



# Conscious Discipline- Building Resilient Classrooms

## Course Syllabus

### Course Description

The purpose of this professional development course is to provide educators with the necessary skills and strategies needed to successfully implement a trauma based discipline approach in their classroom. Participants will be able to reflect and analyze their own classroom culture, and identify changes that need to be made.

This course introduces and familiarizes students with Dr. Becky Bailey's Conscious Discipline program. Implementing this program will help develop relationships with students that in turn improve the cultures of classrooms.

### Course Objectives

At the end of this course you should be able to:

1. Analyze what Conscious Discipline is and why trauma-informed discipline is needed and helpful.
2. Identify and apply the three basic brain/body/mind states.
3. Apply learned material to become a more conscious adult.
4. Evaluate and refine the culture of your classroom.
5. Analyze the survival state skills and apply them to your classroom.
6. Analyze the Emotional State Skills and apply them to your classroom.
7. Analyze the Executive State Skills and apply them in your classroom.
8. Apply the skills needed to identify behavioral problems and how to correct them.

### Modules

- Module 1: Introduction to Conscious Discipline, Quiz 1
- Module 2: Conscious Discipline Brain State Model, Quiz 2
- Module 3: Conscious Adults, Quiz 3
- Module 4: School Family, Quiz 4
- Module 5: Safety, Quiz 5
- Module 6: Connection, Quiz 6
- Module 7: Problem Solving, Quiz 7
- Module 8: Critical Intervention, Quiz 8

### Grading:

Each quiz must be passed at an 80% or higher (retakes allowed).



### **Format**

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find reflection assessments that are not graded but will help in your journey through the course.