

CULTIVATING COMPASSION AND DIGNITY IN OURSELVES AND OUR SCHOOLS - GRADUATE CERTIFICATE

- Apply compassion tools and resources to serve as compassionate leaders in school and community settings and to address the many challenges they face in today's increasingly precarious climate.

The four-course certificate explores the ways in which practices of compassion and a focus on the essential dignity of educators and students can contribute to the wellness of educators and schools.

The certificate will prepare educators to lead efforts to promote compassion and dignity in schools. The certificate provides educators with supports and resources for caring for themselves and for cultivating and sustaining compassion for students, families, their school community and colleagues. The courses prioritize ways in which educators can see and feel their own daily teaching practices, struggles, constraints and joys reflected in the curriculum as well as the ways in which educators might become more compassionate teacher leaders. The compassion practices and skills embedded in the courses support district-level equity goals of creating safe and inclusive schools that challenge racism and promote justice. The certificate draws upon rigorous research, contemplative wisdom and deeply embedded lived experience of educators.

The certificate was co-designed by the Crown Institute and the Compassion Institute working in collaboration with teachers, counselors and administrators.

Students who wish to take classes and separately complete certificates without enrolling in the full MA program should see the Teacher Leadership program graduate certificate pathway (<https://catalog.colorado.edu/graduate/colleges-schools/education/programs-study/teacher-leadership/>).

Requirements

Code	Title	Credit Hours
EDUA 5019	Compassion and Dignity for Educators: Awareness and Intention	2
EDUA 5020	Self-Compassion and Dignity	2
EDUA 5021	Compassion In Fullness	2
EDUA 5022	Compassion In Action: Capstone	4
Total Credit Hours		10

In order to earn a certificate, students must receive a minimum grade of a C or higher in each course. The cumulative GPA for certificate courses must be 3.0 or higher.

Learning Outcomes

The certificate will prepare teacher leaders to:

- Consider the ways in which practices of compassion and a focus on the essential dignity of educators and students can contribute to the wellness of educators and schools.
- Explore supports and resources for caring for themselves.
- Identify and practice skills to cultivate and sustain compassion for students, families, their school community and colleagues.