GCS MAIL MATERIALS

WHAT IS INVOLVED?

- **GCS Video Series**
  - 12 video programs
  - 12 quizzes
  - each worth 1 hour of training

- **See the World Through My Eyes**
  - 1 publication
  - 8 quizzes
  - each worth 1 hour of training

- **Managing Stress**
  - 1 workbook
  - 1 quiz
  - worth 2 hours of training

- **Getting Our Hearts Right**
  - 1 workbook
  - 5 quizzes
  - each worth 1 hour of training

- **Your Blueprint for Happiness**
  - 1 workbook
  - 1 quiz
  - worth 3 hours of training

HOW DO I GET STARTED?

**Step #1**
Obtain materials from your local county Cooperative Extension Service.
www.uaex.edu/counties

**STEP #2**
Become a member of the PDR at https://arkpdr.com.

**STEP #3**
On the PDR website, under the My Trainings tab, search GCS Mail. Register for all of the courses you are attempting.

AM I ELIGIBLE TO PARTICIPATE?

- Each course can be completed every 4 years.
- Continuing Education Credits (CEU’s) are available for $10 per year.
- For non-accredited or personal use contact your local CES office.

HOW DO I FIND OUT MORE?
Ashley Foster, Program Associate 501-671-2103
Ashley Henderson, Program Technician 501-671-2214
gcs@uaex.edu

Find us on Facebook
Prepared by: Ashley Foster
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- Offers 38 hours of Professional Development Registry (PDR) verified training.
- Learn ways to teach and manage children in your care.
- Self-guided.
- FREE!

GCS ONLINE COURSES

WHAT IS INVOLVED?

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<thead>
<tr>
<th>GCS Video Series</th>
<th>See the World Through My Eyes</th>
<th>Managing Stress</th>
<th>Getting Our Hearts Right</th>
<th>Your Blueprint for Happiness</th>
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<th>Baby Sign Language</th>
<th>Children with Special Needs</th>
<th>Caring for Foster Children</th>
<th>Child Abuse in Neglect</th>
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Celebrating Cultural Diversity
- 1 lesson
- 1 quiz
- worth 1 hour of training

Yoga for Kids
- 1 lesson
- 1 quiz
- worth 1 hour of training

Safety First! In Child Care
- 1 lesson
- 1 quiz
- worth 2 hours of training

HOW DO I GET STARTED?

- **Step #1**
  Become a member of the PDR at https://arkprdr.com.

- **Step #2**
  Go to http://courses.uaex.edu and complete the GCS registration form. You will be emailed an enrollment key within 1-3 business days.

- **Step #3**
  On the PDR website, under the My Trainings tab, search GCS Online. Register for all of the courses you are attempting.

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