



## Course Approval Request Form

Use this customized approval request form to print and share with your district or state teaching licensure authority when seeking approval for a Professional Development Institute course.

### About PDI

The Professional Development Institute (PDI) has been offering quality online courses to K-12 educators for decades and providing training to teachers across the globe. Every PDI course is approved for graduate-level credit through the prestigious University of California San Diego Division of Extended Studies, ranked in the top ten universities in the United States.

UC San Diego is part of the University of California system and is accredited by the Western Association of Schools and Colleges Senior College and University Commission (WSCUC).

Every PDI course is instructor-led and includes practical strategies for immediate implementation into the classroom, opportunities to interact with the instructor and other participants, rich content, and valuable assignments. Every PDI course is approved as 3 1/3 semester units (or 5 quarter units) of graduate-level credit, equivalent to 50 training hours. Teachers must spend a minimum of three weeks in each course (consecutively, when taking multiple courses) before a final grade is released.

### Teacher Information

<b>Last Name:</b>	<b>First Name:</b>	<b>ID #:</b>
<b>School Name:</b>	<b>Address:</b>	
<b>Email Address:</b>	<b>Grade Level:</b>	<b>Daytime Phone:</b>

Course Number and Title:

**160T02 / EDUC42587 Tackling Challenging Behaviors in Middle and High School**

I am taking this course:

\_\_\_\_\_ for 3 1/3 semester unit of graduate level credit. Upon completion, I will receive a transcript from UC San Diego Division of Extended Studies.

\_\_\_\_\_ as an in-service course. I may request a PDI Grade Report to document my completion.

*\*This course is approved as 50 training hours, whether taken for graduate credit or in-service.*

Course Description:

Are you at your wits' end because you have run out of ideas on how to address the explosion of challenging behaviors that are becoming more common in today's classrooms? Today's students are experiencing stress, anxiety, and other mental health problems more than ever before, and with these stressors come a wide variety of challenging behaviors in the classroom. This online course is designed specifically for teachers in grades 6-12 who are searching for evidence-based strategies to address the problems experienced within today's educational landscape. The course begins by dissecting the stressors that are commonly encountered by students and teachers including such things as the fallout from the COVID-19 pandemic, declining mental health, and an increase in problematic behaviors. Teachers will discover how adverse childhood experiences (ACEs) and trauma can also affect student behavior. A variety of problems are addressed in the course content including attendance issues, bullying and school violence, substance use and abuse, and explosive emotions. Teachers will explore how to successfully address these important issues using powerful social-emotional strategies and activities so that emotions become deescalated and can be properly regulated by students going forward. Teachers also learn ways to approach students with empathy and build a strong classroom community, all while taking care of themselves in the process. By the end of this course, teachers will feel more empowered in their quest to embed proven behavior management strategies into their own teaching practices to pave the way for a successful classroom learning experience.

Seeking approval for:

\_\_\_\_\_ recertification/relicensure

\_\_\_\_\_ personal and/or professional growth

\_\_\_\_\_ district or state requirement

Signature

Date