



**VANGUARD  
UNIVERSITY**



## VANGUARD UNIVERSITY

Graduate Education Program  
Offers 4 New Courses for Educators  
CHULA VISTA – FALL 2025

- |   |                     |
|---|---------------------|
| <b>1. "ENERGIZE YOUR CLASSROOM WITH MOTIVATING MATERIALS"</b> | <b>STARTS SEP 4</b> |
| <b>2. "CLASSROOM MANAGEMENT FOR EVERY TEACHER"</b>            | <b>STARTS OCT 1</b> |
| <b>3. "RELIEVING STRESS IN THE CLASSROOM"</b>                 | <b>STARTS NOV 3</b> |
| <b>4. "ENERGIZE YOUR CLASSROOM WITH MOTIVATING MATERIALS"</b> | <b>STARTS DEC 1</b> |

**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:** \$348 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..

- 
- |   |                     |
|---|---------------------|
| <b>1. "ENERGIZE YOUR CLASSROOM WITH MOTIVATING MATERIALS"</b> | <b>STARTS SEP 4</b> |
| Course #EDUX 5650 A, B, C or D (A New Course)                 |                     |

**WHEN:** September 4 - 16, 2025 (includes online and outside practicum)

**COURSE DESCRIPTION:** This course teaches participants how to bring out the best in their students and energize their classroom with materials that brighten, inspire and motivate. This course provides creative impetus, dazzling templates and models, and a plethora of material designs and ideas to brighten every classroom. This course helps participants reinvent their classroom design to excite and engage their students. Projects that relate to State Content Standards and fulfill District Mandates will be presented.

- 
- |  |                     |
|--|---------------------|
| <b>2. "CLASSROOM MANAGEMENT FOR EVERY TEACHER"</b> | <b>STARTS OCT 1</b> |
| Course #EDUX 5470 A, B, C or D (A New Course)      |                     |

**WHEN:** October 1 - 15, 2025 (includes online and outside practicum)

**COURSE DESCRIPTION:** This course is designed to assist educators in developing successful strategies that instill a calm and orderly learning environment. Participants will learn tips to improve classroom discipline through individual and group motivation techniques. Educators will establish ways to work with the needs of each child by encouraging productive student behavior through effective organizational practices, rewards and learning. This course will cover preventative discipline practices and practical management methods that are essential to establishing and maintaining classroom control.

---

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



**VANGUARD  
UNIVERSITY**



## VANGUARD UNIVERSITY

Graduate Education Program  
Offers 4 New Courses for Educators  
CHULA VISTA – FALL 2025

- |   |                     |
|---|---------------------|
| <b>1. "ENERGIZE YOUR CLASSROOM WITH MOTIVATING MATERIALS"</b> | <b>STARTS SEP 4</b> |
| <b>2. "CLASSROOM MANAGEMENT FOR EVERY TEACHER"</b>            | <b>STARTS OCT 1</b> |
| <b>3. "RELIEVING STRESS IN THE CLASSROOM"</b>                 | <b>STARTS NOV 3</b> |
| <b>4. "ENERGIZE YOUR CLASSROOM WITH MOTIVATING MATERIALS"</b> | <b>STARTS DEC 1</b> |

**WHERE:** DISTANCE LEARNING  
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:** \$348 for 3 semester units of graduate extension credit..

**COURSE INSTRUCTOR:** DENNIS GARRAHY was an educator in Vista USD for nearly thirty years. Additionally, he has coordinated professional staff development courses for North County teachers for the past thirty-five years.

---

### **3. "RELIEVING STRESS IN THE CLASSROOM" STARTS NOV 3**

Course #EDUX 5710 A, B, C or D (A New Course)

**WHEN:** November 3 - 19, 2025 (includes online and outside practicum)

**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.

---

### **4. "ENERGIZE YOUR CLASSROOM WITH MOTIVATING MATERIALS" STARTS DEC 1**

Course #EDUX 5650 A, B, C or D (A New Course)

**WHEN:** December 1 - 15, 2025 (includes online and outside practicum)

**COURSE DESCRIPTION:** This course teaches participants how to bring out the best in their students and energize their classroom with materials that brighten, inspire and motivate. This course provides creative impetus, dazzling templates and models, and a plethora of material designs and ideas to brighten every classroom. This course helps participants reinvent their classroom design to excite and engage their students. Projects that relate to State Content Standards and fulfill District Mandates will be presented.

---

**REGISTER / ENROLL ON-LINE AT** [www.CollegeCreditConnection.com](http://www.CollegeCreditConnection.com), click on Face-To-Face tab.

DENNIS GARRAHY : 760-710-7807 or email [dennisgarrahy@gmail.com](mailto:dennisgarrahy@gmail.com) for courses in Vista, Chula Vista or Temecula.  
**NOTE - these courses will be presented in our ONLINE/HYBRID format – Information will be emailed upon enrollment, and course will consist of 45 total hours of online learning, instructor contact, and outside practicum.**