



**VANGUARD
UNIVERSITY**



VANGUARD UNIVERSITY

Graduate Education Program
Offers 3 New Courses for Educators
CHULA VISTA – SUMER 2022

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| 1. "BEAT THE CLOCK: MAKING THE MOST OF INSTRUCTIONAL TIME" | STARTS MAY 25 |
| 2. "EDUCATION FOR THE FUTURE" | STARTS JULY 5 |
| 3. "RELIEVING STRESS IN THE CLASSROOM" | STARTS AUG 16 |

WHERE: DISTANCE LEARNING
Chula Vista, CA

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

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.

TUITION: \$318 for 3 semester units of graduate extension credit..

COURSE INSTRUCTOR: FRED BECKER is a nationally known consultant and presenter whose work as an educational professional with children and adults spans the past 25 years. Fred has earned Outstanding Educator, Educator of the Year, and Drug Prevention Educator of the Year by San Diego communities. His humor and uncanny ability to empower the teacher is brought forth in his engaging presentation..

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- 1. "BEAT THE CLOCK: MAKING THE MOST OF INSTRUCTIONAL TIME" STARTS MAY 25**
Course #EDUX 5100 A, B, C or D (A New Course)

WHEN: May 25 - June 3, 2022 (plus online and outside practicum)

**NOTE: This course is a hybrid of face-to-face and online learning. See below for more info*

COURSE DESCRIPTION: Time is one of the most precious commodities of the classroom teacher. This course focuses on improving classroom management systems and tools to maximize instructional time. Participants will examine ways to minimize distractions, develop effective transition strategies and improve flow as students move from one task to another. Helping students maintain focus and develop good study skills will also be an outcome of this class.

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- 2. "EDUCATION FOR THE FUTURE" STARTS JULY 5**
Course #EDUX 5480 A, B, C or D (A New Course)

WHEN: July 5 - July 19, 2022 (plus online and outside practicum)

**NOTE: This course is a hybrid of face-to-face and online learning. See below for more info*

COURSE DESCRIPTION: This course will cover the most recent innovations in the teaching and learning process. Participants will examine strategies in the areas of discipline, classroom management, group dynamics, and centers that have content implications across the curriculum. Techniques for building self-image, improving study skills and getting the most out of every student are incorporated in this course. This class will give you a glimpse into the very best in teaching/learning programs.

REGISTER / ENROLL ON-LINE AT www.CollegeCreditConnection.com, click on Face-To-Face tab.
DENNIS GARRAHY : 760-710-7807 or email dennisgarrahy@gmail.com for courses in Vista, Chula Vista or Temecula.

***NOTE - this course will be presented in our new ONLINE/HYBRID format - Information will be emailed upon enrollment, and course will consist of 45 total hours of online learning and outside practicum. We are closely following the Covid 19 recommendations of State, Federal and Local ordinances and will update as needed.**



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| 3. "RELIEVING STRESS IN THE CLASSROOM" | STARTS AUG 16 |
| Course #EDUX 5710 A, B, C or D (A New Course) | |

WHEN: August 16 - August 30, 2022 (plus online and outside practicum)

**NOTE: This course is a hybrid of face-to-face and online learning. See below for more info*

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 share issues they confront in their classrooms and on their campuses and develop plans to make them more manageable.

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