



**VANGUARD
UNIVERSITY**



VANGUARD UNIVERSITY

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

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| 1. "CLASSROOM DISCIPLINE: ENCOURAGING SELF-RELIANCE & RESPONSIBILITY IN STUDENTS | STARTS SEP 3 |
| 2. "MULTICULTURAL DIVERSITY: THE MELTING POT OF MANY" | STARTS OCT 2 |
| 3. "WORKING WITH CHALLENGING STUDENTS: BULLIES AND VICTIMS" | STARTS NOV 4 |
| 4. "RELIEVING STRESS IN THE CLASSROOM" | STARTS DEC 1 |

WHERE: DISTANCE LEARNING
Temecula, 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.

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| 1. "CLASSROOM DISCIPLINE: ENCOURAGING SELF-RELIANCE & RESPONSIBILITY IN STUDENTS | STARTS SEP 3 |
| Course #EDUX 5130 A, B, C or D (A New Course) | |

WHEN: September 3 - 17, 2025 (includes online and outside practicum)

COURSE DESCRIPTION: This course is designed for teachers who wish to improve classroom discipline, encourage student self-reliance and optimize the learning atmosphere for everyone. While enhancing their natural disciplinary style, participants will also experience a broad range of innovative and time-tested approaches to this oldest of classroom problems.

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| 2. "MULTICULTURAL DIVERSITY: THE MELTING POT OF MANY" | STARTS OCT 2 |
| Course #EDUX 5350 A, B, C or D (A New Course) | |

WHEN: October 2 - 16, 2025 (includes online and outside practicum)

COURSE DESCRIPTION: This course is designed for the sensitive educator wanting to gain understanding of the ever-changing cultural diversity of the students in today's schools. Participants will explore the ethnic and cultural groups in the community environments in which their pupils live. The fusion of cross-cultural customs and values will be presented. Study tours to culturally enriching sites will be taken to give in-depth understanding of the varied language ability, cultural heritage and historical backgrounds of our students. A broad range of cultural similarities and differences will be covered.

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 - 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.



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WHERE: DISTANCE LEARNING
Vista, CA

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| 3. "WORKING WITH CHALLENGING STUDENTS: BULLIES AND VICTIMS" | STARTS NOV 4 |
| Course #EDUX 5450 A, B, C or D (A New Course) | |

WHEN: November 4 - 18, 2025 (includes online and outside practicum)

COURSE DESCRIPTION: This course will offer participants the opportunity to collaborate with fellow teachers and administrators in order to better understand the negative impact of bullying behavior. During this course, participants will develop ways to work with bullies and victims, improve the self-image of both, and create ways to ensure that all students can learn in a safe and fear-free environment. As participants consider how bullying often obstructs the ability of students to progress both academically and socially, they will examine and collaborate on solutions to this serious issue in today's schools.

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| 4. "RELIEVING STRESS IN THE CLASSROOM" | STARTS DEC 1 |
| Course #EDUX 5710 A, B, C or D (A New Course) | |

WHEN: December 1 - 15, 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.

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