

## Who We Are

North Dakota United (NDU) is an organization created by the merger of the North Dakota Education Association (NDEA) and the North Dakota Public Employees Association (NDPEA). The Representative Assemblies of both organizations voted overwhelmingly in February 2013 for the merger.

All of the members of our union work together to provide public education and public services to every citizen of North Dakota. Our membership includes K-12 teachers, education support professionals, higher education faculty and staff, state, county and municipal employees, as well as students and retired workers. The tie that binds our 11,000 members together is a shared commitment to the improvement of the economic and professional well-being of public workers, as well as a dedication to public service and to the improvement of the lives of the North Dakota citizens we serve.

## Frequently Asked Questions (FAQs):

### How do I register?

Go to [PD.NDUnited.org](http://PD.NDUnited.org). From there, click the courses tab to see our offerings. At the bottom of the course page is a button to click to register for the course.

### How are payments processed?

Through PayPal during the registration process. Click on the cart to make your payment. Payments can also be made by check and sent to NDU attention Patty Barrette at the address listed below.

### What is included in my payment?

All course fees are included such as credit, most materials, and access to trainers. Book study books are the responsibility of the participant and can be ordered in whichever format the participant prefers.

### What if I need to cancel my registration?

Contact Patty Barrette, Director of Professional Growth at [pd@ndunited.org](mailto:pd@ndunited.org)

### Who leads the trainings?

North Dakota United uses highly qualified trainers. For most of our courses, the trainers are members just like you. If you are interested in being a trainer, talk to any trainer or contact Patty Barrette, Director of Professional Growth at [pd@ndunited.org](mailto:pd@ndunited.org).

### Will credits count towards my license or movement on my district scale?

All credits are through the University of North Dakota but be sure to check with your district to be sure that they will be accepted. ESPB accepts UND credits for license renewal.

### I am not a member of North Dakota United, can I still take a course?

Yes. Non-members are eligible to take courses through NDU at a higher cost. To join NDU, go to [ndunited.org](http://ndunited.org) and click on membership or ask your trainer. Once membership is confirmed, you are eligible for the member discount pricing.



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[ndunited.org](http://ndunited.org)

701-223-0450



# Spring 2018 Professional Development Course Catalog

[PD.NDUnited.org](http://PD.NDUnited.org)

## Mindful You, Mindful Me Part 1:

This course focuses on self-care, as essential part of the work of teachers and school support staff. The Mindfulness training tools to reduce stress, frustration, and burnout by combining movement, breath work, mindful awareness, and deep relaxation techniques. This is a blended learning course using in-person sessions, online work, and a book study.

Member Cost: \$0 (no credit) or \$50 (1 credit); Non-member cost: \$200 (1 credit)

Available for 1 graduate credit through the University of North Dakota

Course dates:

Mandan: January 7<sup>th</sup> – February 27<sup>th</sup>, 2018

Fargo: January 20<sup>th</sup> – February 28<sup>th</sup>, 2018

## Mindful You, Mindful Me Part 2:

This course is a continuation of the skills acquired through Mindful You, Mindful Me Part 1 into the creation of a mindful classroom. Self-care is an essential part of the work of teachers and can contribute to a more positive school environment and better outcomes for students. This is a blended learning course using in-person sessions, online work, and a book study.

Member Cost: \$0 (no credit) or \$50 (1 credit); Non-member cost: \$200 (1 credit)

Available for 1 graduate credit through the University of North Dakota

Course dates:

Bismarck: January 8<sup>th</sup> – March 23<sup>rd</sup>, 2018

Fargo: February 24<sup>th</sup> – April 30<sup>th</sup>, 2018

Mandan: February 28<sup>th</sup> – April 30<sup>th</sup>, 2018

Grand Forks: February 10<sup>th</sup> – April 30<sup>th</sup>, 2018

## High Expectations Teaching Book Study:

This online book study focuses on the missing details of how to convince our discouraged and underperforming students that “smart is something you can get”. Author Jon Saphier reveals evidence, once and for all, that the bell curve of ability is plain wrong – that ability is something that can be grown significantly if we can first help students to believe in themselves.

Member Cost: \$0 (no credit) or \$50 (1 credit); Non-member cost: \$100 (no credit) or \$200 (1 credit)

Available for 1 graduate credit through the University of North Dakota

Course dates: January 8<sup>th</sup> – March 2<sup>nd</sup>, 2018

## Three Levels of Leadership Book Study:

This online book study focuses on the one key element consistently missing from books on leadership skills – the leader’s psychology. Author James Scouller sets out a compact model for successful leadership based on an understanding of the hidden psychological challenges faced by all leaders. It is the shortest, clearest, most complete and yet practical guide to leadership you’ll find.

Member Cost: \$0 (no credit) or \$50 (1 credit); Non-member cost: \$100 (no credit) or \$200 (1 credit)

Available for 1 graduate credit through the University of North Dakota

Course dates: February 26<sup>th</sup> – June 1<sup>st</sup>, 2018

## Educator Ethics:

This course reviews ethics as defined by the ND Educational Standards and Practices Board. Participants examine various ethical situations along with actual cases that the Board has addressed including: technology do’s and don’ts; contracts and resignations; relationships with students, parents, and colleagues, and; the dichotomy of a school employee’s life. It includes decision-making methodologies and is a highly interactive course.

Member Cost: \$35 (no credit), \$50 (1 credit), or \$100 (2 credits); Non-member cost: \$100 (no credit), \$200 (1 credit), or \$400 (2 credits)

Available for 1 or 2 credits through the University of North Dakota

Course dates:

Bismarck/Mandan: March 3<sup>rd</sup> – April 9<sup>th</sup>, 2018

Fargo: March 9<sup>th</sup> – April 10<sup>th</sup>, 2018

Minot: April 20<sup>th</sup> – May 20<sup>th</sup>, 2018

## Collaborative Leadership Book Study:

This online book study looks at the advantages in applying a holistic angle to one’s leadership practice that includes all stakeholders – an approach known as collaborative leadership. Author Peter DeWitt unpacks six factors framed through John Hattie’s research while painting a powerful scheme: meet stakeholders where they are; motivate stakeholders to strive for improvement, and; model how to do it.

Member Cost: \$0 (no credit) or \$50 (1 credit); Non-member cost: \$100 (no credit) or \$200 (1 credit)

Available for 1 credit through the University of North Dakota

Course dates: March 5<sup>th</sup> – June 1<sup>st</sup>, 2018

**Register TODAY at [PD.NDUnited.org](http://PD.NDUnited.org)**

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on social media!**

