

Justice Institute of British Columbia
COURSE OUTLINE

Course Code: INDC114
Course Title: The Mindful Educator: Beyond Expertise and Technique
Prerequisite Courses: None
School: Community and Social Justice
Division/Academy/Centre: Centre for Leadership
Previous Course Code & Title:
Course First Offered: March 2011

# of Credits:	1.0
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Course Description:

Authenticity and presence have been identified as some of the most important attributes of effective instructors. In this course, you will explore how mindful reflection supports the development of these skills. Through self-reflection, dialogue, and interactive exercises, you will increase your awareness of how the person you are impacts your teaching, the assumptions and beliefs you hold about your role as an educator, and how the practice of mindfulness promotes personal and interpersonal flexibility and resilience in and out of the classroom.

Course Goal(s):

To provide learners with the opportunity to engage with the concept of mindfulness in terms of personal practice and authentic presence in the classroom.

Learning Outcomes:

Upon successful completion of this course, the learner will be able to:

1. Describe core aspects of mindfulness
2. Examine experiences of mindfulness practice
3. Experiment with applying mindfulness practices in interpersonal situations
4. Examine personal values and attitudes and their impact on one's approach to teaching
5. Examine the link between self-awareness and authenticity
6. Examine the impact of authentic presence on the educational experience

Course Topics/Content:

- Defining “mindfulness”
- The impact of mindfulness on physical and mental health
- Mindfulness and the brain
- Mindfulness exercises
- The impact of personal values and attitudes on teaching
- Holistic approaches to education
- Transformative learning
- Self-awareness and authenticity
- The use of “self” in the instructional process
- The impact of “being present” in the classroom
- Establishing a personal practice of “mindful presence”

Text and Resource Materials:

Required: course materials will be supplied

Recommended:

Course Level:

	First Year		Second Year		Third Year		Fourth Year
	Graduate		Other (describe): Professional Path				

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	7			
Simulation/Lab	7			
Practicum/Fieldwork				
Online				
Correspondence				
Total Class Hours	14			

Comments on Delivery Methods:

Course Grading System:

	Letter Grades		Percentage		Pass/Fail
	Complete/Incomplete		Attendance Only		
Passing Grade:		Pass			

Evaluation Activities and Weighting:

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

Comments on Evaluation Activities and Weighting:

100% attendance required.

Active participation to small and large group discussions and activities expected.

Other Course Guidelines, Procedures and Comments: None

View official versions of related JIBC academic regulations and student policies in the *JIBC Calendar* on the following pages of the JIBC website:

Academic Regulations:

<http://www.jibc.ca/programs-courses/jibc-calendar/academic-regulations>

- Student Academic Integrity Policy
- Academic Progression Policy
- Admissions Policy
- Academic Appeals Policy
- Evaluation Policy
- Grading Policy

Student Policies:

<http://www.jibc.ca/programs-courses/jibc-calendar/student-policies>

- Access Policy
- Harassment Policy – Students
- Student Records Policy
- Student Code of Conduct Policy

JIBC Core Competencies

The JIBC promotes the development of core and specialized competencies in its programs. Graduates of our programs will demonstrate high levels of competence in the following areas:

Critical thinking

Identify and examine issues and ideas; analyze and evaluate options in a variety of fields with differing assumptions, contents and methods.

Communication, oral and written

Demonstrate effective communication skills by selecting the appropriate style, language and form of communication suitable for different audiences and mediums.

Leadership

Inspire individuals and teams to reach their potential by embracing innovation through strategic thinking and shared responsibility.

Independent learning

Show initiative by acting independently in choosing effective, efficient and appropriate applied learning, research and problem solving strategies.

Problem solving

State problems clearly; effectively and efficiently evaluate alternative solutions; choose solutions that maximize positive and minimize negative outcomes.

Interpersonal relations

Know and manage oneself; recognize and acknowledge the needs and emotions of others including those with diverse backgrounds and capabilities.

Inter-professional teamwork

Understand and work productively within and between groups, respect others' perspectives and provide constructive feedback with special attention to inter-professional relationships.

Information literacy

Recognize and analyze the extent and nature of an information need; efficiently locate and retrieve information; evaluate it and its sources critically, and use information effectively and ethically.