

***T&L 2900* – The Way of Mindful Education, Cultivating Well-Being in Teachers and Students**

Course at a Glance

Instructor: Lisa Nordick

Length: 15 Hours

Delivery: Online

Dates: Enroll Anytime – Complete in 4 months

Number of Professional Development Credits: 1, from the University of North Dakota

Introduction

This course explores ‘mindful education’ as a classroom enhancement strategy with the intent to enhance student achievement. Characteristics of a “mindful teacher” will be highlighted as will “mindful practices” for the classroom. The course is comprised of 5 modules. The modules offer information and ideas about mindful education that teachers may consider adopting to improve classroom settings and student learning experiences.

This self-paced course can be started and completed at the student’s own leisure **within four months from the UND course registration date.**

Course Objective

The purpose of this course is to encourage educators to explore “Mindful Education” as a strategy to enhance student achievement and classroom settings.

Learning Objectives

Individuals in this course will:

- Develop an awareness of mindful education as it relates to classroom enhancement
- Develop an understanding of and apply mindful education strategies and practices
- Create a mindful activity geared toward improving student achievement
- Write a final reflection

Course Materials

The following book is required for this course,

[Rechtschaffen, Daniel. The Way of Mindful Education. New York: W.W. Norton & Company, 2014.](#)

Technical Requirements – An up-to-date computer with reliable internet access and an active email account are required for this course.

Assignments

- Course Readings
- Reflections/Notations
- Summary Paper
- Lesson Activity

Grading and Evaluation

This online course uses Letter Grading (A – F) or Satisfactory/Unsatisfactory (S/U). The grading option must be selected at the time of course registration.

The final reflection will be analyzed for quality of work and evidence of reading of the assigned materials. In particular; clarity of writing/presentation, organization of information and material, and accomplishment of the required activity and corresponding summary will be assessed.

A/S = 100 Percent

B/S = 90 Percent

C/S = 80 Percent

F or U = less than 80 Percent

The course instructor will review students' answers and provide feedback in a timely manner (generally within 24 to 48 hours).

Scholastic Dishonesty

Students enrolled in this course are expected to be aware of the seriousness of scholastic dishonesty. Unacceptable behavior such as submitting someone else's work as your own, cheating on exams, or plagiarizing can result in failure of the course or other sanctions. For a more detailed description of these policies, please refer to the UND Code of Student Life; Appendix IIIa-3, at: <http://und.edu/student-affairs/code-of-student-life/>