



Teacher Well-Being

Online, Self-Paced Professional Development
for General Education, Specialist, and Music Teachers

Syllabus & Course Information



Course Description

This course focuses on helpful information and strategies for fostering teacher well-being. Through three modules of self-reflections, activities, videos, and research-based learning content, you will be able to identify barriers to your own well-being, available options for enhanced self-care, and next steps forward as a busy teacher trying to balance your personal and professional life. Learning begins with an introduction to the concept of well-being, followed by research on the effects of specific challenges that teachers face in their personal and professional lives, like emotional labor and burnout. This course emphasizes the importance of setting boundaries and offers practical tips for doing so alongside strategies for self-care, including the role of music in self-care and well-being.

Course Outcomes

- Teachers will understand research-based fundamentals about well-being and common barriers teachers face in the pursuit of balancing personal and professional responsibilities.
- Teachers will apply skills and recommendations from the course through activities that can be immediately used in their profession, with goal-setting and reflection activities to guide next steps.
- Teachers are provided with a workbook, glossary, copies of all activities from the course, additional worksheets for goal setting and processing the course content, course review material, and a printable collection of all completed course notes, reflections, and activities.

Course Topics



Module 1

- Components of well-being
- The history of Positive Psychology in understanding the importance of well-being and its five facets
- Validation of the importance of teacher well-being from Coty Raven Morris



Module 2

- Principles of teacher well-being
- Research on post-pandemic student behavior changes and challenges
- Common challenges teachers face in the pursuit of well-being
- Identification of the challenges that resonate personally



Module 3

- Exploration of teacher self-care, setting boundaries, and musical care
- Research findings on the necessity for teachers to prioritize their own well-being in personal and professional contexts
- Resources and next steps for teacher well-being and strategies for self-care

Teacher Well-Being

Online, Self-Paced Professional Development for All Teachers

Music Workshop's Professional Development courses teach educators and administrators at all levels how to use music as a tool for healing and growth.

Teachers know that self-care matters, but finding time can be difficult with the many responsibilities of personal and professional life. Helpful information and strategies are therefore needed for fostering teacher well-being, especially through music which can be a powerful tool for self-care.

By putting their own oxygen masks on first, teachers can better navigate the challenges of increased student dysregulation and the day-to-day obligations of being a healthy, caring teacher. Professional development is necessary to support educators who are at the front lines of guiding student well-being in schools, especially during this time of educational and social uncertainty.



Continuing education credit hours



Immediately actionable strategies and guidance for next steps



Teacher well-being & self-care resources

Course Length: 2 hours Price \$29

Professional Development Advisory Team

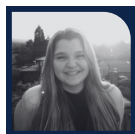
Each of our advisors are research and practice trailblazers within music education. Their research and guidance have been instrumental in our mission to empower educators with practical, evidence-based ways to improve their students' well-being through music.

Team Lead



Dr. Giuliana Conti
Director of Education & Equity Music Workshop

PD Development Team



Amy Sloan
Program Manager Music Workshop

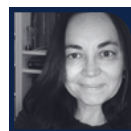


Amy Hall
Director of Communications and Outreach Music Workshop

Course Host



Coty Raven Morris
Assistant Professor of Choir, Music Education & Social Justice Portland State University



Dr. Beatriz Ilari
Chair of Music Teaching & Learning University of Southern California



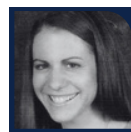
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