



VANGUARD UNIVERSITY

Graduate Education Program

Offers 2 Courses for Educators

DOWNEY/ LONG BEACH and ORANGE COUNTY – FALL 2023

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| 1. "THE 21 st CENTURY CLASSROOM" | STARTS WED., OCT. 4 |
| 2. "RELIEVING STRESS IN THE CLASSROOM" | STARTS WED., NOV. 1 |

WHERE: DISTANCE LEARNING*

CREDIT: These courses are being offered by the Graduate Education Department of Vanguard University, Costa Mesa, CA. Vanguard University is accredited by the Western Association of Schools and Colleges.

WHO: These courses are designed for educators. With district approval, course credit may be used for pay increase and professional growth

TUITION: \$333 for 3 semester units of graduate extension credit. Manual enrollment fees may apply.

COURSE COORDINATOR: JEAN SIMPSON, former Professor of Art Education, CSUN, former classroom teacher and master teacher, LAUSD. Jean has authored five books, was a television arts and crafts teacher and was selected as "One of the Four Most Creative Women in America" by the Ladies' Home Journal magazine. Don't miss this dynamic instructor!

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| 1. "THE 21 st CENTURY CLASSROOM" | STARTS WED., OCT. 4 |
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WHEN: October 4 to November 1

WHAT: EDUX 5530 A, B, C, OR D

ZOOM Meeting: Wednesday, October 4 - 5:00 PM

Flexible Scheduling

COURSE DESCRIPTION: This course focuses on providing strategies to help teachers manage the myriad of issues and pressures they face in the contemporary classroom. From the viewpoint of curriculum planning, participants will work independently to develop useful, practical and effective means to confront challenging issues such as family instability, addiction, and peer pressure. This course will examine difficulties arising from the complexity and stress of the modern world, and include current topics of interest that affect the classroom such as technology, innovations in media, and changes in government mandates.

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| 2. "RELIEVING STRESS IN THE CLASSROOM" | STARTS WED., NOV. 1 |
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WHEN: November 1 to December 13

WHAT: EDUX 5710 A, B, C, OR D

ZOOM Meeting: Wednesday, Nov. 1 - 5:00 PM

Flexible Scheduling

COURSE DESCRIPTION: In this course participants will explore all aspects of the teaching/learning process that may contribute to stress in both educators and their students. Educators will develop organizational skills and strategies to alleviate the effects of pressure and anxiety. Because classroom and work-related stress can undermine teachers' ability to do their jobs effectively, techniques designed to help educators and students lower stress levels will be presented. Critical topics including relaxation techniques, room environment changes and interpersonal model changes will be addressed. Participants will address the issues they confront in their classrooms and on their campuses and develop plans to make them more manageable.

ENROLL ON-LINE AT WWW.COLLEGE CREDIT CONNECTION.COM, click on Face-To-Face tab.

FOR COURSES IN BAKERSFIELD, SANTA CLARITA, LANCASTER, GLENDALE/LA CRESCENTA, VENTURA, SIMI VALLEY, ORANGE COUNTY & DOWNEY/LONG BEACH

For more information email VanguardJeanSimpson@gmail.com

*Fall 2023 courses will be taught using our new Online/Hybrid format. Each course will consist of 45 hours of online learning, contact with the instructor and outside practicum. Students may begin working on a course after requesting the syllabus from the instructor, registering online, and attending the Zoom orientation meeting.

