IND-1383A:
Change Your Words, Change Your Brain
Course Syllabus

- **Instructor: Dr. Maryam Torbati**
- **Number of Credits/Units: 3 Semester Credits/Units**
- **Format: Online Self-Paced Course**
- **You will have 6 months from your date of registration to complete the course.**

Course Description:

Words matter, words have **a dramatic effect on our neuronal pathway, they play with our psyche and, in retrospect with how we interact with each other and how decisions are made.** These are the reasons why words are powerful. However, many educators fail to use productive words or communicate wisely.

Words have power. Their **meaning crystallizes perceptions that shape our beliefs**, they drive our behavior, and ultimately create our world. Their power arises from our emotional center, the limbic area (the center of the brain) which runs everything in the brain including our memory. We have 7000 thoughts a day and every thought goes through the limbic system first!

Words have **energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble**.

Course Objectives:

By the end of the course, students will be able to:
- Demonstrate a deep knowledge of the power of words and their effect on the brain.
- Describe positive affirmations and why they are important.
- Apply a variety of strategies to enhance the power of words for improving learning and solving problems.
- Summarize the benefits of positive affirmations.
- Clarify the significance of Words as they relate to self-confidence, self-esteem, goal setting, planning, information seeking, problem solving, and risk taking.

- Depict how the primary antidote for depression and anxiety in students are words.
- Explain Carol Dweck's power of a growth mindset with the word "Yet".
- Develop, expand, or adapt effective and practical strategies for enhancing word use in the classroom and in personal life.
- Describe the power of words.
- Implement the power of words in reading, language arts, math, science, social studies, and many other subjects.
- Immediately use the effective power of words techniques in the classroom.
- Teach the power of spoken words for deep learning and retrieval as it relates to obtaining and maintaining excellence.
- Identify the power of words and how word usage works step by step.
- Identify major benefits of using the power of words.
- Discuss problem solving through the power of words.
- Describe how word selection can help ELD and Special Ed students.
- Recite the importance of words in the classroom.
- Formulate superior questioning techniques through the power of words.
- Analyze how words work.
- Create appropriate materials to teach the power of words.
- Analyze how learners learn and how the power of words can help.
- Align teaching the power of words skills to Common Core Standards.

Standards:

CCSS Standard for importance of proper words
- Describe why words have power.
- Recognition of word power on memory.
- Utilize a step by step system to apply the power of words in the classroom.
- Create power of words learning environments.
- Development of critical thinking based on power of words and problem-based learning.

- Why power of words is beneficial to learning.

Takeaways – What this Course Gives You:

- An understanding of the definition and characteristics of the power of words.
- Information on the various perspectives of the power of words.
- Tools to help students be successful in life.
- A basic knowledge of power of words.
- Awareness of how power of words impacts students.
- Ways to teach the power of words.
- Many activities to implement the power of words with your students.
- Specifics on establishing an appropriate power of words learning environment.
- Ability to recognize and teach the power of words to kids who are ELD, dyslexic, and special ed students.
- A focus on how students are thinking and how they are growing as thinkers and learners.
- Insight on ways students develop depth in learning.
- A vision of building a classroom based on the power of words.
- Information on how to create a step-by-step power of words classroom lesson.
- A focus on how students are thinking and how they are growing as positive thinkers & learners.
- Insight on ways students develop self-image.
- A vision of building classrooms based on real life and self-talk.
- Strategies for taking the power of words beyond the classroom.
- Tools to help teachers shape timely instructional strategies targeted to immediate student needs.

Textbooks
The course is based on the following textbooks:

- [Conscious Communications: Your Step-by-Step Guide to Harnessing the Power of Your Words to Change Your Mind, Your Choices, and Your Life.](#)

- [Your Brain Is Always Listening: Tame the Hidden Dragons That Control Your Happiness, Habits, and Hang-Ups](#)

- [POTS: What It Really Is & Why It Happens](#)

- [Limbic System](#)

- [Subliminal: How Your Unconscious Mind Rules Your Behavior](#)

- [The Selection Effect: How Consciousness Shapes Reality](#)

- [The Way We Are: How States of Mind Influence Our Identities, Personality and Potential for Change](#)

- [Designing the Mind: The Principles of Psychitecture](#)

- [Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry](#)

Assignments:

Module 1 Introduction to Change Your Words
  Assignment 1.1 Reflection and Goals
  Reflect on your experience with Change Your Words and describe your future goals for enhancing learning through this *Change Your Words, Change Your Brain* course.

Module 2 Understanding Change Your Words
  Textbooks, videos, readings
  Assignment 2.1 Getting Acquainted with Change Your Words
  Designed to acquaint you with the change your words and teaching learners to change their words
  Assignment 2.2: Reflection Forum
  This assignment will help you to understand and reflect on what you have read about and viewed and how you can transfer this knowledge to your classroom.

Module 3 Preparing to Implement Teaching Methods
> **Assignment 3.1: Planning to Teach Change Your Words**
> Produce creative activities for teaching changing words skills.
> **Assignment 3.2: Reflective Forum**
> This assignment will help you review and implement the module content.

Module 4 Planning and Presentation
> **Assignment 4.1 Lesson Plan**
> Create a detailed, multi-paged, 3-Day lesson plan for applying teaching methods for changing words.
> **Assignment 4.2 PowerPoint Presentation**
> Create a 10-slide *PowerPoint* project based on the course readings and 2-slides of summary.