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

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Paperback ISBN: 978-1-118-43527-4 December 2013 $42.00

DESCRIPTION

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.
Daniel P. Barbezat is professor of economics at Amherst College and executive director of the Center for Contemplative Mind in Society. He has been a visiting professor at Northwestern University and Yale University and has taught in the summer program at Harvard University.

Mirabai Bush is senior fellow and founding director of the Center for Contemplative Mind in Society, a nonprofit organization that encourages contemplative awareness in American life in order to create a more just, compassionate, and reflective society.

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