



# Trauma-Informed Changemakers Book Study Course

Earn 1 Graduate Unit per book study



Create your own book club with a group of educators and/or parents who have interest in a book study. There should be a minimum of three people in the group, and there is no maximum.

Select a book from the Big Book List for Trauma-Informed Changemakers or contact the instructor for approval of your chosen book before registering for the course.

Each participant who would like to earn 1 graduate credit for the book study must complete and submit the following two items after completing the book study:

## Book Study Log

Keep a detailed book study log. Include the names of each participant, dates that you met, who attended each meeting, and one paragraph summarizing key points about the book that were discussed in your meeting.

## Final Reflection Paper

Each participant who wants to earn graduate credit will write a final reflection paper of two to three pages that includes the following information:

1. **Summary:** A summary of key ideas from the book, and key topics covered in your discussions in your book study. Include at least three significant direct quotes from different sections of the book, citing the page numbers for each quote.
2. **Insights:** A discussion of how the ideas in this book impacted your thinking about various topics and what personal and professional insights you have gained as a result of the book study.
3. **Implementation:** Describe in detail how you plan to implement ideas from the book in your personal growth, parenting, or teaching practice, or in your work as a parent coach or teacher trainer. In addition to personal and professional applications, consider a school or community implementation project that you can do individually or collectively with other members of your book club.

# Graduate Credit

To receive credit for the course, you must attend and fully participate in the book study, include a book study log with information about what was discussed at each meeting, and complete a well-written final reflection that addresses all three of the required topics - summary, compare/contrast, and implementation.

You may do unlimited book studies, for 1 graduate credit each.

Register for Credit from Courses For Teachers and University of the Pacific.

You will be given a list of course titles to choose from that correspond to various topics in each book. Choose a different course title for each book study that you complete so that it will appear different on your transcript.



## Course Tuition

Course Fee - One Book: 75

Graduate Credit Fee: + 99

**Total Tuition: \$174 for one book study (1 credit)**

Course Fee paid to Heart-Strong International:

\$75 per book study, or Buy 3, Get 1 Free! (Save 25%) - 3

Graduate Credit and Transcript Fee paid to Courses for Teachers.:

\$99 per book study.

Credit and Transcript from University of the Pacific, accredited by WASC Senior College and University Commission (WSCUC)

## To receive graduate credit, follow these steps:

**Step 1: Invite members to your book club.** You must have a minimum of three participants in the book study, including the lead facilitator. Members of your book club/book study also have the option to enroll and receive graduate credit, but it is not required that all members enroll.

**Step 2: Pay \$75 Course Fee to HSI.** Each book club member who enrolls for \$75 will receive the Big Book List for Trauma-Informed Changemakers, a course on how to run a book club, a list of assessment requirements, and membership in the Trauma Informed Changemakers Facebook Group. Once your book study is complete, you the instructor will evaluate your Book Study Log and Final Reflection for credit.

**Step 3: Make plans for your book study.** Choose the dates, times, and locations (in person or virtual room) you will meet and which topics/chapters you will discuss at each meeting. Communicate this to all members of the book study.

**Step 4: Book study meetings.** Meet with your book club according to the schedule, and keep notes at each meeting (schedule at least 4, no more than 12 meetings). At the end of each meeting, write the date of the meeting and a one-paragraph summary for your Book Study Log.

**Step 5: Implementation.** Make a plan for how you will implement the learnings into your family, classroom, or community.

**Step 6: Write your Final Reflection.** including all three required elements (summary, compare and contrast, and implementation).

**Step 7: Submit for Assessment.** Attach your Book Study Log and Final Reflection documents in an email and send it to [support@WingBuilder.com](mailto:support@WingBuilder.com). Submissions for assessment must be received within 6 months of enrollment.

**Step 8: Receive Assessment** Within one week after submission, you will receive an assessment of PASS or REVISE. If necessary, you may revise your work up to three times to meet the requirements. Revisions must be made no more than one week from the date you receive your assessment.

**Step 9: Apply for graduate credit.** After you have passed the course and received a certificate of completion, you may then go to the Heart-Strong International page of Courses for Teachers to apply for your graduate credit from University of the Pacific. Follow all the instructions on that page, and use your HSI certificate as proof of completion.

**Step 10: Graduate Credit Fee:** Pay Courses for Teachers an \$99 to process the application and transcript from University of the Pacific. One credit will be awarded for each book study.

# Links and Information

Download the book list here:

The Big Book List for Trauma-Informed Changemakers  
[www.bit.ly/TIBookList](http://www.bit.ly/TIBookList)

Book Study Course Enrollment Page:  
<https://bit.ly/HSIBookStudyEnrollment>

Information about applying for Graduate Credit through  
Courses For Teachers & University of the Pacific

<https://courses4teachers.net/heart-strong-international/>

For pre-approval of other books or other questions:

Contact Sandi Lerman at [support@WingBuilder.com](mailto:support@WingBuilder.com)

