LASSOING ATTENTION
CORRALLING THE CLASS:
Mindfulness-Based Pedagogy For The One-shot

ARLIS/NA
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Twitter
Email
Facebook Check
Leaving Early
Pay Attention
Distractions in the classroom:

* Technology
* Large class sizes
* Impersonal contact
* Overcommitted educators
* Trying to do more with less
* Lack of mentoring
FOCUS
MINDFULNESS
MINDFULNESS
moment-to-moment awareness

“... promotes full awareness of the present moment, with the intention of embodying an orientation of calmness and equanimity to the best of one’s ability.”

Jon Kabat-Zinn

“The essence of mindfulness is change.”

Ellen J Langer & Mihnea Moldoveanu
Mindfulness
moment-to-moment awareness

* Greater Sensitivity to the Environment and Surroundings
* Openness to New Information
* Structuring Perception Enhanced
* Awareness of Multiple Perspectives in Problem Solving
* Heightened State of Involvement and Wakefulness

Ellen J. Langer, Harvard University
MINDFULNESS

* Attention
* Awareness
* Communication
* Creativity
* Empathy
* Engaged Learning
* Focus
* Stress Reduction
Erases the assumption that the mind is both radically distinct from and of greater value than the body

Erases the foundational dichotomization of mind and body
“When one is actively drawing novel distinctions, the whole individual is involved”

Ellen Langer & Mihnea Moldoveanu
Learning affects students at all levels:

- body
- mind
- emotion
- Spirit
“...the mindfulness practices that have been developed by the yoga traditions to address the binaristic thinking can be usefully integrated into critical pedagogy.”
Mindfulness & Pedagogy

* Contemplative Pedagogy
* Engaged Pedagogy
* Mindfulness in the classroom

These “anti-oppressive” pedagogies:
open to alternative points of view
honor life experiences
student-directed intellectual enquiry
creativity

David Weiss (Swiss artist, 1946-); Peter Fischli (Swiss artist, 1952-)
MINDFULNESS & PEDAGOGY

- Meditation
- Walking Meditation
- Conditional Language
- Vary Stimuli (still vs. active attention)
- Open perspectives
reminding students that they are breathing. And thinking. And sitting in chairs. “The key is that it heightens awareness.”

“It allows people to break through the fear that they’re not good enough.”
“... wide range of educational methods that support the development of student attention, emotional balance, empathetic connection, compassion, altruistic behavior, while also providing new pedagogical techniques that support creativity and the learning of course content.”

Association for Contemplative Mind in Higher Education (www.achme.edu)

Center for Contemplative Mind in Society (www.contemplativemind.org)
The Tree of Contemplative Practices

www.contemplativemind.org
CONTEMPLATIVE PEDAGOGY

Develop:

- greater empathy
- communication skills
- focus and attention
- reduce stress
- creativity
- compassion

Japanese Illustration of the Contemplation Sutra 17th c.
Contemplative Pedagogical Practices

Are:

* Practical
* Radical
* Transformative

Samaras, Lucas, 1936- Transformation: Knives
C O N T E M P L A T I V E
P E D A G O G I C A L P R A C T I C E S

Meditation/Mindfulness

* increase creativity
* navigate through distractions

Yoko Ono. Play It By Trust
Develops capacities for:
* deep concentration
* quieting the mind

Constantin Brancusi, French, 1876 – 1957, Beginning of the World
ENGAGED PEDAGOGY

* Disrupts traditional academia by emphasizing well-being
* Emotional and spiritual growth is on par with intellectual growth
* Affective and energetic practice
* Mind-Body-Spirit connection
ENGAGED PEDAGOGY

“Before words are spoken in the classroom we come together as bodies.”

bell hooks, *Teaching Critical Thinking*

...rooted in social justice, community building, and spiritual principles of love, compassion and healing.
ENGAGED PEDAGOGY

Teaching through the Chakras:

* Crown - contemplation
* Third Eye - intuition
* Throat – self-expression
* Heart – respect
* Solar Plexus - self esteem
* Sacral – emotional connection
* Root - safety
Be in the present
Teach in the moment