

Spotlight on: The Center for Contemplative Studies

Countless research studies have documented the benefits of mindfulness and mindful meditation but in our fast-paced and often frenetic lives, we often forget to live in the moment. WCU opened the Center for Contemplative Studies in 2011, with the mission to create a culture for students, faculty, and the community to understand, apply and create a contemplative approach to life and learning.

“Students who complete courses on contemplative and meditative practices see positive changes in emotional regulation and self-compassion, according to recent studies conducted at the center,” said Don McCown, co-director of the center and an assistant professor of integrative health.

Recently, the center received its largest gift ever -- \$250,000 from Pat and Diane Croce. Pat Croce is a WCU alumnus, former Philadelphia 76ers minority owner, and successful entrepreneur, who reported that he discovered mindfulness last year, after he turned 60 and stopped to take stock of his life.

“I am very grateful for this generous gift by the Croces, which will help raise awareness of the Center for Contemplative Studies both on and off campus, fund faculty release time and graduate assistants, and provide center staff with mental health first aid training,” said McCown.

“I have wondered what my 20-year-old self might have done with this knowledge while at WCU, but if my mindfulness practice has taught me anything, it is to live in ‘the now,’ not the past,” said Croce before leading a guided meditation for more than 250 WCU students, faculty and staff at the West Chester University Foundation headquarters last month.

Curious as to how contemplative studies could benefit you today? Check out the center’s calendar of events:

http://www.wcupa.edu/_ACADEMICS/HealthSciences/ContemplativeStudies/. Current offerings include a one-hour mindful movement class and one-hour mindful meditation, both offered four times a week.