

**"THE MINDFUL PROF"**  
**BREAKOUT SESSION**  
**28TH ANNUAL FALL CONFERENCE ON TEACHING AND LEARNING (2022)**  
**WED., AUG. 24 10:45-11:30 & 11:45-12:30**  
**FACILITATOR: DAVID EICK (MLL, Pew FTLC)**

*Can meditation make you a better professor? Some of us find it useful for preservation of sanity. It enhances focus and mental clarity, lifts mood, and helps us muster compassion for students, colleagues and ourselves. This session will feature a brief presentation on the research on meditation, a couple of short guided meditations which you'll then be able to practice on your own, and time for questions and discussion. Longtime practitioners are beseeched to attend and share their wisdom.*

**FTLC-CURATED RESOURCES**

[Mindfulness in the Classroom](#)

**SUGGESTED READINGS**

Rogers, Holly. [The Mindful Twenty-Something: Life Skills to Handle Stress...and Everything Else](#) (2016)

Schoberlein, Deborah. [Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything](#) (2009)

Ricard, Mathieu. [Happiness: A Guide to Developing Life's Most Important Skill](#) (2007)

Kabat-Zinn, Jon. [Wherever You Go, There You Are](#) (2005)

Salzburg, Sharon. [Real Happiness](#) (2010)

Puddicombe, Andy. [The Headspace Guide to Meditation and Mindfulness](#) (2016)

**SUGGESTED APPS**

Headspace

Insight Timer

Koru

**RESEARCH ON MEDITATION**

Fox, K.; S. Nijeboer; M. Dixon; J. Floman; M. Ellamil; S. Ruma.; P. Sedlmeier; and K. Christoff. 2014. "Is Meditation Associated With Altered Brain Structure? A Systematic Review and Meta-analysis of Morphometric Neuroimaging in Meditation Practitioners." *Neuroscience and Behavioral Reviews* 43: 48-73.

Freeson, J.; M. Juberg; M. Maytan; K. James; and H. Rogers. 2014. "A Randomized, Controlled Trial of Koru: A Mindfulness Program for College Students and Other Emerging Adults." *Journal of American College Health* 62 (4): 222-33.