

# Metropolitan State University's School of Urban Education & Education Minnesota: Early Career Teacher Seminar

Education Minnesota and Metropolitan State University are pleased to offer a grant-funded professional development opportunity for educators in their first five years of teaching during the 2021-22 school year.

## Course description:

This course (EDU 612: three graduate credits) will provide early career teachers who are within their first five years of teaching support in creating work/life balance, instructional strategies, classroom management, building relationships with students, families and colleagues, cultural awareness and understanding the roles of building professionals. Participants will discover many ways to cultivate their resiliency. Through panel discussions, collegial support and coaching, participants will learn strategies to refuel, reenergize and reframe their passion for teaching and student success.

## Course objectives:

Participants will:

1. Examine and discover the resilience within by exploring habits, emotions, dispositions and context.
2. Examine and practice techniques for effective instructional strategies that improve student outcomes.
3. Examine and practice techniques for student engagement, addressing mental health and restorative practices.
4. Examine and practice techniques for building relationships.
5. Examine and practice techniques to develop cultural awareness and equity.
6. Discuss and collaborate with other adults working in an educational setting (admin, teachers, paraprofessionals, parents, volunteers).

## Learners with special needs:

If you have any disability, either permanent or temporary, that may affect your ability to perform in this course, you are encouraged to inform me. I will work with you confidentially and make every effort to adapt methods, materials, and assessments as needed to provide for equitable participation.

**Apply  
NOW for the  
Early Career  
Teacher Seminar:  
EDU 612  
edmn.me/  
2ZyIPyx**

**Deadline to apply:**

**December 13, 2021**

**Instructors:**

**Melissa Del Rosario and  
educators from the field**

**Office Hours:**

**By appointment**

**Email:**

**Melissa.DelRosario@edmn.org**

**Class Location:**

**ZOOM platform  
(in-person 5/21 only)**

**Class meets on:**


**1/29, 2/19, 3/26, 4/30, 5/21**

**Time:**

**9:30 a.m. until 4 p.m.**

Updated: Oct. 20, 2021

[www.educationminnesota.org](http://www.educationminnesota.org)

Education Minnesota is an affiliate of the American Federation of Teachers, the National Education Association and AFL-CIO.  2418



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EDUCATORS AND STUDENTS

## Required textbooks:

- Aguilar, E. (2018). *Onward: Cultivating emotional resilience in educators*. San Francisco, CA: Jossey-Bass. ISBN: 978111936489-4
- Aguilar, E. (2018). *The Onward Workbook: Daily activities to cultivate your emotional resilience and thrive*. San Francisco, CA: Jossey-Bass. ISBN: 97811193738-3

## Class format:

We will model and practice all of the focus areas throughout our course work. (Group process/group facilitation, problem-solving, decision-making, collaboration, and teamwork.) The work we do in our course will equip teachers with skills that will prevent teacher burnout or stress, through reached strategies, collegial exploration and coaching. We will also provide a safe space for teachers to reflect on their teaching, collaborate with other professionals, receive constructive feedback and 1 to 1 coaching if needed. We will likely use, but not be limited to, the following learning methods: lectures, large group discussions, brainstorming, videos, reflective journaling, peer-facilitated learning, search/research demonstrations, small group discussions/activities, rounds/role plays/fish bowls, case studies, paper/pencil exercises, peer presentations, learner-generated activities, and guest presenters.

## Course requirements:

- I. **Attendance** is mandatory at each class with both individual and small group participation.
- II. **Onward Reading and Reflection:** Each participant will be responsible for completing both the assigned reading chapters and corresponding reflective activities. For each reading chapter assigned, participants are expected to respond to reflective questions and select and complete at least two corresponding workbook activities.
- III. **Book Study and Presentation:** Based on personal interest, participants will be placed in small groups to both create and present a 30-minute book study to their colleagues. Final Book Study Presentations will take place during our final session on Saturday, May 21, 2022.

## Tuition and registration

This seminar is available through Metropolitan State University School of Urban Education for current Education Minnesota union members. Participants will be required to register with Metropolitan State University upon acceptance into the course. Participants are required to purchase two textbooks. Tuition is free, but please note that participants who choose to drop out and/or not complete the course upon acceptance may be liable to cover the cost of tuition. Upon completion of the seminar, participants will receive three graduate credits and 12 continuing education units (CEU).

## Questions?

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