**Contemplative Communities**
Information Session
March 28, 2017
Frost Commons 3:30

The faculty of voluntarily bringing back a wandering attention, over and over again, is the very root of judgment, character, and will. No one is compos sui [i.e., master of him or herself] if he have it not. An education which should improve this faculty would be the education par excellence.

*William James (1890). The principles of psychology. Available online at: http://psychclassics.yorku.ca/James/Principles/index.htm*

Terms:
- **Mindfulness**: Attention to what’s happening right here, right now, internally and externally.
- **Reflection**: A process of pausing to notice where we’ve been, where we are, and how we got here. We then make meaning out of that data to move forward with clarity of intention.
- **Contemplative**: Approaches that tend to first-person experience—including physical reactions, thoughts, and emotions—so that we may be more effective agents of transformation and growth in our lives and communities.

Experiences:
- **Advisory Board** Of students, faculty, staff, and community members.
  - Curiosity, commitment, compassion
- **General Education** “Contemplative approaches to” SS, PP, SI, CT
  - Students design experiences and applications
- **“Living with Purpose”** First year discussions
  - Purpose, agency, resiliency
- **Bridging Graduate and Undergraduate**
  - Graduate students bring personal and professional goals to undergrads
- **Campus Ethos**: Habits of awareness, compassion, curiosity
  - Meditation Mondays, book group, etc.
  - Nourishing and joyous experiences rather than taxing and obligatory ones

For more information, contact Karolyn Kinane, Professor of English, kkinane@plymouth.edu and join the Contemplative Education Group in Outlook.