A Mindful Campus: Cultivating Awareness and Connection in a Distracted World

Dr. Donald McCown, Assistant Professor of Integrative Health and Director of the Center for Contemplative Studies at West Chester University of Pennsylvania

Friday, October 23

Please join us as Dr. McCown introduces us to the Mindful Campus. The practice of mindfulness, or the act of bringing the attention to the present moment without judgment, has been the subject of much empirical and scientific study in Western culture over the past 15 years and is rapidly becoming a standard clinical treatment to manage stress and improve one's relationships and quality of life.

Wellness and "Withness"
Mindful care for self and others. Continental breakfast served.
October 23, 9 - 10:30am, 2204 Kirkhof Center

Contemplative Classrooms
Empirical evidence and practical applications. Lunch served.
October 23, 11am - 1pm, 2204 Kirkhof Center

The Mindful Campus
Cultivating awareness and connection in a world of distraction
October 23, 2 - 3:30pm, 1008A L. William Seidman Center

Register for all Mindfulness programming in sprout. To learn more about GVSU mindfulness offerings
swimming, or biking required!

- 15 minute walk or run
- 15 minute yoga session
- 15 minute guided meditation session

2015-2016 Community Reading Project
Student-Faculty Lunch and Learn Gatherings

CRP Lunch and Learn gatherings facilitate shared dialogue between students and faculty based on the community read CITIZEN, AN AMERICAN LYRIC by Claudia Rankine. This book recounts mounting racial aggressions in ongoing encounters in twenty-first-century daily life and in the media. To learn more about the book click here. Students and faculty interested in attending Lunch and Learn gatherings should register in sprout.

Wednesday, September 30, 12 - 1pm
Mary Idema Pew Library Learning and Information Commons Multipurpose Room

visit www.gvsu.edu/healthwellness/mindfulness.

Practicing Mindfulness

Join us this fall for a series of mindfulness sessions, led by Carol Hendershot and April Hadley of the Grand Rapids Center for Mindfulness, including a general introduction to mindfulness, interpersonal mindfulness, mindful eating, and mindful parenting. Additional information and registration available through sprout: in the Health and Wellness category.

Introduction to Mindfulness
September 23, 3 - 4:30pm, 2270 Kirkhof Center
September 30, 3 - 4:30pm, 303C DeVos Center

Interpersonal Mindfulness
October 8, 12 - 1:30pm, 2270 Kirkhof Center

Introduction to Mindful Eating
November 10, 3 - 4:30pm, 2266 Kirkhof Center

Introduction to Mindful Parenting
December 3, 12 - 1:30pm, 2270 Kirkhof Center

Excellence Series: Transgender Basics and Best Practices for a Trans-Inclusive Campus

Dr. Emily Nisley, Associate Professor/Counselor, Counseling & Career Center, Grand Rapids Community College
Tuesday, October 6, 1 - 4pm, 2266 Kirkhof Center

This workshop will raise participants' awareness of a spectrum of transgender identities and expressions, as well as common issues faced by trans students and employees. Participants will gain knowledge of relevant best practices and of current policies and resources at GVSU and build skills to foster more trans-inclusive living, learning, and work spaces on campus. Please register at: www.gvsu.edu/sprout.

Interesting in joining a Book Discussion Teaching Circle?

At the Fall Conference on Teaching and Learning, we raffled a set of recently published books. Several generated significant interest among conference attendees, so we are happy to offer the following three Teaching Circles this semester. Participants will receive a copy of the book and meet three times over the course of the semester to discuss.

ONE

Discussion in the College Classroom: Getting Your Students Engaged and Participating in Person and Online, Jay Howard, Wiley, 2015
Faculty and staff have access to an online professional development resource. The 20 Minute Mentor Commons is a growing library of video-based programs to help you address teaching opportunities and challenges. Each video is 20 minutes in length and is accompanied by PDF handouts and a transcript.

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funds to cover personnel, equipment, travel, registration fees, and other expenses related to a specific innovative activity. The deadline to apply for a Teaching Innovation Grant is midnight, October 15. If you have any questions, please contact the Pew FTLC Grant Facilitator, Kathryn Stieler at stielerk@gvsu.edu. Apply for a grant at: www.gvsu.edu/ftlc/grants.