



FD Workshop

Taking Time to Breathe: Mindfulness in the Classroom

by Dr. Yui Suzuki

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Date : Wednesday, May 9 2018

Time : 17:00~18:30 Room : 10-301

Contemplative practices, including mindfulness, have been proven to increase focus and attention, and to promote active and engaged thinking. Today, many universities and colleges are incorporating meditation and other type of mindfulness practices as a key component of their liberal arts programs. In this presentation, I will provide an overview of contemplative pedagogy in higher education, explaining both its significance and benefits. I will then explain how mindfulness and introspective practices can be applied in one's classroom and curricula to enhance a deep and meaningful learning experience.



Dr. Yui Suzuki holds a B.A. in Religion and Philosophy and M.A. in Asian Studies from Sophia University, Tokyo, Japan and a Ph.D. in Art History from the University of California, Los Angeles. She was Associate Professor in the Department of Art History and Archaeology at the University of Maryland, College Park, where she taught from 2006–2017, and also served as Director of Undergraduate Studies from 2014–2017. With her former colleague Renée Ater, Suzuki recently co-founded Aun Learning and Research, a consulting service which provides presentations and day-long workshops about art and mindful practices for colleges and universities, museums, art spaces, and other organizations