Mindfulness-Based Stress Reduction
Workshop for Teachers

UC SAN DIEGO EXTENSION IN-SERVICE COURSE CREDIT

Course Number: EDUC 31414  Section ID: 089059
Credit: 1.5-quarter units*  Fee: $55
Dates: 3/24/2012  Enrollment Deadline: April 6, 2012
Instructor: Amy Holte  Queries? Please call: 858-534-9286

Mindfulness is the quality of being fully aware of present moment experience. This experiential workshop introduces teachers to practices that cultivate mindfulness in daily living with the goal of practicing self-care in both personal and professional settings. Participants will gain insight into patterns of stress reactivity and their impact in the classroom and cultivate skills in responding to stressful situations with greater awareness to reduce the negative effects of stress reactivity. This workshop is a complement to the Mindfulness in Education Program: Tuning In, which is already in place in some San Diego schools. Mindfulness offers both teachers and students an opportunity to build greater emotional resilience, effectively attend to distress and creatively enhance the learning process.

Transcripts verifying your course credits can be requested online after April 13, 2012. To request a transcript, please visit: http://extension.ucsd.edu/student/index.cfm?vAction=faq#trans

ONLINE ENROLLMENT INSTRUCTIONS

To receive 1.5 units of credit, please visit: https://extension.ucsd.edu/registration/index.cfm?vAction=chooseSections
2. Create a MyExtension student account
3. Enter 089059 in the first ‘Section ID’ field.
4. Select ‘Letter Grade’ Option.
5. Click the Continue button and complete your enrollment.

You can also enroll via telephone by contacting Student Services Support Staff at (858) 534-3400 or unex-reg@ucsd.edu and referencing the Section ID: 089059.

*UC San Diego Extension operates on the quarter system and all credits issued are in quarter units. Each unit of academic credit represents approximately ten hours of instruction. 1.5 quarter units = 1 semester unit.