



ArmchairEdClockHours
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Overview:

ArmchairEdClockHours.com currently provides continuing education to educators, using Educational Leadership magazine. The program has been operating since Fall, 2000, and has provided continuing education to thousands of educators.

Educational Leadership is used based on its thematic presentation and use of current theory and research practice. It is published eight times a year, allowing eight courses to be developed and posted on the site each year. Courses more than two years old are dropped from the website, so approximately 16 tests are available to educators at any time. Although coursework may be downloaded at any time from the website, students have one year to submit coursework.

Course Goals/Student Objectives:

As a result of taking courses from the ArmchairEdClockHours website, the student will be able to:

1. Identify ways to increase students' psychological and emotional wellness
2. Create plans for crisis-response strategies, professional development, and relationship building
3. Increase awareness of current student mental health challenges

February 2024—Mental Health Matters (10 Clock Hours)

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Educators have long understood how mental health affects students' engagement and success. Events of the last few years have underscored the urgency of attending to students' psychological safety and well-being. This issue will seek to raise awareness of current student mental health challenges and look at ways schools can better support students' psychological and emotional wellness—including through partnerships, relationship building, crisis-response strategies, professional development, and ongoing care and resources.

Grading Rubric:

This course includes a multiple-choice test and a one-page essay.

Pass/Fail: Coursework must be passed with 70% criterion. All coursework must be completed.

Essay:

Citing three of the articles,

Create your own demonstration of the learning you take from these articles. Identify your topic and describe it in an introductory paragraph. You may choose from the list below or develop your own.

Plan a unit with assessment

Action Research

Extended learning, including research and developed activities

Compare/contrast your current education practice to that of the articles

Create forms or systems for use in your classroom including assessment tools

Plan an 'event', meeting or other pertinent program and report/reflect on it



You may combine any of these or develop your own. You may e-mail info@armchairedclockhours.com if you desire specific permission for your topic. The essay must demonstrate a deep reflection and knowledge of the course and articles, and direct application of learning to your own educational position and how it will directly impact students.

Rubric:

One full page, size 10-12 font, single-spaced only. Points awarded based on the following:

- Use of main points, spelling, grammar, and summary statement
- Evidence of direct implementation and implantation into the work setting that includes
- Application of learning to your own education position and how your learning will directly impact your students
- A deep reflection and knowledge of the articles with ability to synthesize key points from the articles into your work

Grading Rubric:

Pass/Fail: Coursework must be passed with 70% criterion. All coursework must be completed.

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- **You must pay for the course before starting it.**
- **Submit all coursework at the same time.**
- **All essays must be fully complete and the rubric followed to receive a grade. Essays not completed to required length will not be processed and revisions will be required.**