

LRNG 194 – Work Life Balance (Self-Care)

Description

The Work Life Balance workshop will explore how faculty's level of wellness influences his/her teaching in profound ways.

Course Offering

Contact the Center for Teaching Excellence for specific dates when this course is offered. Usually offered in fall.

Outcomes

Upon successful completion of the Work Life Balance workshop, participants should be able to:

1. **identify** faculty life stressors
2. **discover** and **brainstorm** faculty wellness/wellbeing and self-care disciplines and practices
3. begin to **cultivate** an ideal, personal healthy faculty life model (personal professional self-care plan)

Completion Criteria

In order to receive a micro badge for the course, the following deliverables must be completed:

Completion Criteria: Satisfactory completion of two reflection activities and/or an assessment instrument, whether an online quiz or an exit ticket, as indicated in session.

Microbadge

You can apply for the course badge by visiting the GGC Academic Commons, located at <http://commons.ggc.edu>. Once there, you can click on Badge Library menu item, and locate the LRNG 194 badge using the filters on the left of the page or the actual badge listings. Once you have located the badge and reviewed the criteria, you can click on the "Apply for Badge" button.

NOTE: Verification and badge application processing time will take 24-48 hours. Once the badge is awarded you can verify receipt by logging into the Academic Commons. Once logged in, you will receive a popup notice indicating a badge has been awarded.

Faculty Foundations

Completion of this course fulfills the partial requirements for Faculty Foundations Track. For full details on the track requirements, please visit the CTE web site at <http://cte.ggc.edu>.

Version

1.1 – Revised version (5/3/2017)

1.0 – Initial version (2/15/2017)

v 1.0 – Revised 2/15/2017