

2010 PDS Pre-session Assignment

This year's PDS will, of course, cover the details of the three driver/attendant refreshers that you will be teaching during the 2010-2011 school year, but the rest of the PDS will be something entirely different than what we have done before. Instead of having you give a presentation or learn new teaching techniques, we will be focusing on how SBDIs can and do relax from the pressures of the job. Your pre-session assignment then is simply to bring with you a description of how you refresh your spirit at the end of a tough day or week (legally – drug use and heavy drinking are excluded as inappropriate). For some folks it might be listening to or playing a particular music genre, for others it might be reading a particular author or maybe gourmet cooking. Some might find their refreshments in outdoor activities or sports or parenting (which sometimes feels like an athletic activity). Some might dance or garden and others meditate. Maybe you rearrange your office to relax.

Whatever your passion, write a ½ page description of:

- 1) What you do to relax and relieve stress,
- 2) What about that activity relieves your stress, and
- 3) How other SBDIs might become introduced to your activity.

Bring 2 copies of the description with you to class – 1 to hand in and 1 to keep to use as notes during the PDS. You will have a couple of minutes to describe/demonstrate your strategy to the class, so decide how you would like to do that. You could just give a verbal description, but you could also do a demonstration if that would be possible in the classroom. Reading a poem, singing, dancing, yoga, massage, might all be possible – mountain climbing or bonfires would probably not be good ideas. The MIs will have a computer and speakers, so playing a brief music clip should be possible. Check with your MI ahead of time for equipment strategies. The names of the MIs teaching each PDS are on the PTSI web site.