

Participant Idea Exchange I: Virtual

Friday, November 5th, 2021

10:00am – 11:00am

Incorporating Mindfulness Meditation into Psychology Courses

Renee N. Saris-Baglama, Justine N. Egan-Kunicki, Amanda Vanner,
and Lynne Andreozzi Fontaine

Community College of Rhode Island

With growing concerns about college students' mental health, some research suggests that mindfulness meditation may be an effective health promotion intervention in higher education. In this participant idea exchange, we will share our experiences of how we have introduced and/or integrated mindfulness meditation into our diverse psychology courses (e.g., General Psychology, Developmental Psychology, Educational Psychology, Theories of Personality) and exchange ideas for how to give students practical information, training, and opportunities for practice to enhance their well-being.

Discussion Questions:

- 1) Do you discuss the topic of mindfulness meditation in your courses? If so, how? If not, where and how do you think you could integrate it?
- 2) Do you teach courses where mindfulness isn't discussed but where you could see a way to integrate it (e.g., statistics or research methods course, or others)?
- 3) What are some of the lessons you've learned from integrating mindfulness meditation lessons or practices into your classroom? What advice do you have for best practices?

Resources: Table 1 highlights resources that might be shared with students or used to help you develop class activities related to the practice of mindfulness meditation. The apps and sample meditations might be of particular interest to your students as they contain resources for beginners *and* advanced meditators.