



CENTER FOR TEACHING & LEARNING

The Center for Teaching and Learning is hosting a book group on contemplative teaching practices.

Book Group: “Contemplative Practices in Higher Education: Powerful Methods to Transform Teaching and Learning”

This book group explores contemplative pedagogy as described by Daniel P. Barbezat and Mirabai Bushwe (2013). Emerging research indicates that these pedagogical methods, based on long-established meditative practices, can help students achieve traditional educational goals such as improved academic performance. We will discuss this pedagogy’s potential to:

- Deepen student understanding of and personal connection to course content
- Develop student attention, inquiry and problem-solving skills
- Support student sense of connection to and compassion for self and others

This book group meets a total of 3 times (Oct. 5, Oct. 17 and Oct. 26) and is facilitated by Kit Anderson, senior lecture in the Environmental Program. Kit has participated in seminars presented by the book’s authors.

All faculty participants receive a copy of the book.

To register:

<https://www.uvm.edu/ctl/apps/ctlcal/?c=events&m=elink&id=1358>

Please address question to:

Wendy Verrei-Berenback
Center for Teaching and Learning
University of Vermont
802-656-7992
www.uvm.edu/ctl