

# 10-Course Certificate

## Mental Health and Wellbeing

(30 credits)



How to customize your 10-course learning plan:

### 1. ADD YOUR CORE COURSES

(ALL REQUIRED)

- (PK-12) 5116: Connection and Calming Strategies for Today's Teachers
- (PK-12) 5124: Goodbye Teacher Burnout, Welcome Teacher Wellness
- (PK-12) 5296: Nutrition, Exercise, Wellness, and Sleep for Teachers

### 2. SELECT YOUR ELECTIVE COURSES

(CHOOSE A MINIMUM OF 4, MAY CHOOSE UP TO 7)

- (K-12) 5021: Wholehearted Teaching: Reigniting Your Passion for the Teaching Profession
- (PK-12) 5101: The Practice and Power of Vulnerability in the Classroom
- (PK-12) 5105: Living Your Happiest Life, Inside & Outside the Classroom
- (PK-12) 5142: Time Management Strategies for Educators
- (PK-12) 5219: Building on Your Strengths for Professional Wellbeing
- (PK-12) 5228: Financial Fitness for Educators
- (PK-12) 5271: Reclaiming Your Passion for Teaching with Balance and Bandwidth
- (PK-12) 5273: Reimagining Your Teacher Mindset
- (PK-12) 5203: Social and Emotional Learning Starts with You

### 3. STEP 3: SELECT YOUR INSTRUCTIONAL SUPPORT ELECTIVES

(TO COMPLETE YOUR 10-COURSE LEARNING PLAN)

- Art
- Culture and Language
- Early Childhood
- Instructional Strategies
- Leadership
- Math
- Music
- Ed Tech
- Phy Ed/Health
- Positive Behavior Supports
- Science/STEM
- SEL
- Social Studies
- Special Populations
- Teaching Excellence

*Have questions?* We're here to help!

Contact Your Learning Advisor\*: [instructor@teachingchannel.com](mailto:instructor@teachingchannel.com)

\*Course offerings are subject to change until registration is complete.

# Customize Your Certificate Plan

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Name of Certificate Bundle Purchased

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Date of Purchase

**Course registration must occur within one year of purchase.**

## CORE COURSES

Course Number

Course Name

Term & Registered Year

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## ELECTIVE COURSES

Course Number

Course Name

Term & Registered Year

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## INSTRUCTIONAL SUPPORT ELECTIVE COURSES

Course Number

Course Name

Term & Registered Year

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