

EDU 533 MINDFULNESS



This course is designed to introduce educators to Mindfulness in Education and the importance of teaching Mindfulness strategies to our students. The content of this course will include an overview of the brain, and reactive versus responsive learners. It will provide an introduction to the nature of neuro-developmental patterns, including sequential movements with regard to importance for foundational learning. Students will gain insight and understanding of the origin of Mindfulness and experience self practices for utilizing mindful strategies in the classroom setting with all students regardless of level of learning in order to assist students and teachers in meeting the rigors of today's educational benchmarks. Students will explore the importance of the hierarchy of learning and the link between Mindfulness in reducing student anxiety relative to meeting academic demands. Practical, research-based methods in mindfulness will be taught in order to assist teachers in reducing students' generalized anxiety in education. Teachers will learn how to become mindful instructors, recognize anxious learners and develop useful strategies for maximum and optimal learning in their students and set up classroom(s) to emphasize a calming learning environment.

With Instructor Kellie Bailey

Blended Format: Online / UMAugusta

September 17 -December 17, 2018

Face-to-face class meetings on Saturdays,
9/29, 10/27, and 12/8 from 10:00AM - 3:00PM

 UNIVERSITY of MAINE
FARMINGTON
**THE OFFICE OF
GRADUATE
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Phone: (207) 778-7502

Email: gradstudies@maine.edu

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To register, please complete this form and return to:
Office of Graduate Studies Email gradstudies@maine.edu Or Fax 207-778-8134

A. PAYMENT INFORMATION: Payment is due by the first day of class. Payment options are:

- 1) A Purchase Order from your District/Organization in order to bill your employer
- 2) A check made out to UMF
- 3) Online payment through your MaineStreet Student Center.

B. REGISTRATION INFORMATION:

1. Print Name 2. Gender Male Female
Last First Middle Initial

3. Are you an active student who has been accepted into UMF's Master of Science in Education program? No Yes

4. Student ID (if known) 5. Have you ever applied to, or registered for a class through, the University of Maine System (UMA, UMF, UMFK, UMM, UMO, UMPI or USM)? No Yes

6. Date of Birth

7. Indicate name(s) under which you may have previously registered

8. You must have a bachelor's degree to register for this graduate level course. From what institution did you receive your degree?

C. YOUR PERSONAL CONTACT INFORMATION:

1. Home Mailing Address
Address Town/City State Zip Code

2. Home Phone 3. Work Phone

4. E-mail Address

D. COURSE REGISTRATION & COSTS: In-State Graduate tuition (per 3-credit course) = \$1,221* + Fees¹

CRN # (ex: 31464)	COURSE SUBJECT & TITLE (ex: SED 518 Special Education Law)	COSTS
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
1. Unified Fee (\$86 up to 6.5 credits; \$171 for 7-11.5 credits; \$336 for 12+ credits)		<input type="text"/>
2. Outreach Fee (\$50 per semester (not applicable to UMF M.S. Ed. students))		<input type="text"/>
TOTAL: Tuition + Fees =		<input type="text"/>

SIGNATURE DATE:

**The University reserves the right, up to the date of final registration for the academic term, to make adjustments as may be deemed necessary by the Board of Trustees. Students will be billed additional charges if tuition and/or fees change after they have enrolled.*