



**VANGUARD
UNIVERSITY**



VANGUARD UNIVERSITY
Graduate Education Program
Offers 4 New Courses for Educators
VISTA – SPRING 2025

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| 1. "RELIEVING STRESS IN THE CLASSROOM" | STARTS JAN 7 |
| 2. "BEAT THE CLOCK: MAKING THE MOST OF INSTRUCTIONAL TIME" | STARTS FEB 4 |
| 3. "CREATIVE EXPRESSION IN THE CLASSROOM" | STARTS MAR 4 |
| 4. "CLASSROOM DISCIPLINE: ENCOURAGING SELF-RELIANCE & RESPONSIBILITY IN STUDENTS" | STARTS APR 9 |

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: \$333 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. "RELIEVING STRESS IN THE CLASSROOM" | STARTS JAN 7 |
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Course #EDUX 5710 A, B, C or D (A New Course)

WHEN: Jan 7 – 21, 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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| 2. "BEAT THE CLOCK: MAKING THE MOST OF INSTRUCTIONAL TIME" | STARTS FEB 4 |
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Course #EDUX 5100 A, B, C or D (A New Course)

WHEN: Feb 4 – 18, 2025 (includes online and outside practicum)

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.

*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.*



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3. "CREATIVE EXPRESSION IN THE CLASSROOM" STARTS MAR 4

Course #EDUX 5170 A, B, C or D (A New Course)

WHEN: March 4 – 18, 2025 (includes online and outside practicum)

COURSE DESCRIPTION: This course is designed to cover a variety of strategies and solutions to integrate creativity and problem solving throughout the curriculum. Participants will explore multimedia approaches using a discovery/problem-solving model implementing perception, production and reflection. A broad range of "thinking activities" and authentic assessments will be showcased. These activities help identify and develop talents of students at all learning levels. Hands-on projects will be presented that will encourage pupils to move from "visual to verbal" and in the process, develop skills in mathematics and oral and written language. Emphasis will be placed on discovering and developing the unexplored talents of students at all levels of the learning spectrum.

4. "CLASSROOM DISCIPLINE: ENCOURAGING SELF-RELIANCE & RESPONSIBILITY IN STUDENTS" STARTS APR 9

Course #EDUX 5130 A, B, C or D (A New Course)

WHEN: April 9 - 23, 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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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 and outside practicum.