Fall 2017
EDFS 685: Mindfulness and the Brain: Implications for Teachers and Students in Learning Settings

Meeting Time: Fridays 10:00
Meeting Place: 86 Wentworth, Office 328
Instructor: C. Anne Gutshall, Ph.D
Office Location: 86 Wentworth #328
Telephone: 953-5892
E-mail: GutshallA@cofc.edu
Office Hours: Tuesdays and Thursdays 1:30-3:30 and by appointment


Required Previous Coursework: Successful completion of at least 12 graduate MTLA credit hours and permission of instructor.

Course Description: This course explores the nature of mindfulness for teachers and students using research findings on neuroscience as a starting point. Independent student questioning and reading will drive the focus of action research activities and self-study (3 credits).

Student Learning Objectives:

1. Describe the value, benefits, and research findings of mindfulness from a neuroscience perspective
2. Identify the basic features of the mindfulness for students
3. Discuss developmental patterns exhibited for learners and mindfulness
4. Identify the basic features of mindfulness for teachers
5. Consider the usefulness of mindfulness practice for schools
6. Develop research, writing and analysis skills through deep self-directed study, research and writing activities.

If there is student in this class who has a documented disability and has been approved to receive accommodations through SNAP Services, please feel free to come and discuss this with me during my office hours.

All students are expected to follow the College of Charleston Honor Code which can be found in the Student Handbook at http://www.cofc.edu/studentaffairs/general_info/studenthandbook.html.
Grading and Evaluation Scale:
A=93-100  
B+=88-92  
B=83-87  
C+=78-82  
C=74-77  
F=below 74

Student Assessment and Evaluation:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Point Value</th>
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<tbody>
<tr>
<td>Weekly Attendance</td>
<td>15</td>
</tr>
<tr>
<td>Annotated Bibliography</td>
<td>10</td>
</tr>
<tr>
<td>Literature Review</td>
<td>20</td>
</tr>
<tr>
<td>Action Research</td>
<td>20</td>
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<tr>
<td>Curriculum Design</td>
<td>20</td>
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<tr>
<td>Final Presentation</td>
<td>5</td>
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</tbody>
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TOTAL POINTS=100

Description of Assignments (Due Dates determined by students and instructor):

1. **Attendance**: While the majority of the independent study is self-directed, regular check ins with the instructor and discussions about findings, reading and progress is required.

2. **Annotated Bibliography**: A minimum of 20 scholarly articles on a specific area of the self-study is required.

3. **Literature Review**: A broad overview of mindfulness with emphasis on neuroscience findings, implications for learners, teachers and school settings will be written in APA format. A minimum of 20 scholarly articles is required. A research question should emerge from the review.

4. **Action Research**: Based on a review of the literature, the student will design and implement an action research project designed to answer a research question. Methods, Procedures and Findings will be written in APA format.

5. **Curriculum Design**: A lesson plan will be drafted for either learners or teachers designed to teach at least one mindfulness concept.

5. **Final Presentation**: Student will present the findings of her semester long self-study to the instructor and reflect on new learnings and applications for teaching.