

**The Art and Science of Mindfulness and Critical Thinking**  
**AGRI5710 Graduate Module**

Facilitated by Dr. Kathleen Kevany

**Module Outline**

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Module Description

This module will be based on the emerging research in mindful practice, learning and critical thinking. We will examine scientific papers from a variety of fields on the implications (benefits or hindrances) of integrating mindful practices. To strengthen learners' understanding and engagement in the practice, students will be introduced to many forms of mindful practice and will be instructed in meditation.

Literature Examination

Mindfulness training promotes flexible emotion regulation (Chambers et al. 2009), such as an enhanced ability to regulate the empathic response and the default self-perspective (Decety and Jackson 2004). Mindfulness may increase well-being and quality of life, potentially through facilitating engagement in meaningful activities or relationships, and helping individuals to be aware of and maintain contact with positive emotions.

Requirements and Evaluation

The class format would be interactive and engaging, verbal participation would be expected. It will involve self-reflection, regular journaling, group discussion of relevant research along with a student reflection paper that includes a qualitative self-study (including a pre and post assessment).

Grading:

1. Critical and thoughtful Participation 25%
2. Self-reflection journaling 30%
3. Self-assessment (pre and post test) 15%
4. Short paper with a critique on mindfulness from the literature 30%

Timing –

February 2015 or Spring 2015

3 hours a week with 1 hour of lab weekly