



LILIE, LLC Course Information

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Title of Course (45 hours): The Peaceful Classroom

Course Description:

- The class will address the stress and anxiety students contend with on a daily basis.
- Teachers will examine the causes and learn ways to diminish stress and anxiety by creating more peaceful classroom environment.
- The course will also offer teachers insight into depression and how to recognize the behaviors and the various support systems available to help students cope with depression.

Overall Course Objective and Expectation(s):

- Teachers will examine the causes of stress and anxiety in their students.
- Teachers will explore the integrative knowledge to diminish stress and anxiety in their students.
- Teachers will gain the capacity to create more peaceful classroom environment through the content of this course.
- Teachers will develop insights to identifying depression in their students through the identification of at risk-behavior.

Course Instructional Materials:

All courses maintain a fully developed and dynamic webpage that houses all resources, reference material and various other required informational texts, videos and alike that is both active and relevant to course objectives and content. Course web pages are routinely updated to reflect most current research and available readings therefore instructional materials used to teach course objectives are subject to change.

Instructor Consultation and Interaction:

Real time consultation and instruction is provided through the LILIE, LLC discussion boards for each course/classroom on a daily basis.

Suggested Readings (subject to change):

- Beyond Anxiety and Phobia: A Step By Step Guide To Lifetime Recovery(Edmund Bourne)
- Coping with Anxiety: 10 Simple Ways To Relieve Anxiety, Fear & Worry(Edmund Bourne & Lorna Garano)
- Diagonally Parked in a Parallel Universe: Working Through Social Anxiety(Signe Dayoff)

Proof of Course Completion:

LILIE, LLC is committed to assuring that enrollees fully participate in and receive the educational benefits contemplated by the course. Enrollees must demonstrate participation by making detailed postings designed to foster dialogue among colleagues and instructors. These enrollee postings must be made four times each week in separate sessions. Enrollees will be required to submit a detailed log documenting at least 45 hours of course work, including discussion board posts, and will be required to apply information and strategies acquired from the course content to weekly classroom instruction. Attempts to falsify logs or discussion board entries will result in denial of credit and a report to the enrollee's employer.



Scope & Sequence/Weekly Topics and Objectives

Week I

Topic(s):

Anxiety

- Types
- Definition
- Signs & Symptoms
- Treatments

Objectives:

- Educators will understand the definition of anxiety.
- Educators will distinguish the different types of anxiety.
- Educators will recognize the signs and symptoms of anxiety.
- Educators will understand the various treatments of anxiety.

Impact on Classroom Instruction:

- Educators will develop strategies to prevent anxiety in their students.
- Educators will recognize the symptoms of anxiety in their students and how it impacts student's performance.

Learner Outcomes:

- Educators will be able to understand the various types of anxiety and the causes.
- Educators will be able to make the appropriate referral for students experiencing anxiety.
- Educators will be able to understand various treatments of anxiety

Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):

- Educators will view the feature film "Ordinary People" for discussion in week 4
- Educators will comment on peer responses and peer interactive conversation relating to anxiety.
- Educators will compare and discuss the most balanced treatment options of anxiety and why



Week II

Topic(s):

Stress

- Definition
- Causes
- Treatment

Objectives:

- Educators will understand the definition of stress.
- Educators will identify the causes of stress.
- Educators will understand the treatment of stress.

Impact on Classroom Instruction:

- Educators will develop strategies to prevent stress in their students.
- Educators will understand the causes of stress in their students and how it impacts student performance.

Learner Outcomes:

- Educators will be able to understand the various causes of stress in their students.
- Educators will be able to make the appropriate referral for students experiencing stress.

Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):

- Educators will comment on peer responses and peer interactive conversation relating to stress.
- Educators will design and implement healthy and effective coping mechanisms for stress in the classroom



Week III

Topic(s):

Depression

- Causes
- Definition
- Types
- Signs & Symptoms
- Treatment

Objectives:

- Educators will understand the definition of depression.
- Educators will distinguish the different types of depression.
- Educators will recognize the signs and symptoms of depression.
- Educators will understand the treatment of depression.

Impact on Classroom Instruction:

- Educators will develop strategies to prevent depression in their students.
- Educators will recognize the symptoms of depression in their students and how it impacts student performance.

Learner Outcomes:

- Educators will be able to understand the various types of depression and causes.
- Educators will be able to make the appropriate referral for students experiencing depression.
- Educators will be able to identify the signs and symptoms of possible depression in their students

Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):

- Educators will comment on depression in children and adolescents.
- Educators will respond critically to postings on suicide in a school setting.
- Educators will read and comment on depression and suicide warning signs.
- Educators will compare and debate the most effective treatments for possible depression



Week IV

Topic(s):

- Creating the Peaceful Classroom.
- Discussion of The film “Ordinary People”
- Transcendental Meditation.

Objectives:

- Educators will understand the definition of The Peaceful Classroom.
- Educators will recognize the benefit of practicing Transcendental meditation in the classroom.
- Educators will understand how family tragedy can cause stress anxiety, and depression in children.

Impact on Classroom Instruction:

- Educators will develop strategies to create a Peaceful Classroom.
- Educators will implement transcendental meditation to alleviate stress and anxiety in the classroom.
- Educators will understand how family tragedy may cause stress, anxiety, and depression in their students.

Learner Outcomes:

- Educators will be able to create a Peaceful Classroom.
- Educators will be able to synthesize techniques to alleviate stress and anxiety in their students.
- Educators will be able to respond appropriately to students experiencing stress, anxiety, or depression.

Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):

- Educators will post their thoughts and reactions to the film “Ordinary People”
- Educators will comments on peer responses relating to creating the Peaceful Classroom.
- Educators will debate and discuss the implementation of transcendental meditation in the classroom