



- **The course syllabus is provided for your preview. Please be sure to register PRIOR to completing any coursework. Registering for a course after coursework has been started violates accreditation standards and puts the University at risk; therefore, CWU reserves the right to not award credit if students are found to be in violation of this policy.**

#### **Overview:**

ArmchairEd.com currently provides continuing education to educators, using Educational Leadership magazine and premiere published books on cutting-edge educational themes and topics. The program has been operating since Fall, 2000, and has provided continuing education to hundreds of educators.

#### **Course Goals and Objectives:**

As a result of these courses, the student will be able to:

1. Use a Causal Layered Analysis to find solutions for school-based problems.
2. Evaluate student behavior and identify joyful students.
3. Utilize flexibility strategies
4. Implement and evaluate Unmasking Strategies

The following published books are currently being used as text for the ArmchairEd course:

Wilson, D. E. (2023). *The polyvagal path to joyful learning: Transforming classrooms one nervous system at a time*. Norton Professional Books.

Kalbfleisch, M. L. (2021). *Teaching to every kid's potential: Simple neuroscience lessons to liberate learners*. W.W. Norton & Company.

The Polyvagal Path to Joyful Learning: Teaching to Every Kid's Potential (50 Clock Hours)

When school staff understand the role of the nervous system in learning, they can better help students develop the skills leading to increased resilience, adaptability, and flexibility: essential qualities for social, emotional, and academic success. This course is an invitation to teachers to improve the learning in their classrooms, one student at a time, using practical, evidence-based strategies. The course unpacks the science and shows how talents can compensate for neural processing issues and suggests small but powerful adjustments to classroom practice that can allow kids' gifts to emerge.

#### **Credit Options:**

The course will be offered for five credits, based on the length and substance of the books. The five-credit course will include 50 multiple-choice questions and five required essays.

**Grading Rubric:**

Letter Grade: 90%: A grade

80%: B grade

70%: C grade

Pass/Fail: Coursework must be passed with 70% criterion

Multiple Choice Test: 25% of overall grade

Essays: 75% of overall grade

**Two Essays Required for: The Polyvagal Path To Joyful Learning**

Option 1: Reread Chapter 1 and then begin observing students, following the direction in Activity Three, page 26 in the text. In your essay, describe the experience of student observation, what you did as you observed and what you learned about your student.

Option 2: Got a situation at school that's driving you crazy? Try a Causal Layered Analysis (beginning on page 28 in the text) to see if you can find a solution to the problem. The analysis will be your essay: work through each stage listing the ideas and variables for each layer. Hopefully, you will find a solution, which will be the summary and final paragraph to your essay.

Option 3: Each chapter ends with suggestions for applying what you've learned. Choose one that sounds interesting. Begin your essay with a description of the activity, your reason for selecting it and what you actually will do. After you've completed the activity, describe the activity in action and the results.

\*\*These essay options will also work if you don't have access to a classroom or students--you can choose a different person or situation.

Option 4: Create your own demonstration of the learning you take from this text. 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 text

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

**Two Essays Required for: Teaching to Every Kid's Potential**

Option 1: Look again at the five Flexibility Strategies described in the section of the text titled "An Educator's Experiments" pages 8-26 in the text. Select one to try with your class. In your essay introduction, identify the one you selected and tell why. The body of your essay will be the lesson plan for the experiment and the conclusion of the essay will describe the lesson and its success.

Option 2: Reread the Educator's Experiments for Mind Wandering, page 36 through 46 in the text. Choose one to do with your students. In your essay introduction, identify the one you selected and tell why. The body of your essay will be the lesson plan for the experiment and the conclusion of the essay will describe the lesson and its success.

Option 3: Try Unmasking Strategy 5 beginning on page 105 in the text. Ask your students to identify the students as suggested on page 105 for four weeks. Focus your essay on the experiment: introducing the activity to your students, continuing on with it over the month, and the usefulness of the information when the month ended. Would you have your students do it again?

Option 4: Create your own demonstration of the learning you take from this text. 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 text  
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

**Essay scoring rubric:**

Page requirements available on coursework download once course is ordered

Two essays required for **Teaching To Every Kid's Potential**

Two essays required for **The Polyvagal Path to Joyful Learning**

Each essay 20% of overall grade

Single Spaced, 10 to 12 size font

Use of introduction and summary statement (even when a unit is developed)

Demonstration of grammar, spelling and writing skill

Demonstration of applied knowledge

**One essay required for Teaching to Every Kid's Potential and The Polyvagal Path to Joyful Learning**

**Combined:** After completing these texts, describe joyful learners. Talk about their behavior, their success, their approach to learning and the assignments you provide. Then describe the joyful learners in your classroom. How many do you see? What can you do to increase their number? What will teaching be like for you when you have a classroom of joyful learners?

**Essay Scoring Rubric:**

45% of overall grade

Single spaced, 10 to 12 size font

Use of introduction and summary statement (even when a unit is developed)

Demonstration of grammar, spelling and writing skill

Demonstration of applied knowledge

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