PE506M
3 Quarter Cr (2 Semester Cr)

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

History & Social Studies

REVITALIZE & RECREATE ELEMENTARY SOCIAL STUDIES

NEW

Revitalize your K–5 social studies instruction by bringing culture, history, civics, economics, and geography to life through meaningful, relevant learning. Using *Unpack Your Impact*, you'll explore how to redesign lessons, integrate current events, and engage students through maps, cultural inquiry, and even STEM connections. This course will inspire fresh ideas, help you rethink outdated practices, and equip you to create dynamic, inclusive social studies experiences for young learners. Text about \$14.

INSTRUCTOR: Noor Makboul, M.A.T.

COURSE NO: SS419V, SS519V
6 Quarter Cr (4 Semester Cr)

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



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

Language Arts

BEYOND GRAMMAR

More than a how-to-teach course, this is a what-to-teach course. It fills in the knowledge gap between sentence-level revision and reader comprehension. Design instruction that meets the needs of your grade 7-12 students. Your permanent access to course materials describing comprehension processes ensures your success. Free text by the instructor.

INSTRUCTOR: Marie Noorani, M.A.T.

COURSE NO: ED478C, ED578C

6 Quarter Cr (4 Semester Cr)

TUITION: \$495 - Credit 400 & 500 level

\$380 - CEU/Clock/PDU

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

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

Kila Jarvis

2nd grade

Rattlesnake Elementary, MT



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

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.

Melissa Juska, M.S.

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

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

Social Justice

BELOVED COMMUNITY

Have you been trained in Culturally Responsive pedagogy or Diversity, Equity, and Inclusion (DEI) initiatives? Are you wondering about the next steps? You are not alone. We will use Dr. Sharroky Hollie's book, *Culturally and Linguistically Responsive Teaching and Learning* to establish a clear trajectory toward justice, equity, and liberation in our K-12 classrooms. Text about \$20 on Amazon.

INSTRUCTOR: Sarah Rosman, M.A.

COURSE NO: ED475Y, ED575Y
6 Quarter Cr (4 Semester Cr)

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



STEM

BUILD YOUR OWN WEBSITE NOW

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

WRITING FOR SOCIAL CHANGE

Writing is an invaluable skill. It directly correlates with better grade 3 to 12 student outcomes, including higher wages and more formal education (AAFP). Learn how to make writing engaging for your classroom. Learn how to create writing units based on social justice issues that center student voices and reflect their life experiences. No additional fees.

INSTRUCTOR: Megan Freel, M.Ed.
COURSE NO: ED478J, ED578J
3 Quarter Cr (2 Semester Cr)
TUITION: \$280 - Credit 400 & 500 level
\$195 - CEU/Clock/PDU

“I deeply appreciate the experience. My instructor was excellent and very knowledgeable. I will definitely recommend The Heritage Institute courses to my colleagues.”

Jeff Worthy
11th & 12th grade English
Blaine, WA



BUILDING A STEM CULTURE

In our ever-evolving world, STEM (Science, Technology, Engineering, and Math) education preparing students for their future. New to STEM? You can incorporate STEM learning into your work with Pre-K to 12 students. Learn effective and practical resources to build skills and confidence to inspire a generation of innovators and problem-solvers. Text about \$23 on Amazon.

INSTRUCTOR: Lori Gibson, M.A.
COURSE NO: ED478H, ED578H
3 QuarterCr (2 Semester Cr)
TUITION: \$280 - Credit 400 & 500 level
\$195 - CEU/Clock/PDU

STEM LESSONS FOR K-8 TEACHERS

Learn how to incorporate great STEM lessons (Science, Technology, Engineering, Mathematics) into your K-8 classroom, and why STEM integration is important. You will also use rich resources, creative activities and templates to enhance student learning and confidence. The popular movie "The Martian," provides a rich resource of STEM activities. Fulfills 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

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



BUILDING EMOTIONAL RESILIENCE IN EDUCATORS

Do you feel fulfilled, successful and joyful at work? Or are you depleted and overwhelmed by expectations? You will tap into the energy for creativity, productivity, and optimism working with Elena Aguilar's book, *Onward*, to cultivate greater emotional resilience. You will explore practices to rediscover your passion. Your hopes and dreams for K-12 students? They must first be cultivated in you. Text about \$20 on Amazon.

INSTRUCTOR: Sarah Rosman, M.A.

COURSE NO: ED477Y, ED577Y

6 Quarter Cr (4 Semester Cr)

TUITION: \$495 - Credit 400 & 500 level

\$380 - CEU/Clock/PDU

FOOD FOR MENTAL HEALTH

Did you know that dark chocolate, pumpkin seeds, and avocados help reduce depression, anxiety, and worry? And according to the 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

GRATITUDE: A Powerful Classroom Tool

Groundbreaking research proves that gratitude relieves stress, builds resilience, enhances satisfaction, improves relationships, and creates more powerful career and family connections. This course showcases that research, revealing the power of journaling, daily gratitude practice, and contemplative sessions. You will develop a plan to bring gratefulness into your K-12 classroom. Text approx. \$17.95 on Amazon.

INSTRUCTOR: Brenda McKinney, M.A.

COURSE NO: ED478L, ED578L

6 Quarter Cr (4 Semester Cr)

TUITION: \$495 - Credit 400 & 500 level

\$380 - CEU/Clock/PDU

***"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



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 shows 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

TOXIC PRODUCTIVITY MINDSET

We are facing an epidemic of “doing,” a brain-paralyzing, heart-draining drive to stay constantly productive. In *Toxic Productivity Mindset*, you'll explore the brain science, research, and personal stories behind why “enough” never feels like enough. If you're overcommitted, exhausted, or caught in cycles of overachievement, this course offers insight into harmful beliefs about overwork and practical strategies to restore balance in your life and classroom. Ideal for elementary–middle school educators and counselors. Text about \$16.

INSTRUCTOR: Brenda McKinney, M.A.
COURSE NO: ED482A, ED582A
6 Quarter Cr (4 Semester Cr)
TUITION: \$495 - 400 & 500 level
\$380 - CEU/Clock/PDU

UNPLUGGING & DISCONNECTING FOR OUR HEALTH

Technology, smartphones, social media, and the internet can make our lives easier and more fulfilling. However, too much is unhealthy. Learn to disconnect and pursue activities that are not technology dependent. Explore the why and how to unplug/disconnect, experiencing unplugged time, and learn how to implement unconnected time in your K-12 classroom. No additional fees.

INSTRUCTOR: Suzanne Warner, M.S.
COURSE NO: ED477V, ED577V
6 Quarter Cr (4 Semester Cr)
TUITION: \$495 - Credit 400 & 500 level
\$380 - CEU/Clock/PDU

“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



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

Technology

FREEING DIGITAL PRISONERS

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

INSTRUCTOR: Charity Staudenraus, M.A.T.
COURSE NO: SC418Z, SC518Z
6 Quarter Cr (4 Semester Cr)
TUITION: \$495 - Credit 400 & 500 level
\$380 - CEU/Clock/PDU

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



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

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

INTEGRATING 'AI' INTO YOUR CLASSROOM

Do you ever feel like you're living in a sci-fi movie? With artificial intelligence (AI) in education, you might as well be! But don't worry; I am here to help. Learn how to harness AI to engage your Pre-K to grade 12 students and transform learning experiences. Welcome AI tools and techniques to teach everything from math to rap battles (yes, that's right), and more. Join the AI revolution! No additional fees.

INSTRUCTOR: Michael Boll, M.A.
COURSE NO: CM403Q, CM503Q
5 Quarter Cr (3.3 Semester Cr)
TUITION: \$415 - Credit 400 & 500 level
\$315 - CEU/Clock/PDU

MAGIC SCHOOL: Your AI-Powered Sidekick & Classroom Assistant

Ushering in a welcome change, Magic School AI offers tools specifically designed for both teachers and students. Learn about important safeguards on student-facing AI tools while enhancing the relevance and quality of AI responses for K-12 educators. This course is your roadmap to harnessing the full potential of Magic School's AI model. No additional fees.

INSTRUCTOR: Michael Boll, M.A.
COURSE NO: CM403T, CM503T
5 Quarter Cr (3.3 Semester Cr)
TUITION: \$415 - Credit 400 & 500 level
\$315 - CEU/Clock/PDU



World Languages

HABLA ESPAÑOL: Spanish Basics for Educators Pt I

Build a positive rapport with your Spanish-speaking K-12 students by mastering relevant vocabulary and phrases. This introductory course teaches important fundamentals of the Spanish language and basic skills such as 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.
Danielle Twichel, M.A.
COURSE NO: ED432P, ED532P
3 Quarter Cr (2 Semester Cr)
TUITION: \$280 - Credit 400 & 500 level
\$195 - CEU/Clock/PDU

HABLA ESPAÑOL: Spanish Basics For Educators Pt II

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

INSTRUCTORS: Deborah Richter, B.A.
Danielle Twichel, M.A.
COURSE NO: ED444E, ED544E
3 Quarter Cr (2 Semester Cr)
TUITION: \$280 - Credit 400 & 500 level
\$195 - CEU/Clock/PDU

“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



Empowering the Next Generation of Leaders

Our programs:

- BA Completion Program
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- MA in Couple & Family Therapy
- MA in Clinical Mental Health Counseling
- MA in CMHC with Art Therapy or Drama Therapy
- MA in CMHC with Addiction Counseling
- MA in CFT with Art Therapy or Drama Therapy



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The Heritage Institute

INFORMATION and POLICIES

REGISTRATION • You may register online at any time: www.hol.edu or by email to registrar@hol.edu. Or mail a registration form to The Heritage Institute, PO Box 1273, Freeland, WA 98249, or phone 360.341.3020. Registration forms are located on our website at www.hol.edu. Courses, Mail in Registration Form.

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

CREDIT • THI courses are based on Continuing Education quarter-system credits. Three (3) quarter-system credits are equal to two (2) semester-system credits. For full quarter vs. semester conversion see the equivalency table on the inside front cover page. THI Continuing Education quarter-system credits are offered at the 400 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, HOUR, PDU, OR CEU LIMIT • There is a limit of 9 Quarter Credits (90 hours or CEU's) each in the Fall, Winter, and Spring Quarters (equivalent to 6-semester credits). The limit is 15 Quarter Credits (150 hours or CEU's) during the Summer Quarter. However, there is an annual limit of 25 Quarter Credits (250 hours or CEU's) that may be taken during any one-year period.

CREDIT, HOUR, PDU, OR CEU 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.

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

CERTIFICATE OF COURSE COMPLETIONS • Download a Certificate of Course Completions at report.hol.edu, enter your email address and password. For further assistance, contact THI Customer Service: customerservice@hol.edu.

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

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

EXTENSIONS • A one-time extension of six months may be obtained for all Online, Distance, and Customized Independent Study courses. 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. Email requests to registrar@hol.edu.

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, or email registrar@hol.edu. For Workshops' policies, please contact your instructor directly.

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

PAYMENT • Payment is due at the point of registration. We accept Visa, Master-Card, American Express, Discover, check, or Purchase orders. Make checks payable to The Heritage Institute and mail to: The Heritage Institute, PO Box 1273, Freeland, WA 98249. NSF checks incur a \$20 charge.

PURCHASE ORDER • To register with a purchase order, send your completed registration form to your district with instructions to forward it to THI with the purchase order. Districts will email PO's with registration form attached to registrar@hol.edu.

THE HERITAGE INSTITUTE & ANTIOCH UNIVERSITY'S

RELATIONSHIP • The Heritage Institute and Antioch University Seattle are separately incorporated and are affiliated by a contractual agreement under whose terms Antioch University Seattle reviews and certifies the appropriateness of course content and instructor credentials.

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

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

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

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

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



WORKSHOPS

Live Workshops and Field Studies in Washington and Oregon are offered throughout the year by many of Heritage Learning, Inc. instructors:

Maggie Byrkit, Peter Chausse, Jeffrey Creswell, Lori Gibson, J.J. Howard, Melissa Juska, Lee Ogle, Michael Sedler and Misha Thrrian

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

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**COURSES
(Live Workshops)**



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