Instructor/TA Info

Instructor Information
Name: Christian Sabey
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Office Phone: 8014228361
Email: christian_sabey@byu.edu
Cell: 8015807399

Course Information

Description
The purpose of this course is to help you to become a more effective, resilient, and durable teacher. We are taking the long view of this class.

Materials

<table>
<thead>
<tr>
<th>Item</th>
<th>Price (new)</th>
<th>Price (used)</th>
</tr>
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<tbody>
<tr>
<td>The Happiness Trap - Required</td>
<td>16.95</td>
<td>12.75</td>
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<tr>
<td>by Harris, R</td>
<td></td>
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Grading Scale

<table>
<thead>
<tr>
<th>Grades</th>
<th>Percent</th>
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<tbody>
<tr>
<td>A</td>
<td>93%</td>
</tr>
<tr>
<td>A-</td>
<td>90%</td>
</tr>
<tr>
<td>B+</td>
<td>87%</td>
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<tr>
<td>B</td>
<td>83%</td>
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<tr>
<td>B-</td>
<td>80%</td>
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<tr>
<td>C+</td>
<td>77%</td>
</tr>
<tr>
<td>C</td>
<td>73%</td>
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<tr>
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<td>D</td>
<td>63%</td>
</tr>
<tr>
<td>D-</td>
<td>60%</td>
</tr>
<tr>
<td>E</td>
<td>0%</td>
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Grading Policy
Late assignments may not be graded. If they are graded you will get half credit.

Participation Policy
You will get a participation grade for each class.

Attendance Policy
There is no way to make up a missed class. If you miss a class you just miss the class.

Assignments

Assignment Descriptions

Quiz #1

Due: Wednesday, Sep 11 at 11:59 pm

Optimism Journal 9.11.19

Due: Wednesday, Sep 11 at 11:59 pm

Did you make at least three entries in your optimism journal this week?

- Start a journal (paper or electronic) and begin to attend to any negative “internal chatter”. You don’t need to do anything about it. Simply record the situation (what was happening) and what you told yourself about the situation (internal chatter).
Did you make at least three entries in your optimism journal this week?

Quiz #2

Sep 18

Due: Wednesday, Sep 18 at 11:59 pm

Optimism Journal 9.25.19

Sep 25

Due: Wednesday, Sep 25 at 11:59 pm

Did you make at least three entries in your optimism journal this week?

Readings 1 (Student Teaching Handbook)

Sep 25

Due: Wednesday, Sep 25 at 11:59 pm

Read Student Teaching Handbook pgs. 1-33 and submit a question from that reading

Quiz #3

Sep 25

Due: Wednesday, Sep 25 at 11:59 pm

Optimism Journal 10.2.19

Oct 02

Due: Wednesday, Oct 02 at 11:59 pm

Did you make at least three entries in your optimism journal this week?

Readings 2

Oct 02

Due: Wednesday, Oct 02 at 11:59 pm

Read Student Teaching Handbook pgs. 34-54 and submit a question from that reading.

Quiz #4

Oct 02

Due: Wednesday, Oct 02 at 11:59 pm

Optimism Journal 10.9.19

Oct 09

Due: Wednesday, Oct 09 at 11:59 pm

Did you make at least three entries in your optimism journal this week?

Readings 3

Oct 09

Due: Wednesday, Oct 09 at 11:59 pm

Read Student Teaching Handbook pgs. 55-105 and submit a question from that reading

Quiz #5

Oct 09

Due: Wednesday, Oct 09 at 11:59 pm

Optimism Journal 10.16.19

Oct 16

Due: Wednesday, Oct 16 at 11:59 pm

Did you make at least three entries in your optimism journal this week?

Participation

Due: Wednesday, Oct 16 at 11:59 pm

Participation points will be earned by arriving on time for class, attending the entire class period, and contributing to class discussions.

Lead a discussion
You will be required to present a topic that is proving to be challenging to you as a student teacher/intern. You will then lead a 30 min discussion on how to address the challenge. You do not have to have the answer to the challenge. You do need to discuss a productive discuss on how to address the challenge.

ACT Final Response Paper

In this paper you will summarize your experience working on improving your own optimism and psychological flexibility. You will identify the strategies that have been helpful and the strategies that have not been helpful. You will present a detailed plan for how you will continue to work on improving/maintaining your optimism and psychological flexibility throughout your first year of teaching.

Praxis

You must take the Praxis corresponding to you specialization before the semester is out:

- **Special Education: Core Knowledge and Severe to Profound Applications (5545)**
- **Special Education: Core Knowledge and Mild to Moderate Applications (5543)**

There is a very short time window in which you can take the exam (9.3.18 to 9.15.18). **YOU NEED TO TAKE THE EXAM TO PASS THIS CLASS AND TO GRADUATE.** Please plan accordingly.

Quiz #6

Point Breakdown

<table>
<thead>
<tr>
<th>Categories</th>
<th>Percent of Grade</th>
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<tbody>
<tr>
<td>Assignments</td>
<td>45.45%</td>
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<tr>
<td>Readings</td>
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<tr>
<td>Optimism Journal</td>
<td>27.27%</td>
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<tr>
<td>Quizzes</td>
<td>18.18%</td>
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University Policies

Honor Code

In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact be your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university. Students are also expected to adhere to the Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and every instructor's expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 422-2847 if you have questions about those standards.

Preventing Sexual Misconduct

In accordance with Title IX of the Education Amendments of 1972, Brigham Young University prohibits unlawful sex discrimination against any participant in its education programs or activities. The university also prohibits sexual harassment—including sexual violence—committed by or against students, university employees, and visitors to campus. As outlined in university policy, sexual harassment, dating violence, domestic violence, sexual assault, and stalking are considered forms of “Sexual Misconduct” prohibited by the university.

University policy requires all university employees in a teaching, managerial, or supervisory role to report all incidents of Sexual Misconduct that come to their attention in any way, including but not limited to face-to-face conversations, a written class assignment or paper, class discussion, email, text, or social media post. Incidents of Sexual Misconduct should be reported to the Title IX Coordinator at t9coordinator@byu.edu or (801) 422-8692. Reports may also be submitted through EthicsPoint at https://titleix.byu.edu/report or 1-888-238-1062 (24-hours a day).

BYU offers confidential resources for those affected by Sexual Misconduct, including the university's Victim Advocate, as well as a number of non-confidential resources and services that may be helpful. Additional information about Title IX, the university's Sexual Misconduct Policy, reporting requirements, and resources can be found at http://titleix.byu.edu or by contacting the university's Title IX Coordinator.

Student Disability

Brigham Young University is committed to providing a working and learning atmosphere that reasonably accommodates qualified persons with disabilities. If you have any disability which may impair your ability to complete this course successfully, please contact the University Accessibility Center (UAC), 2170 WSC or 422-2767. Reasonable academic accommodations are reviewed for all students who have qualified, documented disabilities. The UAC can also assess students for learning, attention, and emotional concerns. Services are coordinated with the student and instructor by the UAC. If you need assistance or if you feel you have been unlawfully discriminated against on the basis of disability, you may seek resolution through established grievance policy and procedures by contacting the Equal Employment Office at 422-5895, D-285 ASB.

Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading</th>
<th>Assignments</th>
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<tbody>
<tr>
<td>Oct 16</td>
<td>Due: Wednesday, Oct 16 at 11:59 pm</td>
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<tr>
<td>Date</td>
<td>Day</td>
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<tr>
<td>W Sep 04</td>
<td>Wednesday</td>
<td>Class Introduction</td>
<td><a href="https://web.stanford.edu/class/msande271/onlinetools/LearnedOpt.html">Link</a></td>
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<td>Tuesday</td>
<td>Introduction: Optimism Discussion #1</td>
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<td>F Sep 13</td>
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<td><a href="https://docs.google.com/spreadsheets/d/134duZ2Hgl10w.8l9hFCpJ5E7u7o/edit?usp=sharing">Durand et al 2013.pdf</a></td>
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<tr>
<td>Sa Sep 14</td>
<td>Saturday</td>
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