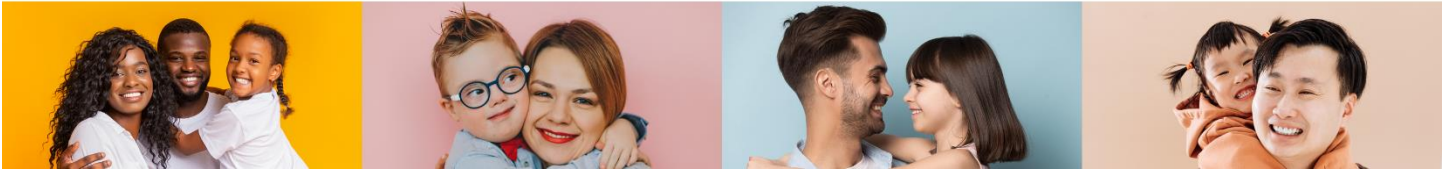


Conscious Discipline®



PROFESSIONAL SELF-PACED OUTLINE

Conscious Discipline is a parenting education curriculum. It has been found to improve parenting knowledge and skills, increase parents ability to manage their own emotions and respond to children's challenging behaviors, and improve emotional management and behavior in children.

You will have time each month to go through the sessions and watch the coordinating videos. Through June to August you will receive a check-in email with additional resources.

Each section will have online e-learning followed by homework activities to ensure comprehension and program implementation. These assignments are essential to receive the 1.5 CEU credit through NDSU Extension.

These include:

1. 10 hours of self-paced online e-learning
2. Completion of the Participant guide
3. Review online resources through Microsoft Teams
4. Completion of classroom/program rubric
5. Complete pre-assessment and post-assessment documents
6. Create 1 smart goal focusing on areas needing improvement

Session Breakdown

Training Video Portal Link

<https://consciousdiscipline.com/course/conscious-discipline-building-resilient-schools-and-homes/>

Sessions 1-3

- Watch coordinating videos and go through sections 1, 2, and 3 in your book.
- Watch Introduction (7:41)

- **Session 1 – Introduction to Conscious Discipline (1:04:39)**
 - Complete Pre-Learning Survey
 - Watch Session 1 video
 - Complete participant guide pages 3-12
 - Review Handouts & FAQs
<https://consciousdiscipline.com/course/conscious-discipline-building-resilient-schools-and-homes/session-1-introduction-to-conscious-discipline/>
 - Complete Post-Learning Survey
 - Click “Mark as Completed” button under session 1 video

Mini-Poster: Session 1
<https://consciousdiscipline.s3.amazonaws.com/E-Learning/Mini-Poster/E-Course-Session-1-Mini-Poster.pdf>

- **Session 2 – Becoming Brain Smart (1:29:42)**
 - Complete Pre-Learning Survey
 - Watch Session 2 video
 - Complete participant guide pages 13-24
 - Review Handouts & FAQs
<https://consciousdiscipline.com/course/conscious-discipline-building-resilient-schools-and-homes/session-2-becoming-brain-smart/>
 - Complete Post-Learning Survey
 - Click “Mark as Completed” button under session 2 video

Mini-Poster: Session 2
<https://consciousdiscipline.s3.amazonaws.com/E-Learning/Mini-Poster/E-Course-Session-2-Mini-Poster.pdf>

- **Session 3 – Creating the School Family (54:29)**
 - Complete Pre-Learning Survey
 - Watch Session 3 video
 - Complete participant guide pages 25-34
 - Review Handouts & FAQs
<https://consciousdiscipline.com/course/conscious-discipline-building-resilient-schools-and-homes/session-3-creating-the-school-family/>
 - Complete Post-Learning Survey
 - Click “Mark as Completed” button under session 3 video

Mini-Poster: Session 3
<https://consciousdiscipline.s3.amazonaws.com/E-Learning/Mini-Poster/E-Course-Session-3-Mini-Poster.pdf>

Sessions 4-5

- Watch coordinating videos and go through sections 4 and 5 in your book.

- **Session 4 – Composure (50:57)**

- Complete Pre-Learning Survey
- Watch Session 4 video
 - Complete participant guide pages 35-54
- Review Handouts & FAQs
<https://consciousdiscipline.com/course/conscious-discipline-building-resilient-schools-and-homes/session-4-composure/>
- Complete Post-Learning Survey
- Click “Mark as Completed” button under session 4 video

Mini-Poster: Session 4

<https://consciousdiscipline.s3.amazonaws.com/E-Learning/Mini-Poster/E-Course-Session-4-Mini-Poster.pdf>

- **Session 5 – Assertiveness (1:07:34)**

- Complete Pre-Learning Survey
- Watch Session 5 video
 - Complete participant guide pages 55-74
- Review Handouts & FAQs
<https://consciousdiscipline.com/course/conscious-discipline-building-resilient-schools-and-homes/session-5-assertiveness/>
- Complete Post-Learning Survey
- Click “Mark as Completed” button under session 5 video

Mini-Poster: Session 5

<https://consciousdiscipline.s3.amazonaws.com/E-Learning/Mini-Poster/E-Course-Session-5-Mini-Poster.pdf>

Sessions 6-8

- Watch coordinating videos and go through sections 6, 7, and 8 in your book.

- **Session 6 – Encouragement (53:45)**

- Complete Pre-Learning Survey
- Watch Session 6 video
 - Complete participant guide pages 75-92
- Review Handouts & FAQs
<https://consciousdiscipline.com/course/conscious-discipline-building-resilient-schools-and-homes/session-6-encouragement/>
- Complete Post-Learning Survey
- Click “Mark as Completed” button under session 6 video

Mini-Poster: Session 6

<https://consciousdiscipline.s3.amazonaws.com/E-Learning/Mini-Poster/E-Course-Session-6-Mini-Poster.pdf>

□ **Session 7 – Choices (36:53)**

- Complete Pre-Learning Survey
- Watch Session 7 video
 - Complete participant guide pages 93-110
- Review Handouts & FAQs
<https://consciousdiscipline.com/course/conscious-discipline-building-resilient-schools-and-homes/session-7-choices/>
- Complete Post-Learning Survey
- Click “Mark as Completed” button under session 7 video

Mini-Poster: Session 7

<https://consciousdiscipline.s3.amazonaws.com/E-Learning/Mini-Poster/E-Course-Session-6-Mini-Poster.pdf>

□ **Session 8 – Empathy (1:00:25)**

- Complete Pre-Learning Survey
- Watch Session 8 video
 - Complete participant guide pages 111-130
- Review Handouts & FAQs
<https://consciousdiscipline.com/course/conscious-discipline-building-resilient-schools-and-homes/session-8-empathy/>
- Complete Post-Learning Survey
- Click “Mark as Completed” button under session 8 video

Mini-Poster: Session 8

<https://consciousdiscipline.s3.amazonaws.com/E-Learning/Mini-Poster/E-Course-Session-8-Mini-Poster.pdf>

Sessions 9-10

- **Watch coordinating videos and go through sections 9 and 10 in your book.**

□ **Session 9 – Positive Intent (47:18)**

- Complete Pre-Learning Survey
- Watch Session 9 video
 - Complete participant guide pages 131-146
- Review Handouts & FAQs
<https://consciousdiscipline.com/course/conscious-discipline-building-resilient-schools-and-homes/session-9-positive-intent/>
- Complete Post-Learning Survey
- Click “Mark as Completed” button under session 9 video

Mini-Poster: Session 9

<https://consciousdiscipline.s3.amazonaws.com/E-Learning/Mini-Poster/E-Course-Session-9-Mini-Poster.pdf>

- **Session 10 – Consequences (54:34)**
 - Complete Pre-Learning Survey
 - Watch Session 10 video
 - Complete participant guide pages 147-164
 - Review Handouts & FAQs
<https://consciousdiscipline.com/course/conscious-discipline-building-resilient-schools-and-homes/session-10-consequences/>
 - Complete Post-Learning Survey
 - Click “Mark as Completed” button under session 10 video

Mini-Poster: Session 10

<https://consciousdiscipline.s3.amazonaws.com/E-Learning/Mini-Poster/E-Course-Session-10-Mini-Poster.pdf>

- **Watch Course Conclusion**
 - Click “Mark as Completed” button under Course Conclusion video
 - Print your Certificate of Completion and email your Certificate to your Support Specialist
- **Review online resources through Microsoft Teams**
- **Completion of classroom/program rubric**
- **Complete pre-assessment and post-assessment documents**
- **Create 1 improvement smart goal**



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701.837.7500



info@pathfinder-nd.org



http://psnd.co

