



Peace Literacy 1

Aggression: Its Causes, Anatomy, and Alternatives



Continuing Ed:
2.0 CEUs



Commitment:
Approx. 3 hrs. on your
own schedule, each
week + 1 hr. optional
weekly Zoom mtg.



Location:
Online



Credential:
Certificate +
20 PDUS or
2.0 CEUs

Learning Objectives

- Identify the 7 Shared Features of Strong Communities
- Build Empathy for Self and Others
- Identify the Fires Beneath Aggression
- Analyze the Anatomy of Aggression
- Cultivate Calm in Others During Conflict
- Cultivate Calm in Yourself During Conflict
- Understand the Difference Between Accountability and Vengeance
- Identify the 3 Elements of Universal Respect
- Understand the Role of Respect in Building Shared Trust

Certificate Requirements

The required coursework takes approx. 3 hrs. per week to complete—when you do that work each week is up to you. An additional hour is reserved for five Zoom meetings scheduled throughout the term at 5PM Pacific on Thursdays, where we hope to check in with all of you as a group. Because of time zone and other constraints, we understand if not everyone can attend, but we highly recommend it if you can. Previous course participants have encouraged us to offer these meetings as often as possible. This is a great time to meet your instructional team, and each other.

The evaluation is set up as pass/no pass. To pass, and receive your 2.0 CEUs/20 PDUs and a certificate of completion, you need to participate in each of the **7 discussion board assignments** made available on a weekly basis. There is also a 2-part formal journaling assignment we encourage you to complete. While you need not share anything you write in your journal, the last of the 7 required discussion board assignments asks you to reflect on the process of keeping the journal.

The coursework within each week is self-paced, but the course materials will be released one week at a time (if you fall behind, the material for each week will still be available to you after the week has passed). Your primary interaction will be with your classmates using the Discussion Boards and, if your able to attend, the weekly Zoom meetings.