

# IND-1337A - Art of Mindfulness in Education

## Course Syllabus

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

### Course Overview:

Mindfulness is the basic human ability to be fully present, aware of where you are and what you're doing, and not being overly reactive or overwhelmed by what's going on around you. Everyday teachers in America walk into classrooms with multiple abilities, many different levels of readiness, and above all with a variety of emotional well beings, labels, and classifications.

Mindfulness improves attention, reduces stress, and results in better emotional regulation leading to an improved capacity for compassion and empathy. Mindfulness in the classroom, sometimes called "contemplative pedagogy," involves teaching methods designed to cultivate deepened awareness, concentration, and insight. The **Art of Mindfulness in Education** covers the origins of mindfulness, it's practice and benefits from a Christian perspective, and it's pedagogical value. To authentically teach mindfulness to your students, you need to practice it yourself.

### Course Objectives:

By the end of the course, students will be able to:

1. Demonstrate a deep knowledge of mindfulness and a practical foundation in learner-centered and performance-based approaches to effective learning.
2. Apply a variety of strategies to bring mindfulness to every subject.
3. Discuss and identify how mindfulness aligns to common core standards.
4. Develop, expand, or adapt an effective and practical mindful lesson.
5. Implement mindfulness in reading, language arts, math, science, social studies, and many other subjects.
6. Explain effective feedback techniques that you can use immediately.

7. Teach mindfulness for deep learning as it relates to obtaining and maintaining excellence.
8. Identify mindful steps.
  1. Describe the mindful process.
  2. Identify major benefits of mindfulness.
  3. Discuss problems and challenges in teaching mindfulness.
  4. Describe how mindfulness helps ELD & Special Ed students.
  5. Summarize the importance of mindfulness in the classroom.
  6. Formulate questions about aspects of mindfulness.
  7. Analyze how learners learn.
  8. Create appropriate materials to teach mindfulness.
  9. Align all of these to Common Core.

**Textbook:**

*Christ Centered Mindfulness* by Katherine Thompson  
ASIN: B07FDZ8993

**CCSS Standard for Art of Mindfulness in Education**

- Describe and define learning
- Recognize types of learning styles
- Utilize steps of the cycle of learning
- Create learning environments.
- Compare & contrast multisensory learning vs traditional learning.
- Development of critical thinking
- Why strategies are important
- Explore active learning

**Takeaways – What this course gives you:**

- A focus on how students are thinking and how they are growing as thinkers.
- Insight on ways students develop interpretations of texts.
- A vision of building classrooms based on full attention.
- Information on the expression of multiple perspectives about texts.
- Strategies for going beyond the text to ways the text connects with other texts and with students' lives.
- Methods of classrooms participate in self-reflection and self-evaluation.
- Tools to help teachers shape timely instructional strategies targeted to immediate student needs.

## **Assignments**

### **Assignment 1.1 Reflection and Goals**

Reflect on your past experience with mindfulness and describe your future goals for mindfulness.

### **Assignment 2.1: Readings/videos to acquaint you with the Art of Mindfulness in Education.**

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.

### **Assignment 3.1: Art of Mindfulness in Education Pre-Planning**

Produce creative Mindfulness activities.

### **Assignment 4.1 & 4.2: Lesson Plan and Presentation**

Create a detailed, multi-paged, 3-Day lesson plan for applying the Art of Mindfulness in Education concepts in your classroom. Create a 10-slide PowerPoint project based on the course readings, to present to an audience of peers.

### **Forum Posting**

Share your experience with other course participants

**Course Assessment Rubric:**

<p><b>EXCELLENT</b></p> <p>Meets or Exceeds Course Objectives</p>	<p><b>ACCEPTABLE</b></p> <p>Majority of Work Meets Course Objectives</p>	<p><b>NOT ACCEPTABLE</b></p> <p>Needs Considerable Improvement: Resubmit Work</p>
<p>All work submitted reflects in-depth understanding of course objectives.</p>	<p>Most work submitted reflects in-depth understanding of course objectives.</p>	<p>Work shows little or no in-depth understanding of course objectives.</p>
<p>Assignment responses show evidence of new knowledge evidenced by thoughtful, detailed and accurate assignment responses.</p>	<p>Most assignment responses show evidence of new knowledge evidenced by thoughtful, detailed and accurate assignment responses.</p>	<p>Responses show little to no evidence of new knowledge as evidenced by lack of thoughtful, detailed and accurate assignment responses.</p>
<p>Work submitted was organized and clearly articulated. The student carefully followed all assignment instructions. The instructor did not have to provide continual assignment clarification or request revisions.</p>	<p>Most work submitted was organized and clearly articulated. The student carefully followed all assignment instructions. The instructor had to provide continual assignment clarification or ask for revisions.</p>	<p>Work submitted was not organized or not clearly articulated. The instructor had to provide constant clarification and ask for continued revisions.</p>
<p>Assignment content and required projects were original.</p>	<p>Assignment content and required projects were original.</p>	<p>Evidence that not all assignment content and required projects were original.</p>
<p>Work is free of spelling and/or grammatical errors.</p>	<p>Work has few spelling and/or grammatical errors.</p>	<p>Work has numerous spelling and/or grammatical errors.</p>