

Mindful Learning

*Teaching Self-Discipline and
Academic Achievement*



David B. Strahan

Mindful Learning Teaching Selfdiscipline And Academic Achievement

Dr Craig Hassed, Dr Richard Chambers

Mindful Learning Teaching Selfdiscipline And Academic Achievement:

Mindful Learning David B. Strahan,1997 Today s teachers face unique challenges They feel pressure to raise test scores and to cover the curriculum At the same time their students need more nurturing and guidance than ever Mindful Learning shows how successful teachers put caring into action to provide both personal support and instructional enrichment Using this approach teachers integrate efforts to care for students as people the affective portion of the curriculum with efforts to extend their understanding of content the academic dimension of instruction In each chapter of Mindful Learning Strahan illustrates strategies that help students maximize academic learning and make better choices about behavior These strategies combine what teachers have learned about how the mind works best with what researchers have learned about how teachers most effectively promote learning The concept of Mindful Learning incorporates Gardner s Theory of Multiple Intelligences Glaser s Reality Therapy and Goleman s Emotional Intelligence The result is a flexible framework that has proven successful in promoting achievement and self discipline Each chapter features classroom applications that are ready to teach as well as a summary of relevant research A CHOICE Magazine Outstanding Academic Book of 1998

Reinventing the Middle School Thomas S. Dickinson,2013-06-17 Many contemporary American middle schools are stuck in a state of arrested development failing to implement the original concept of middle schools to a varying though equally corruptive degrees The individual chapters of the book outline in detail how to counter this dangerous trend offering guidance to those who seek immediate significant internal reforms before we lose the unique value of middle schools for our nation s adolescents

Modern Approach To Classroom Discipline And Management: Edwin Earl Felix,2011-01-25 There are many serious social and economic problems that impact student s behavior Because countless minorities are at risk of behavior problems caused by poverty racism discrimination and other negative conditions special attention needs to be given to the development of programs and strategies to prevent behavioral problems Developmental guidance programs in elementary schools that attend to the needs of all children are effective ways to prevent problems before they begin Experts on poverty and inequality see a role for preschool intervention to help children from disadvantaged backgrounds have a better chance at success when they start elementary and secondary schools Several models have been discussed such as reinforcing and rewarding behaviors and consequences and punishment In order to minimize disruptive behaviors effective classroom management is the heart of preventing discipline problems Teachers have put in place beginning the first day of school their rules procedures and expectation in order to reduce problems in the classroom A positive classroom climate is also needed to improve student learning and encourage good behavior *Promoting Harmony* John Van Hoose,David B. Strahan,Mark L'Esperance,2001 Teaching Literacy in Sixth Grade Karen D. Wood,Maryann Mraz,2005-05-13 Sixth grade marks the transition to middle school and for many students the transition to early adolescence The sixth grade classroom is a place where problem solving and abstract thinking skills can flourish as teachers devise creative ways to integrate

language arts with effective content area instruction This book walks the reader through everyday life in a successful sixth grade language arts social studies classroom and provides foundational knowledge and hands on strategies for working with diverse learners

Encyclopedia of Development Methods Andrzej Huczynski, 2018-05-08 This title was first published in 2001 This title was first published in 2001 The core of this thoroughly revised book is a directory of more than 700 methods Each entry typically comprises an explanation a bibliography and cross references Other features include a review of different approaches to classifying the methods and two valuable appendices the first is to help practitioners analyse their methods the second providing details of relevant books journals and other information sources

Middle Grades Education Pat Williams-Boyd, 2003-11-12 An expert guide to the development of the middle school model as the best educational environment designed to address students developmental and social needs as well as educational needs Middle Grades Education A Reference Handbook explores the distinctive middle school approach to helping adolescents develop as human beings and citizens as well as students with coverage that ranges from the conceptual foundations of the middle school model to research based best practices to sample lesson plans and activities Edited by Pat Williams Boyd with contributions from experienced frontline educators the book showcases a number of places where the ideal middle school has become reality where individual talents are nurtured families are involved teachers serve as role models and advocates and crucial health and developmental needs are met Readers will experience classrooms where students dance their math sing their science and breathe the winds of history and where the joy of learning is bounded only by the educator s imagination

Teaching Well with Adolescent Learners David Strahan, Jeanneine Jones, Madison White, 2022-09-22 This concise and accessible book co published with the Association for Middle Level Education AMLE offers pre service and in service middle school and high school educators a way to integrate an understanding of adolescent development with strong pedagogical applications for their students Blending contemporary research on adolescent development with authentic teachers voices the authors demonstrate methods for how to successfully observe understand engage and teach adolescent students particularly around the developmental changes that occur from ages 11 to 15 grades six through ten The book features real world classroom narratives that illustrate the successes and struggles of everyday teachers and details specific teaching practices classroom activities and lesson ideas that help teachers tap into the energy and talents that adolescent students bring to the classroom Featuring narrative case studies from teachers in the field this practical book will be of value to middle and high school educators looking at how the physical and emotional changes experienced by students during adolescence impact their learning It will also support scholars practitioners and students more broadly involved with adolescent development classroom practice secondary learning and equity and inclusion in the classroom

Mindful Learning Linda Campbell, Bruce Campbell, 2009 For teachers who want to use more research based strategies but have little time this book is a gem The simple format great diagrams additional reading sources and research supported strategies are

all time savers for busy educators Pattie Thomas School Improvement Specialist Talladega City Schools AL This book is a teacher's toolbox full of strategies that will strengthen student achievement Once a teacher receives this resource everyone in the school will want a copy Nancy Betler Instructional Support Specialist Charlotte Mecklenburg Schools NC Discover 101 classroom tested answers to the question How can I make my teaching more effective Educators need a variety of easy to use tools to stimulate and engage students who process information with a variety of learning styles and who may have special learning needs This second edition provides 101 research based instructional strategies that teachers can immediately implement in the classroom to meet heightened accountability mandates and improve student achievement Each technique is compatible with brain based teaching styles and has a proven track record with students of diverse ages languages abilities and socioeconomic status This revised edition features new strategies and graphics based on the latest research on improving learning plus ready to use forms and checklists updated resources a greater emphasis on teaching students in special populations and a reorganized structure that puts specific information at your fingertips Readers will discover ways to Use students prior knowledge Immerse students in active learning experiences and make content relevant Differentiate instruction for diverse learners including English language learners and struggling students Provide gender fair equitable instruction This indispensable manual will help you provide meaningful learning experiences to promote every student's academic success

Choice, 1999 Coaching Applications and Effectiveness in Higher Education Hunaiti, Ziad, 2021-06-25 Coaching has become such a ubiquitous concept that it can connote any professional practice for empowering people and unlocking their potential to make the most of their performance and achieve their goals This can be accomplished by establishing collaborative relationships between the coach and coachee the person being coached based on the effective communication and professional skills of the coach which include the ability to create a safe environment ask effective questions pay attention listen actively keep an open mind stay non judgmental paraphrase challenge and give and accept constructive feedback while remaining respectful The higher education sector is one of the key areas that can benefit from adopting coaching practices Coaching Applications and Effectiveness in Higher Education provides relevant applications of coaching and their effectiveness within the sector of higher education This branches out to teaching and learning and involves students staff and staff development Chapters include information on coaching models coaching in blended environments and with technology coaching effectiveness and coaching equity This book is ideal for researchers working in the field of coaching and higher education in different disciplines coaches HR and management policymakers researchers academicians and students who want to improve their understanding of where coaching can be applied in higher education and its effectiveness

Revolutionizing Inclusive Education: Mindfulness, Neurodiversity, and Executive Functioning Skills Efthymiou, Efthymia, 2024-08-21 The push for inclusivity has revolutionized educational practices policies and frameworks Schools are no longer merely institutions that impart knowledge they are shaping societal values

promoting social justice and preparing students to progress This evolution is driven by the understanding that inclusive education benefits all students not just those with disabilities or special needs It promotes empathy reduces prejudice and equips students with the skills to contribute to a complex interconnected world Revolutionizing Inclusive Education Mindfulness Neurodiversity and Executive Functioning Skills explores the life changing potential of inclusive education With a strong emphasis on the word revolutionizing the book challenges traditional practices and conventional thinking in the field of inclusive education By integrating mindfulness practices understanding neurodiversity and developing executive functioning skills the book offers a fresh and innovative approach to inclusive classrooms Covering topics such as assistive technology neurodivergent learners and student well being this book is an essential resource for academicians researchers school administrators educators preservice teachers and more

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R R Bowker Publishing,1999-03 *Yoga Psychology: The Science Of Mind, Emotion, And Consciousness* Dr. Dhananjay Kumar Jain, Yoga Psychology The Science of Mind Emotion and Consciousness is a concept and in some cases a course or book centered on integrating the ancient wisdom of yogic philosophy with modern psychological insights This fusion explores how the mind works how emotions arise and can be managed and how consciousness can evolve through spiritual practice Asana and Pranayama to regulate energy and emotions Meditation Dhyana to gain mastery over the mind Self inquiry Svadhyaya to examine the roots of behavior and belief Detachment Vairagya and Discrimination Viveka as tools for inner freedom *Choice's Outstanding Academic Titles, 1998-2002* Rebecca Ann Bartlett,2003 Personal Competences in the Academic and Work Environment: Advancing Towards Psychological Wellbeing María del Mar Molero Jurado,María del Carmen Pérez-Fuentes ,Carol D. Ryff,Pablo Molina,2025-09-01 A behavioral repertoire composed of personal competencies such as emotional intelligence self awareness self esteem resilience assertiveness and autonomy has been considered crucial for positive personal and individual development These competencies support healthy psychological functioning and have a positive impact on promoting the health and psychological well being of individuals The relevance of psychological well being is not limited to the absence of psychological distress but implies a state of fulfillment and satisfaction in the various domains of a person s life Personal competencies are therefore a crucial skill for people s lives in general and in the academic and work environment in particular It has been found that professionals in any field of work with good levels of personal competencies experience greater job satisfaction better management of demanding situations and less job burnout

Mindful Learning Dr Craig Hassed,Dr Richard Chambers,2014-01-10 Mindfulness is increasingly being used in educational environments as a proven way to help students learn more effectively develop personally enhance their physical and emotional health and deal with study and exam related demands Written by two leading experts with many years of personal and clinical experience Mindful Learning provides practical insights and exercises on how to apply mindfulness in any educational setting The result is a book that clearly sets out how you can manage stress improve performance enhance

communication develop more meaningful relationships unlock creativity improve mental flexibility and problem solving ability and use technology wisely Whatever your age whatever your learning environment mindfulness can make a positive difference and Mindful Learning shows you how Promoting Mindfulness and Well-Being with Indian Psychology Sathiyaseelan, Anuradha, Balasundaram, Sathiyaseelan, 2024-02-14 The need for comprehensive insights into mindfulness and well being within the context of Indian psychology is a pressing issue The immense stressors of modern life and the ever expanding demands on academic scholars underscore the urgency of addressing mental and holistic health Despite the ancient roots of mindfulness practices in Indian psychology there remains a gap in understanding their contemporary applications and integration into diverse academic disciplines Promoting Mindfulness and Well Being with Indian Psychology is a groundbreaking book that offers a timely and much needed solution to the challenges faced by academic scholars Edited by leading experts in the field each chapter serves as a beacon illuminating the path to mindfulness and well being within a scholarly context From theoretical foundations to practical applications the book provides a roadmap for scholars to enhance their academic pursuits but prioritize their mental emotional and physical health This book is not just a resource it is a transformative tool that empowers scholars to navigate the complexities of academia with mindfulness fostering a culture of well being that extends beyond research papers and lecture halls For those seeking a holistic approach to academic success and personal fulfillment this book is the compass that points the way

TRIZ 01-01-2015, TRIZ 1926 1998 14 TRIZ s 4P 1 press 2 process 3 person 4 product Descriptor s CREATIVE THINKING CREATION PROBLEM SOLVING EDUCATIONAL PSYCHOLOGY TEACHER TRAINING TEACHERS **Handbook of Research on Clinical Applications of Meditation and Mindfulness-Based Interventions in Mental Health** Gupta, Sanjeev Kumar, 2021-08-27 Mental health has been a growing concern in society but recently has further come to light due to the COVID 19 pandemic and its effects on societal well being With mental health issues such as depression on the rise professionals need to implement new techniques that are effective in reducing psychological problems and enhancing psychological well being The integration of meditation and mindfulness techniques presents new methods for providing psychological intervention to alleviate psychological distress Clinical Applications of Meditation and Mindfulness Based Interventions in Mental Health presents mindfulness based interventions in clinical and non clinical conditions This book disseminates evidence based practices in the area of meditation and mindfulness to mental health professionals for the advancement of the mental health discipline and the benefit of students and trainees Covering topics including mindful parenting mediation trauma informed work and psychological trauma recovery this book is essential for mental health practitioners therapists psychologists counselors meditation specialists professionals students researchers and academicians

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