A bit about me

Top 5 Strengths
- Relator
- Strategic
- Individualization
- Positivity
- Maximizer
What I hope you reflect on...

• Basic concepts of mindfulness
• Transfer of learning from one life context to another
What is Mindfulness?

• “Mindfulness is paying attention in a particular way; on purpose, in the present moment, and non-judgmentally.”

  » Jon Kabat-Zinn
7 Attitudes of Mindfulness

- Acceptance
- Patience
- Non-striving
- Trust
- Letting Go
- Non-Judging
- Beginner’s Mind
Mindfulness and Assessment

• Paying attention
• Waiting for the data before responding
Three Key Concepts

- Responding vs. Reacting
- A Child’s Mind
- Affectionate Detachment
Respond vs. React
Data Dialogue (Response)

- Data Summary
- Overview of context

Noticing
- Observations of the data
  - "I notice that students reported learning…"

Wondering
- "I notice that students didn’t answer this question. I wonder if you phrased it differently if they would."

Action
- Identify changes to:
  - the assessment
  - the program

- Creates a community of practice
- Decreases defensiveness
- Increases shared ownership
- “Blameless Autopsy”
A Beginner’s Mind

• A mind that isn’t already made up
• Open to curiosity, discovery
• Observing
• Being willing not to be an expert
A Beginner’s Mind

• “We lose something very vital in our lives when it is more important to us to be ‘the one who knows’ than it is to be awake to what’s happening” – Abbess Zenkel Blanche Hartman
Affectionate Detachment

• Caring, but recognizing that control is an illusion
• Committed to being open to seeing things through students’ eyes
“The best way to capture moments is to pay attention. This is how we cultivate mindfulness. Mindfulness means being awake. It means knowing what you are doing.” — Jon Kabat-Zinn