Contemplative Pedagogy Faculty Learning Community AY 2015-16
Led by Marie Thomas & Ranjeeta Basu

Mind Full, or Mindful?

Mindfulness practices can be used in the classroom to:

* Increase concentration and attention
* Increase psychological well-being
* Increase connection, generosity, and loving kindness
* Deepen understanding of course material
* Increase creativity and insight

If you want to work on improving your students’ and your own mindfulness, this FLC is for you!

In the Contemplative Pedagogy FLC (CP-FLC) we will introduce you to contemplative practices that can be used in the classroom, have you try out these practices during the fall semester, and then help you develop and implement a plan for systematically using and assessing selected practices in a class during the spring semester. We will cover a variety of contemplative techniques such as mindfulness meditation, reflective reading and writing, deep listening, contemplative movement, and compassion and loving kindness. Our goal is to create a safe, supportive, and trust-filled environment where we can discuss our classes with honesty, celebrate each other’s successes and commiserate (and make suggestions) when our efforts are disappointing.
Overview of FLC: As participants in this FLC, we ask that you:

- Meet with your colleagues about once per month for the academic year, starting in September and ending in May. **Meetings will be on Fridays; exact dates and time will be determined by the availability of participants.** It is vital to the success of this FLC that you commit to attending all the scheduled meetings.
- Commit to exploring some contemplative practices in your own life.
- Share and discuss your experiences with other faculty in the FLC.
- Commit to trying contemplative practices informally in your fall 2015 classes and then systematically using and assessing selected practices in one spring 2016 course.
- Present our findings at campus symposia and workshops including the Faculty Center Teaching Expo, and through a year-end summary for the Faculty Center website or newsletter.
- Publish our work/findings in an appropriate academic journal (optional).

Who can apply?

Faculty from any discipline and of any rank/status are encouraged to apply.

How will faculty be selected?

Faculty will be selected based on these criteria:
- Clearly articulated interest in this FLC’s goals;
- Diverse representation within FLC (ideally we would like to include as many different disciplines as possible);
- Availability for the meeting times.

Compensation

Faculty who complete the Contemplative Pedagogy FLC will be awarded $500 for professional development or as a stipend. This will be distributed in the spring semester towards the end of the FLC activities (approximately April 1, 2016).

**TO APPLY:** Fill out the application at the following link:  

As part of your application, please describe your reasons for interest in this FLC (300-500 words).

For Priority Consideration: Applications are due on May 21st; however, in order to ensure diversity of disciplines and rank/status in the FLC membership, applications will be accepted on a rolling basis until September 4th.

If you have any questions, please contact, Marie Thomas (mthomas@csusm.edu) or Ranjeeta Basu (rbasu@csusm.edu).