

Syllabus
EDIT 7520E: Resiliency Training

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Please Note: This document serves as an overall framework for the course. It will be a guide for our activities during the term - but it is a living document and may change during the course of the semester as we negotiate the learning process.

Course Facilitator

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Course Overview

This course provides the foundational tools, skills, and practices people need to be more present, focused, and productive and to be more resilient to stress and change in their world.

While it is particularly helpful for navigating challenging times, the tools are relevant for always working smarter and more effectively.

This webinar series is packed with insights and practical tools as it explores the neuroscience behind stress, how to manage your focus in a highly distracting environment, and how to deal with frustration and negativity when things are changing faster than you would like.

At the end of the course, the learner will have the skills and techniques needed to be:

- more resilient to the changes and uncertainty they face today,
- less reactive to unmet expectations and frustrations,
- more focused on what matters and less distracted by their thoughts or the digital noise' around them,
- more open to change in their world and able to adapt, pivot or leverage the change in a positive way,
- more present and better able to connect and collaborate with other team members, and
- happier, be it at work or home!

Course Goal

The learner will be able to recognize and employ stress management techniques in an organization, both routinely and during or after an incident.

Course Objectives

Terminal Performance Objective: Given a scenario, the learner will be able to assess their resiliency and identify resources available to assist them, if needed.

Module 1 - Understanding Resiliency

Learning Objectives:

- 1.1 Define resilience.
- 1.2 Recall the 8 mutually interdependent dimensions of wellness.
- 1.3 Identify the methods used to build personal resilience.

Module 2 - Emergency Response and YOU

Learning Objectives:

- 2.1 List potential stressors that affect personnel during emergency responses.
- 2.2 Identify feelings or behaviors that are seen as warning signs of personnel experiencing trauma or the effects of burnout.
- 2.3 Explain the Buddy System.

Module 3 - Personal Resilience

Learning Objectives:

- 3.1 Recall the primary characteristics of highly resilient people.
- 3.2 Discuss ways to seek available support networks and identify local resources.

Course Assessment and Participation

Participants will complete a pre-course assessment prior to beginning the training and a post-course assessment upon completion of the program. The pre/post-self-assessment provides the individual with a measure of their learning gain.

Participation is determined by interaction with other learners in the discussion and activities.

Delivery Method

Online Webinar or Classroom Delivery (when available)

Course Schedule

Whether you are looking to expand your skill set, earn professional credits, or learn something new, this course pairs perfectly with a busy schedule.

While there are no time constraints on start or completion of this course, in order to get the most out of the content and subject matter, it is recommended that learners complete this course in 1-2 weeks.

Total Training Hours

12H Continuing Education Units (CEU)

Course Assessment

Participants will complete a pre-course assessment prior to beginning the training and a post-course assessment upon completion of the program. The pre/post-self-assessment provides the individual with a measure of their learning gain.

To assess knowledge transfer, the learner will be given a final assessment. The assessment will consist of fact-matching, scenarios, and image-based MCQs. Learners must achieve a minimum score of 80% to pass.

Participation is recorded by the instructor and participants are required to respond to discussion board prompts and to conduct self-study using the course readings, digital handouts, and/or recordings.

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