

## SYLLABUS FORM

Workshop Title: (limit to 4 words) Fewer Things Better book study

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### Workshop Description:

This course is designed around the book *Fewer Things Better: The Courage to Focus on What Matters Most* by Angela Watson. Like most teachers, you want to use your life to make an impact – not only in the classroom, but in your family, community, and the world. And yet it feels impossible to have that focus when you're exhausted and overwhelmed. How can you make a difference when you're distracted by never-ending paperwork, meetings, errands, and housework? How can you give the best of yourself when you're bogged down with mundane tasks and unfulfilling obligations? You'll never have enough time to do everything. But there is a way to free up time, attention, and energy for the things that really matter: the activities that impact student learning; the practices that make you a more effective educator; and the routines that make your home and personal life more fulfilling. *Fewer Things Better* will help you challenge the correlation between hours worked and effectiveness. It's not about how much you're working; it's what you're focusing on. It's time to release yourself from the feeling of never having done enough. It's time to stop giving into the pressure to be constantly busy. It's time to do fewer things, so what remains can be done even better.

### Workshop Objectives (What should participants know or be able to do upon completion of this workshop?)

Upon completing this book study, you will be able to...

- \*disrupt the status quo by challenging norms in order to improve the teaching & learning experience for students & educators
- \*create healthy boundaries, combat Imposter Syndrome, and release yourself from perfectionism
- \*decide what work/life balance looks like for you.
- \*gain clarity on what's most important in your professional life so you can allocate time to your biggest priorities
- \*gain focus so you can release anything that's not serving you well
- \*deepen the courage it takes to live with intentionality and to say 'No!' to trivial things so you can do more of what matters
- \*define your 'Why' ~ knowing and reminding yourself why you became an educator is the main key to success.

### Evaluation Criteria: (Include brief description of required assignments and evaluation methodology.)

Participants will be required to read the book, take 5 quizzes, watch 4 videos, and make 9 blog posts. Grades will be determined by quiz scores and post quality. Quizzes will count for 50% of the final grade; blog posts, the other 50%.

Assignment list:

Quiz 1 ~ Chapters 1-3 <http://www.quia.com/quiz/8069419.html>

Blog Post 1 ~ Chapters 1-3: Share your thoughts about this passage: "There are 168 hours in a week. Let's say you're contracted to work around 40 hours and you work another 20 hours every week for free. That's 60 hours a week spent on school-related tasks, leaving you with 108 hours for everything else. If you factor in around 7 hours of sleep a night, that still leaves you with 59-60 hours a week for yourself..." How do you currently spend your 60 hours of weekly free time? Would you like to make changes to how you spend this time going forward?

Video 1: DARE TO SAY NO by William Clark [https://www.ted.com/talks/william\\_clark\\_dare\\_to\\_say\\_no](https://www.ted.com/talks/william_clark_dare_to_say_no)

Blog Post 2: Share your favorite line or analogy stated by William Clark in his talk, *Dare To Say No*. What makes it hard for you to say no? Why may you, and in what instances, would you like to consider saying no more often?

Quiz 2 ~ Chapters 4-5 <http://www.quia.com/quiz/8069500.html>

Blog Post 3 ~ Chapters 4-5: What does the author mean when she encourages us to "Break the Barrel"? How do you focus (or refocus) your energy to where it should be or on what really matters? Why is this an important component in preventing teacher burn out?

Video 2: THE SURPRISING SOLUTION TO THE IMPOSTER SYNDROME by Lou Solomon  
<https://www.youtube.com/watch?v=whyUPLJZlJE>

Blog Post 4: What characteristics of the imposter syndrome can you relate to most? How can you stop measuring yourself against someone else's idea of success? How can we stop measuring our students against someone else's idea of success? Why is it important for us as educators to "listen for brilliance" as Lou Solomon describes in her talk, *The Surprising Solution to the Imposter Syndrome*?

Quiz 3 ~ Chapters 6-8 <https://www.quia.com/quiz/8070678.html>

Blog Post 5 ~ Chapters 6-8 How can you align daily life with your priorities using the steps listed in Chapter 7? Although this exercise can be extremely personal, please share what you are comfortable doing so about your application of these 5 steps in your own life.

Video 3: SETTING WORK-LIFE BOUNDARIES by Carlos Hidalgo  
[https://www.ted.com/talks/carlos\\_hidalgo\\_setting\\_work\\_life\\_boundaries](https://www.ted.com/talks/carlos_hidalgo_setting_work_life_boundaries)

Blog Post 6: Share your favorite line or story shared by Carlos Hidalgo in his talk, *Setting Work-Life Boundaries*. Where are you at in the process of establishing work-life boundaries? When do you feel like you are actually living life whole-heartedly?

Quiz 4, Chapters 9-11 <https://www.quia.com/quiz/8071320.html>

Blog Post 7: How can you create more of a self-running classroom by giving students more responsibility? (If you are an administrator, how you can create more of a self-running school by giving staff more responsibility?) In your personal life, how can you create more of a self-running home?

Video 4: WHY WE DO WHAT WE DO by Tony Robbins  
[https://www.ted.com/talks/tony\\_robbins\\_why\\_we\\_do\\_what\\_we\\_do/transcript?language=en](https://www.ted.com/talks/tony_robbins_why_we_do_what_we_do/transcript?language=en)

Blog Post 8: Share your favorite line or story stated by Tony Robbins in his talk, *Why We Do What We Do*. What does this mean for you in your personal life? How can this be applied in your professional work?

Quiz 5: <https://www.quia.com/quiz/8071996.html>

Blog Post 9: What are your Core 5? Why does self-care need to be a priority for educators? What are your essential self-care practices?



