

Developing Internal Technology: Using Meditation in the Classroom

Contemplative practices such as yoga, mindfulness, and meditation have grown in popularity in Western culture. These practices have shown to promote a number of benefits including a more robust sense of well-being, reduced stress, emotional regulation, and improvements in cognitive functions – specifically focus and concentration. In this Participant Idea Exchange, I will share some of my experiences implementing meditation in the classroom and hope to engage in dialogue about different forms of contemplative learning with students.

How might meditation or contemplative practices influence student learning?

How might meditation change the classroom atmosphere and approach to learning?

Benefits:

- Helped introduce the practice
- Allowed for feedback so students could improve
- Reduced stress levels – helped students feel better
- Provided a brief respite - “short moment of peace in a hectic day”
- Students felt more energized
- Helped students focus, reorient, and reconnect to themselves
- Some liked practicing in a group – seemed to produce a synergistic effect when practicing together.

Detriments:

- Some felt self-conscious around others
- One person felt vulnerable
- Outside noises can be distracting.

Discussion

- The benefits from using meditation in class seemed to far outweigh any detriments.
- Most students wanted to practice more in class as it helped them focus and reduce stress.

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