



## Book Study Course:

### How to Earn Graduate Credit for AASR Book Studies

**Heart-Strong International (HSI)**, in collaboration with the **Alliance Against Seclusion and Restraint (AASR)** is providing graduate credits for those who participate in AASR book studies and then complete a Final Reflection Paper on how they plan to implement what they learned from the book. HSI will do the final assessment for credit through an arrangement with Courses4Teachers and the University of the Pacific.

To receive credit for the Book Study Course course, you must **attend and participate in the AASR book study** and then complete a well-written **Final Reflection Paper** that addresses all three of the following: summary, personal reflections, and implementation. See the rubric on Page 2 for guidelines on writing your paper and how it will be assessed.

You may do as many book studies as you like, for **1 graduate semester hour** each.

### Steps for Graduate Credit

**STEP 1:** Register for an AASR Book study, and attend all the sessions or view the recordings online when you are not able to attend live.

**STEP 2:** Submit your AASR book study completion certificate along with your Final Reflection Paper to Heart-Strong International (HSI) at [support@WingBuilder.com](mailto:support@WingBuilder.com). Send your final reflection paper no later than one month after completing the book study.

**STEP 3:** Follow the guidelines below for your reflection paper.

**STEP 4:** HSI will provide a certificate of completion of the Book Study graduate course, stating that you completed 15 hours of coursework (equal to 1 semester hour of graduate university credit).

**STEP 5:** Once you receive a certificate from HSI, you can then register for graduate Credit from Courses For Teachers and University of the Pacific, including the course tuition fee to Courses4Teachers.

### Course Tuition

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)

### More Information and Books

How to apply for Graduate Credit through Courses For Teachers & University of the Pacific:  
<https://courses4teachers.net/heart-strong-international/>

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



# Book Study Assessment: Reflection Paper and Attendance

## 1 Graduate Semester Credit

Name:



Date:

**Guidelines:** Attend a book study with AASR and submit a certificate to HSI to verify attendance. Then write a two to three-page reflection paper that includes the following: a summary of the book, your personal reflections and ideas about the book, and a plan for implementation in your family, school, or organization. For a certificate that will make you eligible to earn a graduate credit, you must achieve a minimum of **10 points.**

Note: If you do not achieve a minimum of 10, you may revise and resubmit the paper up to a total of three times.

| Criteria                                                                                                   | 3 - Excellent                                                                                                  | 2 - Good                                                                                                       | 1- Basic                                                                                                 | 0- (Growth Area) Not Observed                                                                                        |
|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| <b>Summary:</b> Shows understanding of the book and its main ideas                                         | Excellent understanding of the main ideas of the book with strong relevant examples and clear explanations.    | Good understanding and relevant examples; some parts need more explanation.                                    | Basic understanding of the book, with minimal examples and some unclear connections.                     | Insufficient understanding of the book; few to no examples provided, or incorrect information provided.              |
| <b>Personal Reflection:</b> Reader's thoughts and ideas related to the book                                | Clear, excellent personal reflections regarding book topics.                                                   | Personal reflections show some thought about the book topics.                                                  | Reflection is somewhat scattered or incomplete.                                                          | Difficult to follow, reflections are not clear or there is no personal reflection.                                   |
| <b>Implementation:</b> Reader's plans to implement the ideas from the book in work with children/families. | Excellent and detailed ideas about implementing strategies or concepts in the book.                            | Good ideas about implementing strategies or concepts in the book.                                              | The ideas suggested are weak or not complete.                                                            | No ideas or implementation plan is included.                                                                         |
| <b>Quality of Writing:</b> The paper is thoughtful, complete, and professional.                            | The writing quality is very thoughtful, complete, and professional, with no errors that distract from meaning. | The writing quality is good, but there are some unclear concepts or writing errors that distract from meaning. | The writing is unprofessional with many errors or other aspects that distract from meaning.              | The paper appears to be written without any thought to professional, graduate-level university standards of writing. |
| <b>Attendance:</b> Reader attended the book study sessions and discussions.                                | The reader attended/viewed recordings all of the book study sessions and submitted a certificate from AASR.    | The reader attended most of the book study sessions and submitted a certificate from AASR.                     | The reader attended only a few of the book study sessions and/or did not submit a certificate from AASR. | The reader had minimal or no attendance of the book study sessions and did not submit a certificate from AASR.       |
| <b>TOTALS:</b>                                                                                             |                                                                                                                |                                                                                                                |                                                                                                          |                                                                                                                      |

OVERALL TOTAL: