

"Could radically  
change our concept  
of learning."

—James Hansen

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# The Power of MINDFUL Learning



ELLEN J. LANGER

—Robert Prosen

# Power Of Mindful Learning

**Kathleen A. Travers**



## **Power Of Mindful Learning:**

*The Power of Mindful Learning* Ellen J. Langer, 2016-04-05 Radical in its implications this original and important work may change forever the views we hold about the nature of learning In *The Power of Mindful Learning* Ellen Langer uses her innovative theory of mindfulness introduced in her influential earlier book to dramatically enhance the way we learn In business sports laboratories or at home our learning is hobbled by certain antiquated and pervasive misconceptions In this pithy liberating and delightful book she gives us a fresh new view of learning in the broadest sense Such familiar notions as delayed gratification the basics or even right answers are all incapacitating myths which Langer explodes one by one She replaces them with her concept of mindful or conditional learning which she demonstrates with fascinating examples from her research to be extraordinarily effective Mindful learning takes place with an awareness of context and of the ever changing nature of information Learning without this awareness as Langer shows convincingly has severely limited uses and often sets one up for failure With stunning applications to skills as diverse as paying attention CPR investment analysis psychotherapy or playing a musical instrument *The Power of Mindful Learning* is for all who are curious and intellectually adventurous

*Power of Mindful Learning* Ellen J. Langer, 1997      *Mindful Education* Charlene Tan, 2021-06-30 This book provides original ideas and practical recommendations for educators in a post pandemic world We live in a world that has been upended by the COVID 19 pandemic Students around the globe have been besieged by disruptions that threaten not only their academic learning but also their mental emotional and interpersonal well being In the midst of pressing and mounting challenges how can schools ensure the total wellness of all their students Beyond reactive piecemeal and short term measures how can schools enact mindful education that pays attention to wholeness in every student Extending the current research on well being and mindfulness this book draws insights from Confucian and Christian traditions These two traditions have been selected as they are widely seen to represent and have impacted Eastern and Western civilisations respectively for millennia Informed and inspired by Confucian and Christian perspectives this book proposes that mindfulness is an orientation towards wholeness where one experiences harmony and shalom peace Mindful education is realised through A school community of renewed humanity and agape love A transforming curriculum that centres on dao way and imago dei god's image Empathic teachers who are motivated by shu putting oneself in the other's place and the Golden Rule do to others as you would have them do to you and Self directed learners who develop themselves through xiuji self cultivation and spiritual disciplines Applying ancient wisdom to contemporary settings this book on promoting student well being through mindful education is a useful resource for policymakers educators researchers and general readers

*Dear Parents* Dr. Malick Kouyate, 2014-05-09 This book is written for parents who are willing to help their teens to love all those who love them forgive all those who hurt them be peaceful culture consumers re align their learning to their true calling treasure their priceless inner treasure sing out loud and share constructively their lifelong most favorite love song

Integrating Mindfulness into Anti-Oppression Pedagogy Beth Berila, 2023-12-01 Drawing from mindfulness education and social justice teaching this book explores an effective Anti Oppression pedagogy for university and college classrooms Authentic classroom discussions about oppression and diversity can be difficult a mindful approach allows students to explore their experiences with compassion and to engage in critical inquiry to confront their deeply held beliefs and value systems This engaging book is full of practical tips for deepening learning addressing challenging situations and providing mindfulness practices in anti oppression classrooms In this fully revised edition Dr Berila positions discussion in the current context and expands exploration of power and implicit bias transformative learning and trauma Integrating Mindfulness into Anti Oppression Pedagogy is for all higher education professionals interested in and teaching Social Justice pedagogy that empowers and engages students in the complex unlearning of oppression

**Mindful Learning: Addressing Concentration Challenges in Childhood** Shubha Shant, 2025-06-14 This book Mindful Learning Addressing Concentration Challenges in Childhood is born of that listening The chapters gathered here are offerings from many wise voices educators researchers thinkers each seeking not to fix the child but to understand the subtle landscapes within which learning happens We begin with the inner terrain of attention travel through the shadows of distraction move gently into practices of presence and ascend toward new pedagogical possibilities Finally we arrive at a quiet culmination replete

**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

*Handbook of Mindfulness in Education* Kimberly A. Schonert-Reichl, Robert W. Roeser, 2016-02-29 This handbook addresses the educational uses of mindfulness in schools It summarizes the state of the science and describes current and emerging applications and challenges throughout the field It explores mindfulness concepts in scientific theoretical and practical terms and examines training opportunities both as an aspect of teachers professional development and a means to enhance students social emotional and academic skills Chapters discuss mindfulness and contemplative pedagogy programs that have produced

positive student outcomes including stress relief self care and improved classroom and institutional engagement Featured topics include A comprehensive view of mindfulness in the modern era Contemplative education and the roots of resilience Mindfulness practice and its effect on students social emotional learning A cognitive neuroscience perspective on mindfulness in education that addresses students academic and social skills development Mindfulness training for teachers and administrators Two universal mindfulness education programs for elementary and middle school students The Handbook of Mindfulness in Education is a must have resource for researchers graduate students clinicians and practitioners in psychology psychiatry education and medicine as well as counseling social work and rehabilitation therapy

**Creativity in Education** Anna Craft,Bob Jeffrey,Mike Leibling,2001 The UK Government s publication of All our Futures Culture Creativity and Education has started a discussion about fostering creativity in education Literature on creativity has made two assumptions that we can learn about creativity by focussing on the work of geniuses and creativity is the preserve of the arts rather than the concern of the curriculum as a whole This examination offers a guide to issues of practice pedagogy and policy concerned with creative eduction *Portal* ,2004 *Mental Fitness for Life* Sandra A. Cusack,Wendy J. A. Thompson,2005 With a decade of research workshops and international presentations behind them Dr Sandra Cusack a leading researcher in gerontology and Wendy Thompson M A an educational gerontologist stand at the forefront of the mental health movement with their Mental Fitness for Life Program Mental Fitness for Life introduces the 7 Steps to Healthy AgingGoal Setting Power Thinking Creativity Positive Mental Attitude Memory and Learning Speaking Your Mind and Mentally Fit for Life By following these practical steps you can maintain an active flexible mind Endorsed by international leaders in the Mental Fitness movement this guide provides up to date practical information along with puzzles and quizzes that have been tested to improve mental fitness at any age Sandra Cusack and Wendy Thompson have won the following awards the 1997 Research Award for Innovative Programming in Seniors Centres from the National Council on Aging Washington D C the 2004 Educators Award from Delta Kappa Gamma International and the 2005 MindAlert Award from the American Society on Aging and the National Council on Aging

**Entrepreneurship** Maria Minniti,2007 Covering the full spectrum of entrepreneurship at the individual enterprise and macroeconomic levels this text features contributions from scholars and practitioners and has a global perspective It integrates theory and practice to showcase emerging trends ideas insights and issues

**Learning Success** Carl Wahlstrom,Brian K. Williams,1999 Shows users how the keys to success in higher education are also the keys to success in life Conversely this text shows how the same academic and personal skills for college success will also ensure their success in their professional careers and personal lives *Teaching Passionately* Joan Wink,Dawn Wink,2004 In an age of standards based curriculum and assessment what can each teacher do to maintain the passion and creativity of teaching and learning Concise portraits demonstrate the value of passionate pedagogy in action Stories of classroom experience from K 12 encourages students to connect principals and practices

**Qualitative Inquiry**

**in Geoscience Education Research** Anthony D. Feig, Alison Stokes, 2011      Educational Psychology Robert J. Sternberg, Wendy Melissa Williams, 2010 Written with an emphasis on helping readers understand and develop expertise in both teaching and learning this book focuses on the science of educational psychology and the art of what it takes to become an expert teacher      **Philosophy of Education** Philosophy of Education Society (U.S.), 1998      **The Storytelling Classroom** Sherry Norfolk, Jane Stenson, Diane Williams, 2006-09-30 Consisting of a series of essays written by storytellers who work in the classroom as well as teachers who use storytelling in the classroom this title addresses specific curriculum areas and includes practical easily replicable lesson plans Also included is a review and explanation of the current research on the value of storytelling in the classroom in teaching the whole brain using the multiple intelligences and the integration of thinking in the left and right brain It makes valid connections to educational standards in curriculum areas Topics addressed are from the dual viewpoints of storytellers and educators The Storytelling Classroom is an inspiring practical and immediately applicable collection of preK through eighth grade lesson plans by and for teachers and media specialists who use storytelling in the classroom and storytellers who work in the classroom Each lesson plan is linked to National Standards in Language Arts Social Studies Math or Science and accompanied by an essay which provides a glimpse of the alchemy that occurs when students teachers and story are brought together student engagement classrooms that are alive with thinking students LEARNING      **Exploring the Development of Teacher Identity** Kathleen A. Travers, 2000      *Book Review Index* Gale Group, Thomson Gale Staff, 1999-09 Book Review Index provides quick access to reviews of books periodicals books on tape and electronic media representing a wide range of popular academic and professional interests Book Review Index is available in a three issue subscription covering the current year or as an annual cumulation covering the past year

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