

Summer 2024 Virtual Institute: Mindfulness in Honors, July 9-10

Co-Facilitators: Allison Kellar and Scott O'Leary

Note: Both Day 1 and 2 will start at 10:00 A.M. EST so that participants from multiple time zones can participate during work hours.

DAY 1: JULY 9, 2024

Optional on Day 1: 9:30 AM EST Participants can join the Zoom session early for warm-up chair yoga, led by co-facilitator Scott O'Leary

10:00-10:30 AM EST Why Mindfulness in Honors?

Topics to consider:

- The nature, varieties, and traditions of mindfulness
- The relationship between Mindfulness and Meditation
- Creating and cultivating radical inclusivity in mindful practices
- Mindfulness for honors students and honors professionals

10:30-11:00 AM EST Mindfulness Practice Session 1: Breath Awareness and Belly Breathing, led by co-facilitator Allison Kellar

11:00-11:30 AM EST Group Debrief

11:30-11:50 AM EST Synchronous Session on Mindful Journaling

Break for Lunch and Individual Reflection

1:00-1:30 PM EST Mindfulness Practice Session 2: Walking Meditation (with modifications)

1:30-2:00 PM EST Small Group Debrief Discussion

2:00-2:30: *How* does Mindfulness fit in Honors?

Day 1 reflections on introductory topics and practices

- Practices and logistics: mindful questions and applications
- Including all in mindful practices
- Mindfulness for honors students and honors professionals

2:30-3:00 Journal prompt: Ted Talk video(s) and journaling

Recommended: homework on mindfulness practice; set aside 30 minutes to an hour to reflect on what you have learned, practice and apply.

DAY 2: JULY 10, 2024

Optional 9:30 AM EST Participants can join the Zoom session early to practice a Mindful exercise from Day 1 (Belly breathing and/or walking meditation) led by co-facilitators, Scott O'Leary and Allison Kellar

10:00-10:30 AM EST The evidence and hype of mindfulness

Topics to consider:

- Is it “necessary”/do we “really” need it?
- How much of it do we “need” to incorporate and how?
- What does the best evidence reveal about the impacts of mindfulness on student and personal well-being?
- How do we study mindfulness rigorously? How do we look for potentially misleading ideas or research about the impacts of Mindfulness?

10:30-11:00 AM EST Mindfulness Practice Session 3: Body Scan

11:00-11:30 AM EST Small group debrief in Zoom breakout rooms with a facilitator as moderator

11:30-11:50 AM Additional Mindfulness Practice Based on Group Interest and Skill Level

Break for Lunch and Individual Reflection

1:00-2:00 PM EST: Inquiry & Discussions:

How do we incorporate Mindfulness into Honors? Mindful Examples and Resources in the Syllabus, Curriculum, and Honors Community

2:00-2:30 PM EST: Inclusive Mindfulness and General Q&A

2:30-3:00 PM Final Wrap-up and Next Steps