

Course Description

EDG2319 | Introduction to Mindfulness in Education | 3.00 credits

This course provides an introduction to educational neuroscience research on mindfulness in education. This course supports teachers' understanding of essential techniques and the application of mindfulness in the classroom. The student will research theories of mindfulness methods that have shown to have beneficial effects on physical, mental health and well-being. The student will practice mindfulness techniques & methods to support the development of self-reflective teaching practices and consider the impact of mindfulness techniques as pedagogical methods for fostering well-being and prioritizing students' social-emotional development.

Course Competencies

Competency 1: The student will explore the elements of mindfulness for education and students by:

1. Defining "mindfulness" for Education and Students
2. Researching key concepts of mindfulness, particularly in relation to the classroom
3. Discussing research findings about the characteristics of mindfulness in education for teachers and students
4. Comparing and contrasting the findings of current research on mindfulness
5. Summarizing the impact of current mindfulness methods in the classroom
6. Analyzing the role of mindfulness techniques in fostering social, emotional, physical, and cognitive development in an educational setting

Competency 2: The student will research and identify the characteristics of "Mindful Teachers" by:

1. Describing how emotions are communicated in the classroom and the effects of teachers' behaviors on children's social-emotional regulation
2. Identifying the impact of teachers' actions on children's nervous systems
3. Comparing and contrasting mindfulness techniques and their impact on their personal and professional experiences as teachers
4. Evaluating and determining the most effective mindfulness practices for daily personal and professional routines
5. Applying mindfulness techniques to current teaching philosophies and practices to meet the diverse learning needs of all students

Competency 3: The student will analyze the role of mindfulness in education by:

1. Examining the relationship between mindfulness and student-centered outcomes
2. Discussing the nature, purpose, and benefits of practicing mindfulness both in and out of the classroom
3. Summarizing the approaches to utilizing mindfulness and research-based concepts to lessen the effects of stress in order to improve the quality of the learning environment
4. Analyzing how to use mindfulness to build a classroom culture to support student's social and emotional development and classroom connections

Competency 4: The student will research how to implement Mindfulness in educational contexts by:

1. Presenting the use of mindfulness methods and techniques in education to others who are unfamiliar with mindfulness
2. Hypothesizing how to creatively adapt, plan and implement mindfulness techniques in the classroom during whole group learning and one- to-one interaction in order to support students' social emotional and academic development

3. Designing and developing ongoing routines that support students to become increasingly aware of their feelings and surroundings through openness, breathing techniques, reflection, focus and additional techniques

Learning Outcomes:

- Communicate effectively using listening, speaking, reading, and writing skills
- Formulate strategies to locate, evaluate, and apply information
- Create strategies that can be used to fulfill personal, civic, and social responsibilities