Mindfulness

Location:

Metamora Township High School

101 W. Madison St.

Metamora, IL 61548

June 18-22, 2018

8:00 a.m. - 5:00 p.m.

Description

Mindfulness. Will it reduce student and teacher stress? Might it raise test scores and

reduce absences? Can it help kids regulate behavior and focus on learning? The answer is YES, however for mindfulness to occur it needs to be better understood and practiced by students and teachers. Join us to learn how to make mindfulness a habit in your classroom and how to teach it, yet not add to your workload. In this course, teachers will learn about mindfulness; how to implement it in their classrooms and how to pass on the concepts to students to promote better understanding, healthier social interactions, and improved retention and learning.

Text:

*Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything*

Deborah Schoeberlein David and Suki Sheth. Wisdom Publications. 2009.

Available through Barnes and Noble and Amazon.

Please purchase the book in advance and bring it on the first day of class.

Sponsored by:

To register, complete and return the portion below to P.E.R.F.E.C.T. with payment.

Name

Summer Address

City, State, ZIP

Home/Cell Phone

Email Address

School

School Phone

P.E.R.F.E.C.T., 2000 Pioneer Pkwy., Ste. 19C, Peoria, IL 61615

3 Semester Hrs of Graduate Credit for MSE5CM175 at Quincy University

The fee is $600.00, made payable to

P.E.R.F.E.C.T. A check or money order must accompany your registration form.

Space is limited! Credit cards are not

accepted.

NO REFUNDS Note: There is no

admission fee for

Quincy University.

Instructor:

Del Goodale