

COURAGE IN EDUCATION

FACING CHALLENGES WITH STRENGTH,
DETERMINATION, AND HOPE



NEW COURSE FROM GREATER GOOD SCIENCE CENTER



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DETERMINATION, AND HOPE



New online course! Learn how courage can bolster our well-being, help us

navigate social, emotional, and academic challenges, and embolden us to stand up for our beliefs and values in a new online, self-paced course from UC Berkeley's Greater Good Science Center launching January 25, 2023. [Register and learn more](#)



Learn from researchers and educators how courage helps us:

- **Face challenges** with a sense of clarity, determination, and hope
- **Clarify what really matters** so that we can find a steadier, values-based resolve—and even inspire it in our students and colleagues
- Act on behalf of our **truest, most cherished values**—values such as love, learning, curiosity, compassion, and justice
- “Live with heart” and become the **people we want to be**





Standing up for what we know our students and schools need is hard. Educators face enormous challenges these days.

Disgruntled community members, outdated school policies, relentless workload and time pressures, and students' growing mental health issues, to name a few. To face these challenges on a daily basis and not succumb to a world-weary sense of grief or Monday-morning dread requires courage.

Courage in Education: Facing Challenges with Strength, Determination, and Hope is a new online course designed to inspire courageous action in you and your students—in classrooms, schools, and beyond. Here are a few of the ways that courage helps us in our work and life.

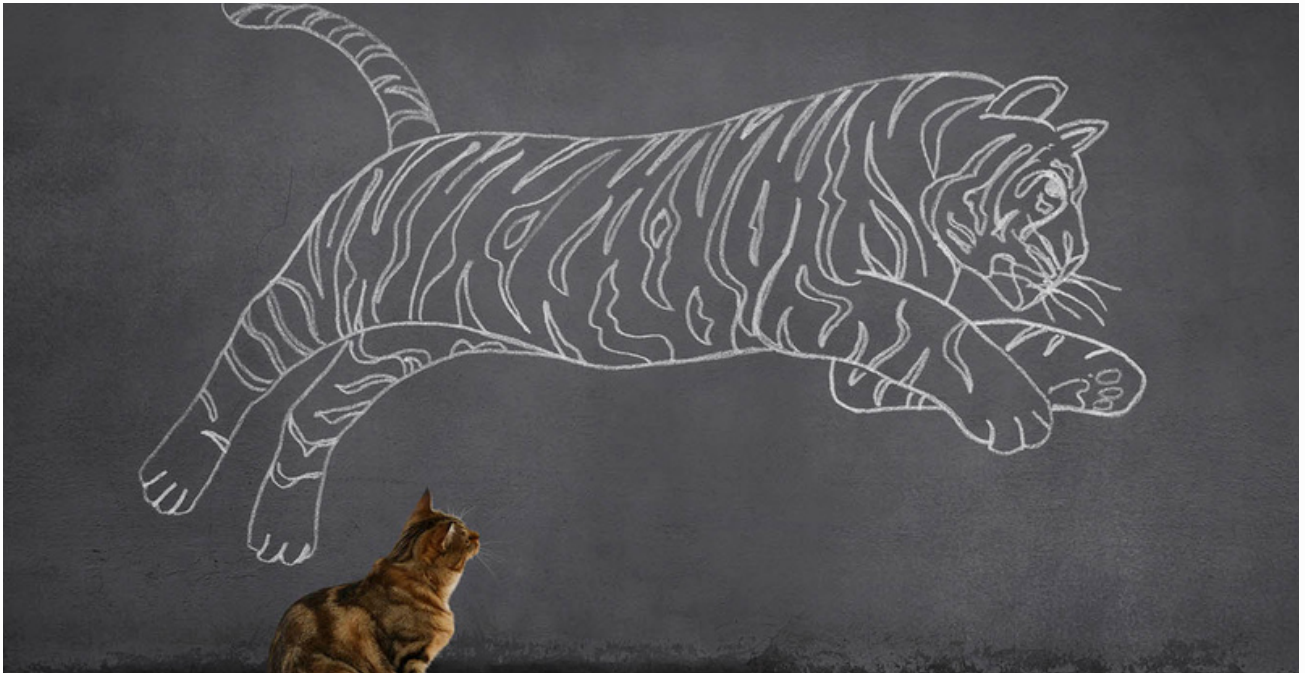
Courage can help us to face challenges with a sense of clarity, determination, and hope.

Courage can help us to clarify what really matters so that we can find a steadier, values-based resolve—and even inspire it in our students and colleagues.

With courage, we can better act on behalf of our truest, most cherished values—values such as love, learning, curiosity, compassion, and justice. And, above all, courage helps us to “live with heart” and become the **people we truly want to be**.

We hope you will [join us](#) as we explore the science of courage, listen to educators' courage stories, and discover practical strategies for fostering greater courage in ourselves and our communities.

WHY COURAGE?



HOW THE COURSE WILL BENEFIT STUDENTS, CLASSROOMS, SCHOOLS... AND YOU!

Courage bolsters our well-being.

- Adolescents higher in courage report [greater satisfaction](#) with their lives. And later in life, greater courage is related to a greater [sense of purpose](#) and life satisfaction.

Courage helps us to navigate social and emotional challenges.

- Greater courage in adolescents and adults is related to more active use of [coping](#) strategies (e.g., seeking social support and engaging in positive problem solving). In other words, the practice of courage helps us to adapt in difficult situations (rather than avoid them)—and to work toward reaching our personal and professional goals.

Courage prepares us to take academic risks.

- Rather than avoid an assignment, students who engage in "[academic courage](#)" learn to persevere through a difficult learning task despite their fear, leading to more positive academic outcomes.



Courage emboldens us to stand up for our beliefs.

- Courage is related to a willingness to [speak up](#) at work. When we have the [courage](#) to question the status quo (e.g., norms and policies), we potentially effect change in our institutions.

Courage undergirds authentic leadership and collegial trust.

- Theorists link courage with [authentic leadership](#) and [trust-building](#) between leaders and employees. In other words, school leaders who courageously demonstrate openness and vulnerability with their staff help foster a trusting school culture.

COURAGE RESOURCES



LEARN ABOUT THE SCIENCE OF COURAGE AND FIND FREE, RESEARCH-BASED PRACTICES TO HELP YOU FEEL AND FOSTER MORE COURAGE AT SCHOOL OR HOME.

[GGIE.BERKELEY.EDU/COURAGE-FOR-ADULTS](https://ggie.berkeley.edu/courage-for-adults)



A QUICK REFLECTION TOOL TO HELP WHEN YOU FEEL DEFENSIVE OR THREATENED. RANK A LIST OF VALUES IN ORDER OF IMPORTANCE TO YOU AND CONSIDER WHY YOUR #1 VALUE IS SO IMPORTANT TO YOU.

[GGIE.BERKELEY.EDU/AFFIRMING](https://ggie.berkeley.edu/affirming)



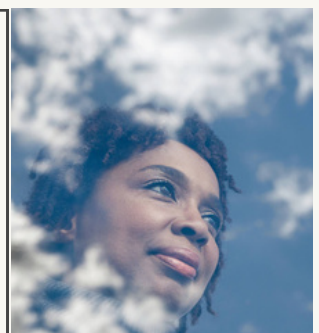
REFLECTIVE QUESTIONS FOR SCHOOL AND TEACHER LEADERS TO ASSESS THEIR LEADERSHIP STRENGTHS INDIVIDUALLY (OR TOGETHER) AND CREATE A PLAN FOR DEVELOPING THESE STRENGTHS OR QUALITIES.

[GGIE.BERKELEY.EDU/EIGHT-INNER-STRENGTHS](https://ggie.berkeley.edu/eight-inner-strengths)



COURAGE DOESN'T HAVE TO LOOK DRAMATIC OR FEARLESS. SOMETIMES IT LOOKS MORE LIKE QUIET PERSEVERANCE. HERE ARE SIX WAYS TO FIND YOUR COURAGE DURING DIFFICULT TIMES.

[BIT.LY/SIXWAYSOURAGE](https://bit.ly/sixwayscourage)





Educator Voices

Testimonials from Greater Good Education Courses



I loved that the course was self paced. Super practical strategies! I appreciated the videos and interviews with experts. I also like that it was real talk. Sometimes education PD can feel disconnected to what's going on in my day to day classroom. I could tell you worked closely with teachers in the trenches. I appreciated that immensely!



I really appreciated the video lectures—the organized presentation of good content was great, but also frequently the teachers connected the content to their personal lives which makes this feel like a real class and not just online research.



Educator Voices

Testimonials from Greater Good Education Courses



Love what you are doing and can't get enough. Your treatment of these very important subjects in this articulate form was the best I've ever seen.



I appreciated the practices woven throughout the training, the poems, the interviews, and the overall flow.



Overall, it was an absolutely useful module and I would gladly recommend anyand every educator to take this course.



In need of funding
support for this
course?

Read about our [sliding
pay scale here](#).

Email us at
ggsceducation@berkeley.edu
and we'll send you a funding
support packet to help you
advocate for support from your
school or organization.



Greater Good in Education
SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS

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