



Contemplative Practices in Higher Education: Powerful Methods to Transform Teaching and Learning

Barbezat, Daniel P.; and Bush, Mirabai
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Book Review

Tags: contemplative pedagogy | student learning | teaching meditation

Reviewed by: Mary Hess, *Luther Seminary*

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We live and teach in a world of massive distraction. It is difficult to find spaces or times in which people are simply still, let alone inhabit silence. College students claim they are effective “multi-taskers” but more and more research is suggesting that multitasking is not a route to deep learning, and can even begin to shape attention practices in detrimental ways. What can we do? One generative inquiry into these challenges comes from the field of contemplative practice. What is contemplative practice? The authors of this book define it broadly, noting that these practices

certainly include meditation, but not all are meditative in the traditional sense. . . . They all place the student in the center of his or her learning so that the student can connect his or her inner world to the outer world. Through this connection, teaching and learning is transformed into something personally meaningful yet connected to the world. (6)

Bookended by a foreword written by Parker Palmer, and an afterword by Arthur Zajonc, this book is a much needed and pragmatic resource for anyone teaching in a higher education context. It is based on nearly twenty years of research into contemplative practices in higher education, including the work of 152 fellows who worked on classroom experiments in more than one hundred colleges and universities. Barbezat and Bush provide a concise but thorough overview of this research, while keeping their focus on teaching and learning practice.

Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning

Daniel P. Barbezat, Arthur Zajonc



Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning:

Contemplative Practices in Higher Education Daniel P. Barbezat, Mirabai Bush, 2013-12-04 Contemplative pedagogy is a way for instructors to empower students to integrate their own experience into the theoretical material they are being taught in order to deepen their understanding help students to develop sophisticated problem solving skills support students sense of connection to and compassion for others and engender inquiries into students most profound questions Contemplative practices are used in just about every discipline from physics to economics to history and are found in every type of institution Each year more and more faculty education reformers and leaders of teaching and learning centers seek out best practices in contemplative teaching and now can find them here brought to you by two of the foremost leaders and innovators on the subject This book presents background information and ideas for the practical application of contemplative practices across the academic curriculum from the physical sciences to the humanities and arts Examples of contemplative techniques included in the book are mindfulness meditation yoga deep listening contemplative reading and writing and pilgrimage including site visits and field trips *Contemplative Practices in Higher Education* Daniel P. Barbezat, Arthur Zajonc, 2015-01-12 From the social sciences to the humanities and the hard sciences to business and law contemplative approaches to higher education have been creatively and effectively developed to stabilize and sharpen concentration and attention deepen the understanding of course material engender and foster compassion and connection and encourage and support creativity and insight Bringing together leading practitioners from the fields of Physics Economics Social Work Law Business Religion Neuroscience Music English Political Science Environmental Policy and Chemistry *Contemplative Practices from Across the Disciplines* showcases the use and effectiveness of contemplative practices in any discipline Chapter contributors explain and describe the benefits and motivation for contemplative practices their implementation and outcomes the pitfalls and problems that can arise from using this pedagogy and how these practices can be applied to other disciplines For those already familiar with contemplative practices or for those entirely new to this pedagogy *Contemplative Practices from Across the Disciplines* provides insights into innovative teaching and learning practice This book is an important resource for those who want to improve their teaching and make education a richer and more meaningful experience both for students and their instructors **Contemplative Approaches to Sustainability in Higher Education** Marie Eaton, Holly J. Hughes, Jean MacGregor, 2016-10-14 How do we foster in college students the cognitive complexity ethical development and personal resolve that are required for living in this sustainability century Tackling these complex and highly interdependent problems requires nuanced interdisciplinary understandings collective endeavors systemic solutions and profound cultural shifts Contributors in this book present both a rationale as well as a theoretical framework for incorporating reflective and contemplative pedagogies to help students pause deepen their awareness think more carefully and work with complexity in sustainability focused courses Also offering a variety of relevant timely resources for faculty to use in their classrooms

Contemplative Approaches to Sustainability in Higher Education serves as a key asset to the efforts of educators to enhance students capacities for long term engagement and resilience in a future where sustainability is vital **Enhancing**

Teaching Practice in Higher Education Helen Pokorny,Digby Warren,2021-05-05 This book integrates a wide body of theory and pedagogical research to enrich and empower teaching in universities with a focus on transformational practice and education for social justice In this fully updated second edition you will be provided with ideas and practical strategies drawn from literature and real life experience across a range of academic disciplines This second edition includes Two new chapters on inspiring learning through technologies and holistic and creative pedagogies Approaches to decolonising the curriculum and working with student diversity and partnership Innovations in learning environments including responses to the pandemic university writing and developing learning through and for work A new feature case studies in every chapter to illustrate theoretical ideas across disciplines Developing Pedagogies of Compassion in Higher Education Kathryn

Waddington,Bryan Bonaparte,2024-09-07 This collection addresses intersections and gaps between practice theory and research that both connect and divide compassion and pedagogies In foregrounding practice it makes an important contribution to the growing call for universities and educators to adopt inclusive student centred approaches that challenge us to fundamentally re think what universities do It celebrates the role of students as co creators of knowledge locating them at the heart of what pedagogies of compassion in higher education should feel like and look like It examines how compassion can become both critical and strategic in order to disrupt systems and orthodoxies that are no longer fit for purpose in a post pandemic world The ultimate goal the book aims to address is the need for humane universities driven by compassion rather than profit which can help to build fairer and more socially just societies The book extends the theoretical and practical discussions of compassion as a fundamental organizing principle in higher education It brings fresh interdisciplinary thinking theories and approaches including the neuroscience of compassion classical Eastern philosophies intersectional compassion sustainability and environmental stewardship It also includes critical reflection on experiences challenges barriers and enablers across multiple levels and perspectives These range from reflections on compassion in the classroom to compassion in the boardroom as well as in the many other spaces and places where learning occurs It offers a creative collection of essays on compassionate practices in higher education and appeals to anyone who is concerned about the moral standing of the university For some time now we have been told that universities must be viewed on the business model but this has only discouraged faculty students and staff As the contributors show however the very idea that teaching and educational practices could be more closely linked to compassion is definitely appealing and it gives us a more inspiring way of thinking about the university of the future Richard J White Creighton University Omaha NE USA **Aesthetic Positive Pedagogy**

Georgina Barton,Katie Burke,2024-01-20 This book introduces and explores a new pedagogical approach Aesthetic Positive Pedagogy APP for teachers and students in a variety of educational contexts The book is built on the need for educational

institutions and communities to seriously consider a strong positive approach to learning and teaching ultimately leading to a better world Based on pre existing philosophies such as positive pedagogy and critical pedagogy APP encourages teachers to carefully consider their language use as well as other modal resources in the classroom Using aesthetic experience as a core to learning teachers can embed an approach to learning and teaching that supports wellbeing and resilience as well as caring and compassionate citizenship in their students The authors outline what an APP approach to learning and teaching looks feels and sounds like in different educational contexts such as in schools and higher education and explore how it might be implemented in face to face as well as online learning The book s findings will apply to postgraduate students and academics in education and the creative arts as well as teachers and leaders in schools

Handbook of Research on Learner-Centered Approaches to Teaching in an Age of Transformational Change Bromer, Billi L., Crawford, Caroline M., 2022-06-24 Institutions of education are in an age of transformational change in which learning has a wider scope of understanding and long term impact than ever before Those involved in teaching and learning require additional training and subject matter support towards developing a broader and more profoundly complex understanding of the learners affected by evolving sociological events and associated needs More than ever a broader understanding of the learner is needed inclusive of a learner centered approach to both teaching and learner cognitive engagement The Handbook of Research on Learner Centered Approaches to Teaching in an Age of Transformational Change examines the abundant transformational changes that have occurred and provide strategies to understand and address them It draws from a wide range of experts and provides a burgeoning understanding of the effects of these rapidly moving transformational changes that are occurring in the processes of teaching and learning Exploring a wide range of issues such as community engagement scholarship motivation driven assignment design and trauma informed practices this major reference work is an invaluable resource for educators of K 12 and higher education educational faculty and administration pre service teachers government officials non profit organizations sociologists libraries researchers and academicians

Routledge Handbook of Environmental Anthropology Helen Kopnina, Eleanor Shoreman-Ouimet, 2016-08-12 Environmental Anthropology studies historic and present human environment interactions This volume illustrates the ways in which today s environmental anthropologists are constructing new paradigms for understanding the multiplicity of players pressures and ecologies in every environment and the value of cultural knowledge of landscapes This Handbook provides a comprehensive survey of contemporary topics in environmental anthropology and thorough discussions on the current state and prospective future of the field in seven key sections As the contributions to this Handbook demonstrate the subfield of environmental anthropology is responding to cultural adaptations and responses to environmental changes in multiple and complex ways As a discipline concerned primarily with human environment interaction environmental anthropologists recognize that we are now working within a pressure cooker of rapid environmental damage that is forcing behavioural and often cultural changes around the world As

we see in the breadth of topics presented in this volume these environmental challenges have inspired renewed foci on traditional topics such as food procurement ethnobiology and spiritual ecology and a broad new range of subjects such as resilience nonhuman rights architectural anthropology industrialism and education This volume enables scholars and students quick access to both established and trending environmental anthropological explorations into theory methodology and practice

Advances in Cognitive Neurodynamics (VI) José M. Delgado-García, Xiaochuan Pan, Raudel Sánchez-Campusano, Rubin Wang, 2018-06-28 This proceedings contains articles submitted to the sixth International Conference on Cognitive Neurodynamics ICCN2017 The Meeting included plenary lectures specialized symposia and posters presentations The main topics of the meeting addressed the general substrates underlying neural functions and the neural dynamics in sensory motor and cognitive systems Other important neuroscience fields covered in the meeting were learning and memory processes and the functionally related changes in synaptic strength neural oscillations synchronizations and coherence activities between different neural circuits and the imaging of cognitive networks Finally specific articles covered several fields related to neural computation and neuroengineering the modelling higher order functions and dysfunctions and the experimental design of brain to computer and brain to brain interactions All articles were peer reviewed The ICCN is a series conference that takes place every two years since 2007

Reading and Writing Instruction in the Twenty-First Century Ellen C. Carillo, 2021-08-02 Robert Scholes passed away on December 9 2016 leaving behind an intellectual legacy focused broadly on textuality Scholes's work had a significant impact on a range of fields including literary studies composition and rhetoric education media studies and the digital humanities among others In Reading and Writing Instruction in the Twenty First Century contemporary scholars explore and extend the continued relevance of Scholes's work for those in English and writing studies In this volume Scholes's scholarship is included alongside original essays providing a resource for those considering everything from the place of the English major in the twenty first century to best practices for helping students navigate misinformation and disinformation Reading and Writing Instruction in the Twenty First Century not only keeps Scholes's legacy alive but carries it on through a commitment in Scholes's 1998 own words to offer our students the cultural equipment they are going to need when they leave us Contributors Angela Christie Paul T Corrigan Lyn e Lewis Gaillet Doug Hesse Alice S Horning Emily J Isaacs Christopher La Casse Robert Lest n Kelsey McNiff Thomas P Miller Jessica Rivera Mueller Christian Smith Kenny Smith

This book delves into Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning. Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning
 - Chapter 2: Essential Elements of Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning
 - Chapter 3: Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning in Everyday Life
 - Chapter 4: Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning. This chapter will explore what Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning is, why Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning is vital, and how to effectively learn about Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning.
3. In chapter 2, the author will delve into the foundational concepts of Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning. This chapter will elucidate the essential principles that must be understood to grasp Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning in its entirety.
4. In chapter 3, the author will examine the practical applications of Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning in daily life. The third chapter will showcase real-world examples of how Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning in specific contexts. This chapter will explore how Contemplative Practices In Higher

Education Powerful Methods To Transform Teaching And Learning is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Contemplative Practices In Higher Education Powerful Methods To Transform Teaching And Learning.

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