

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 6 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.
9. Describe the mindful process.
10. Identify major benefits of mindfulness.
11. Discuss problems and challenges in teaching mindfulness.
12. Describe how mindfulness helps ELD & Special Ed students.
13. Summarize the importance of mindfulness in the classroom.
14. Formulate questions about aspects of mindfulness.
15. Analyze how learners learn.
16. Create appropriate materials to teach mindfulness.
17. 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