



# CTL Notes

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THE CENTER FOR  
TEACHING AND  
LEARNING

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## CTL Upcoming Events

***Top 25's Implications for the Regionals***  
**Wednesday March 30, 2011 1:00-2:00pm**  
**JHN 142**

(2:30pm if our conversation runs over)

A panel of faculty involved in the "Top 25" curriculum project will summarize the basic differences in curricular development and learning outcomes in these revised courses. Join us for a conversation about how we see this type of curricular change working with our regional students. We especially invite those teaching "Top 25" courses, whether or not they are using the revised curriculum and pedagogy. Lunch will be provided

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***Conversations about a Regional Campus***  
**Tuesday April 5, 2011 12:00-1:00pm**  
**JHN 136/137**

Dean of Regional Campuses, Mike Pratt, will begin, through CTL, an informal conversation with faculty, students, and staff on recent changes and new directions on Miami University's regional campuses. We hope you will share your thoughts, comments and questions about the organization, operations and goals of a regional campus. Lunch will be provided. (Continued on Page 2)

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***From The Center for Teaching and Learning!!***



# CTL Upcoming Events Con't

## ***Developing Information Literacy:***

**Librarians' Perspective on Faculty Research Assignments for Students**

**Wednesday April 6, 2011 12:00-1:00pm JHN 136/137**

Based on national findings and data published by Project Information Literacy Progress Reports in 2010, the Gardner-Harvey Librarians will speak to perceptions on faculty and student research behavior. More specifically John Burke, Jessie Long, and Beth Tumbleson will discuss faculty research assignment handouts and implications for research assignment redesign to promote students' information literacy. In this way, students might develop 21st century information literacy skills as part of the research process rather than only focus on the end product: whether paper, presentation, or project. Lunch will be provided for the first 20 participants.

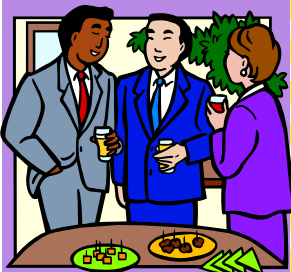
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## ***Mindfulness Based Stress Reduction***

**Monday April 18, 2011 11:00-12:00noon JHN 136**

Suzanne Klatt, a Miami University Hamilton faculty member in Family Studies & Social Work, will introduce Mindfulness Based Stress Reduction. Learning to be in the moment reduces everyday stress that educators may experience. The Mindfulness Based Stress Reduction program was first developed at the University of Massachusetts Medical Center by Jon Kabat-Zinn who works with patients facing major illness and chronic pain. Through daily mindfulness meditation and activities, individuals are able to live more fully. Ms. Klatt is a clinical social worker who received training from Dr. Kabat-Zinn and practices mindfulness personally. If there is interest, she will offer an 8 week course at MUM in the fall. Come and learn more.

**A No Stress, No Food Event**



# MINDFULNESS BASED STRESS REDUCTION (MBSR)



**“Using the wisdom of your body and mind to face stress, pain, and illness” John Kabat-Zinn Ph.D.**

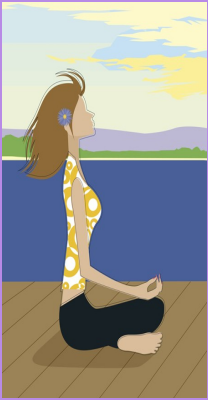
***What is Mindfulness?*** Mindfulness is a way of being in the world whereby a person is fully aware and awake at the present moment. Developing mindfulness is learning to be in the moment just as it is, without judgment or longing. Formal mindfulness practices such as sitting and walking meditation support efforts to cultivate mindfulness.

## ***What is Mindfulness Based Stress Reduction (MBSR)?***

Mindfulness Based Stress Reduction (MBSR) is a program originating at the University of Massachusetts Medical Center and developed by Jon Kabat-Zinn. MBSR participants commit to daily individual practice and weekly group meetings. Daily individual practice includes but is not limited to guided sitting meditation, walking meditation, a body scan, and gentle body movement exercises. Participants' daily practice includes listening to Kabat-Zinn's MBSR CD's and reconvening weekly with group members. During the weekly meetings, group members will practice mindfulness meditation together as well as share their individual experience during the past week. This is not a therapy group; rather, it is an opportunity to share your experiences with others while cultivating your own individual practice. Those with minimal knowledge of mindfulness meditation as well as those with an established daily practice are welcome to participate.

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## MINDFULNESS BASED STRESS REDUCTION (MBSR)



### ***Why participate in MBSR?***

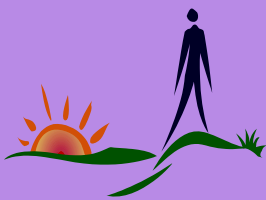
There has been a great deal of research on mindfulness practice and MBSR in particular. Generally, these studies indicate positive outcomes for persons' with physical health challenges including cancer, HIV, and chronic pain. A great deal of research relates to stress and anxiety as well. One example relates to Gold, Smith, Hopper, Herne, Tansey, and Hulland (2010) and their evaluation of the effects of MBSR on primary school teachers. Their results indicate improvement for most educators related to stress, anxiety, and depression. Chang, Palesh, Caldwell, Glasgow, Abramson, Luskin, Gill, Burke, and Koopman (2004) conducted a study evaluating MBSR and its impact on stress levels, positive states of mind, and mindfulness self-efficacy. According to Chang et al (2004), mindfulness self-efficacy is "the ability to maintain non-judgmental awareness during different situations" (p.142). Results illustrate improvement among MBSR participants in all the aforementioned areas.

### **Suzanne Klatt MSW LISW-S, Clinical Faculty, Social Work, Miami University Hamilton**

Suzanne has been practicing meditation for 14 years. A great deal of her clinical social work practice relates to mindfulness based interventions such as Mindfulness Based Stress Reduction (MBSR), Mindfulness Based Cognitive Therapy (MBCT) and Dialectical Cognitive Behavior Therapy (DBT). Suzanne participated in a seven-day profession training led by Dr. Jon Kabat-Zinn and Dr. Saki Santorelli, director of the Mindfulness-Based Stress Reduction Clinic at the University of Massachusetts Medical School as well as multiple mindfulness meditation retreats.

Gold, E., Smith, A., Hopper, L, Herne, D., Tansey, G., & Hulland, C. (2010). Mindfulness-Based Stress Reduction (MBSR) for Primary School Teachers. *Journal of Child Family Studies*, 19(2), 184-189.

Chang, V., Palesh, O., Caldwell, R., Glasgow, N. Abramson, M. Luskin, F., Gill, M., Burke, A., Koopman, C. (2004). The effects of a mindfulness-based stress reduction program on stress, mindfulness self-efficacy, and positive states of mind. *Stress & Health: Journal of the International Society for the Investigation of Stress*, 20(3), 141-147.





## Jennifer's Corner

Normally for my corner I brainstorm for a topic, write, rewrite, and normally it is ready. I did plenty of brainstorming and I know there is one thing that I could have written about for this corner, but my brain did not produce an interesting topic. To elevate a blank page in the CTL Notes, I just wanted to thank each and every person who took the time to read Jennifer's Corner. I hope that my student opinion was helpful to you in some way, or you at least received a laugh in the things I had to say. I have made relationships with a lot of the faculty and staff here at MUM, and I want to thank you for adding value to my life. For those of you who I don't know, thank you for adding value to the lives of your students', who I have probably had some encounter with or will in the future. My college experience has been great, and although I can't wait to graduate, I wouldn't trade going to MUM for anything. Thank you all and have a great day!!!



*Merci*



*Obrigado!*

# CTL Summer Book Discussion

The CTL at Miami University Middletown will sponsor 2 summer book discussion. All you who are interested in reading and meeting to discuss the books are encouraged to participate in one or both professional development opportunities. See details below. Books will be supplied (print or online) and refreshments will be served when readers gather to exchange thoughts and ideas on teaching and learning at Miami University. **Please reply by email by April 15, 2011 to express intent to read and discuss the book with colleagues.** eMail: [tumbleb@muohio.edu](mailto:tumbleb@muohio.edu) or [mariness@muohio.edu](mailto:mariness@muohio.edu) One discussion will be held in June and the other in July. Once interested readers are identified, they will select a mutually acceptable date for a morning meeting from 9:00 AM to 12:00 Noon. Both discussions will be held in the Gardner-Harvey Library, Blue Chairs on the Main Level.

**Please Complete the Form Below.**

**Your Name:**

**Email:**

**Telephone:**

**I wish to read and discuss:**

**The Heart of Higher Education a Call to Renewal. CTL Discussion in June 2011**

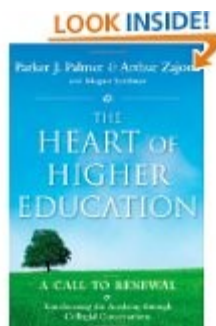
I prefer: Print\_\_\_\_\_ or Online\_\_\_\_\_

**Why School? Reclaiming Education for All of Us. CTL Discussion in July 2011**

Print\_\_\_\_\_

## **June Selection: The Heart of Higher Education**

**The Heart of Higher Education a Call to Renewal: Transforming the Academy through Collegial Conversations.** Parker J. Palmer, Arthur Zajonc, Megan Scribner, and Mark Nepo. San Francisco: Jossey-Bass, 2010. 235 p.



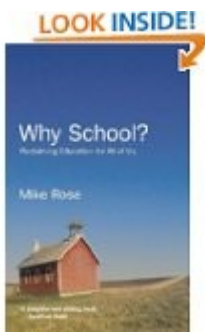
**Reading Options: Print or Electronic Book Read Online**

Enter your Miami Unique ID and Password to load and read the book online from the Online Catalog: <http://site.ebrary.com/lib/muohio/docDetail.action?docID=10399075> **\*\*Please note this is an ebrary eBook which must be read online. It cannot be downloaded to any device and read offline.**

The latest book by noted author and educator Parker Palmer et al. focuses on educational change and innovation in higher education. It is comprised of 6 chapters beginning with “Toward A Philosophy of Integrative Education”, “When Philosophy Is Put into Practice”, “Beyond the Divided Academic Life”, “Attending to Interconnection, Living the Lesson”, “Experience, Contemplation, and Transformation”, and “Transformative Conversations on Campus.” The authors’ introduction opens with a quote by Wendell Berry: “...[What universities are *mandated* to make or help to make is human beings –not just trained workers but responsible heirs and members of human culture...” The authors then identify the single question they address in this book: “How can higher education become a more multidimensional enterprise, one that draws on the full range of human capacities for knowing, teaching, and learning; that bridges the gaps between the disciplines; that forges stronger links between the knowing world and living creatively in it, in solitude and in community?” If you would like to reexamine your philosophy of education which you practice in the classroom throughout the year, please join with your Miami colleagues to read, reflect, and converse.

## July Selection: Why School?

**Why School?: Reclaiming Education for All of Us.** Mike Rose. New York: New Press, 2009. 177p

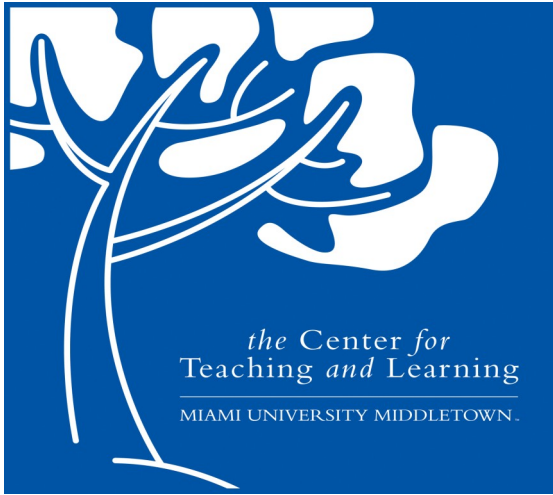


**Reading Options: Print Only**

Mike Rose addresses the democracy of education in the United States with an emphasis on its aims and objectives from elementary school through higher education. More specifically, chapters focus on:

“In search of a fresh language of schooling -- Finding our way : the experience of education -- No Child Left Behind and the spirit of democratic education -- Business goes to school -- Politics and knowledge -- Reflections on intelligence in the workplace and the schoolhouse -- On values, work, and opportunity -- Standards, teaching, learning -- Remediation at the university - - Re-mediating remediation -- Soldiers in the classroom -- A language of hope -- Finding the public good through the details of classroom life -- Conclusion: The journey back and forward”

If you would like to understand better the systems and structures in place that shape the students in your classroom at our open access university regional campus, then please join your Miami colleagues in reading and discussing this thought-provoking book.



**JHN RM 11**

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## CTL Office Hours

Each member of the CTL Leadership Collaborative staffs the office at least two hours during the week. Often a member works on CTL-related projects. Staff also welcomes faculty, staff, and students who want to discuss issues related to teaching and learning or browse the library of books, journals, and handouts.

## CTL Office Spring 2010 Schedule

Monday 12:30 pm- 1:45pm CTL Meeting

3:30 pm- 5:00pm Jennifer

4:00 - 6:00 John

Tuesday 8:00 am- 11:00am Jennifer

10:00am - 12:00noon Beth

12:30pm- 5:30pm Jennifer

Wednesday 9:15am - 11:45am Ellenmarie

12:30 pm- 2:30pm Eric

3:30 pm- 5:30pm Jennifer

Thursday 8:00 am- 11:00am Jennifer

10:00 am- 12:30pm Lizz

2:30pm-4:30pm Susan

4:00pm - 5:00pm Jennifer

Friday 8:00am -12:00pm Jennifer