



# Join us!

at the  
Center for Contemplative Studies



## Mindfulness as Pedagogy: Reflective Thinking and Learning

**Online Seminar • Saturday, April 18, 2020 • 10:00 – 12:00 pm**

Today, the average seventh grader with a smartphone probably has access to more information than a sitting US President in the pre-internet days. We live in a fast-paced world where stress and anxiety among students are increasing because of the demands of our information society.

Mindfulness-based practices can help students become aware not only what is going on in any given moment but also help them develop deeper capacities for self-knowledge reflection. Education often seeks to help students develop critical thinking skills for critical intelligence (IQ) while neglecting the “reflective thinking” necessary for social and emotional intelligence (EQ).

This presentation will examine ways that educators can use mindfulness and reflective thinking as a pedagogical bridge between IQ and EQ.

**Dr. Rick Poce** is the Director of Character Development at the Malvern Preparatory School. He has been an educator for 20 years serving in administrative and teaching roles in secondary education and college. His doctoral research dealt with how curriculum and pedagogy foster empathy in students. He holds Master's Degrees in Philosophy and Religious Studies, and has completed a Certificate in Applied Mindfulness. Rick uses mindfulness-based practices to help students develop the capacity for critical reflection and well-being.



Registration is Free. [Register Here](#)

Join seminar via [Zoom link](#).

For more information and password contact [CCS@wcupa.edu](mailto:CCS@wcupa.edu)



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