

RSA – Course Description



Faculty

Graduate

Course Code

RSAG03

Course Title

Self-Care and Wellbeing

Course Facilitator

Amy Green

Amy is an experienced Teacher and School Leader who has provided training and support for educators throughout her career. Using first-hand experience and current research, Amy will encourage and support Establishing Teachers in this course as they look to further enhance their current practice, guiding them through a series of modules which will have instant impact on how they plan and teach, challenging them to think and reflect along the way.

Course Description

This course is designed to support graduate teachers as they learn to navigate the business of school life in their first year of teaching while trying to avoid overwhelm and burnout along the way. Whilst graduate teachers are filled with excitement and enthusiasm that only graduate teachers seem to have, we know that the need for a focus on self-care and wellbeing is more prominent than it ever has been. Throughout this course, teachers will learn simple and effective ways to manage their own wellbeing, as well as have a better understanding of managing time and self, both in and out of the classroom. This course is designed for new teachers wanting to ensure they are prepared in the classroom and ensure the success of themselves and their students

Course Modules

1. Work/Life Balance – Yes it is Possible
2. Holidays: Balancing Productivity and rest
3. Maintaining Energy and Rest
4. The Roller-coaster of Emotions
5. Saying no – an important skill to learn
6. Managing it all while avoiding overwhelm

AITSL Standards

- 6.1 Identify and plan professional learning needs
- 6.2 Engage in professional learning and improve practice
- 6.3 Engage with colleagues and improve practice
- 7.1 Meet professional ethics and responsibilities

Phases of learning

This course is designed to cater for teachers in their first year of teaching across all phases of learning, including primary, secondary and special contexts.