



# SUPPORTING STUDENT WELL-BEING

## ONLINE COURSE SYLLABUS

### Course Description

Supporting students' well-being is paramount in this new age of education. With the many outside elements that affect our daily lives, it can be challenging for our students to focus on learning. Understanding how to reach our students and aid in their development of intrapersonal and interpersonal skills are necessary components to fostering a supportive community for our learners.

In this course, you will explore strategies you can use to support the well-being of your students. These strategies are tied to social-emotional learning (SEL) competencies that can be deployed in your learning environment whether it is virtual, blended, or in-person.

- **LAYERS OF WELL-BEING:** Why is it important to address student well-being?
- **BRINGING SELF-AWARENESS INTO LESSON DESIGN:** How does self-awareness affect the ability to learn?
- **EMPATHY IN ACTION:** How can empathy be fostered in a learning community?
- **CONNECTEDNESS IN & OUTSIDE THE CLASSROOM:** How are positive connections modeled for students?

### Course Structure

This course consists of four modules that include content, interactive learning activities to check for understanding along the way, and an assessment at the end of the course to capture the big ideas from the course content. You will be given as many opportunities as needed to earn 80% on the end-of-course assessment.

### Course Goals and Outcomes

By the end of this course, educators will learn how to:

1. Identify how student well-being impacts their ability to learn.
2. Distinguish between the types of well-being.
3. Integrate digital well-being activities into daily instruction.
4. Examine the power of technology for communication as it pertains to: teachers with teachers, teacher with students, teacher with students' families, students with students, and students with people around the world.



## Participant Profile

This course is designed for PreK-12 classroom teachers looking to reach their students and support their well-being as learners.

## ISTE Standards and Competencies

This course is designed and developed around the ISTE Standards, with a strong emphasis on the [ISTE Standards for Educators](#) and the [ISTE Standards for Students](#).

## Module Descriptions

### **MODULE 1: LAYERS OF WELL-BEING**

In this module, you will learn about the four main types of well-being: cognitive, psychological, physical and social.

### **MODULE 2: BRINGING SELF-AWARENESS INTO LESSON DESIGN**

In this module, you will be introduced to the UDL Engagement principle and ways to create more welcoming environments.

### **MODULE 3: EMPATHY IN ACTION**

In this module, you examine the role that empathy plays on how you go about supporting our students' well-being.

### **MODULE 4: CONNECTEDNESS IN & OUTSIDE THE CLASSROOM**

In this module, you look at connectedness both inside and outside of the classroom and how you, as educators, can model positive connections for our students.

## Completion Criteria

To receive your certificate of completion, you must take and achieve a score of 80% or higher on the final assessment within one year of registering for the course. For those who complete the course and earn a certificate, you will receive a \$10 discount on a year of ISTE basic membership.

## Disclaimers

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NOTE: A variety of applications are highlighted throughout this course. Prior to using any of them with students, it is imperative that participants check the account requirements for each application against their school/district student data privacy policy to insure the application complies with district policy. In addition, some applications' Terms of Service may require parental permission to be COPPA and FERPA compliant for students younger than 13 years of age.

Content in this course is subject to change at instructor's or ISTE's discretion.