



Mindfulness in Education

Course Syllabus

Course Description

Practicing mindfulness assists all individuals. When practicing mindfulness in education, teachers must recognize their emotional patterns while proactively regulating how they behave and respond appropriately. Mindfulness in education provides many positive benefits such as increased attention and focus, achieving effective emotional regulation, the ability to empathize and take perspective, decreased stress, and many others. Research discovers that mindfulness correlates with better academic performance and provides a better environment. Professionals who take this course will develop valuable methods within the classroom.

Students will achieve best practices in the mindfulness approach in completing this course. They will be able to apply mindfulness in various areas of their lives while experiencing mindful practices and the powerful benefits.

Course Objectives

This professional development course aims to provide educators with the necessary skills to practice mindfulness and recognize emotional patterns that proactively assist in regulating behavior and reaction. Mindfulness in the classroom incorporates best practices and links to reducing burnout while improving academic performance.

At the end of this course, you should be able to:

1. Define mindfulness while understanding the significant role mindfulness has in education.
2. Understand and discover the fundamentals of mindfulness's mental, emotional, and physical processes.
3. Develop and explore the relationship between one's physical being and energy while connecting to the present moment.
4. Exhibit and understand how the heartfulness approach supports students' relationships and analyze self-reactivity within the classroom.
5. Identify open and closed conversation patterns to allow for an increase in awareness and insight.
6. Implement and apply learned exercises to promote positive well-being for all while recognizing that cultivating mindfulness is an ongoing process requiring regular practice in and out of the classroom.



Course Modules

- Module 1: Introduction to Mindfulness, Quiz 1
- Module 2: Mindfulness Concepts and Practices, Quiz 2
- Module 3: Embody Mindfulness, Quiz 3
- Module 4: Heartfulness within the Classroom, Quiz 4
- Module 5: Mindful Communication, Quiz 5
- Module 6: Integrating Mindfulness, Quiz 6

Grading

Each quiz must be passed at an 80% or higher (retakes allowed).

Format

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find readings that will help you to answer quiz questions.