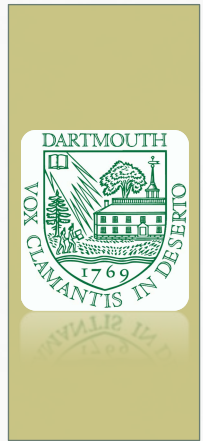


FOSTERING CONTEMPLATIVE LIFE
SKILLS ON A COLLEGE CAMPUS
OUTSIDE THE CLASSROOM

DARTMOUTH COLLEGE



DARTMOUTH COLLEGE



THE TUCKER FOUNDATION AND THE DARTMOUTH MINDFULNESS PRACTICE GROUP (MPG)

- ❖ The William Jewett Tucker Foundation is Dartmouth's Center for Service, Spirituality, and Social Justice. We are busy but we make room for reflection, mindfulness, learning, and practice.
- ❖ MPG meets weekly across many traditions for an hour to meditate together; to discuss a shared reading; and to discuss our practice.
- ❖ We collaborate with one another to foster contemplative practice among students, staff, and faculty.



CAMPUS COLLABORATIONS – STUDENT AFFAIRS, STUDENT GROUPS, FACULTY

- ❖ Sitting--Any activity can include a contemplative strand—bell, raisin, photo, poem, cushion, testimonial, writing prompt, markers.
- ❖ Tucker Leaders in Community--mindful pizza, meditation, self care, cultivating community as first year students.
- ❖ Health Promotions—Mindful Motivational Interviewing; student MBSR; mindful drinking?
- ❖ Dean of the College area—Mentoring With Purpose summit and discussion groups.
- ❖ Dartmouth Center for the Advancement of Learning—faculty development (Arthur Zajonc, David Levy)
- ❖ Ethics Center—Multiple speakers in lectures; classes; retreat days; meals together.
- ❖ Toughest: With HR to offer MBSR for staff and faculty. Actually just advertised 3-session offering.

SPIRITUALITY AND THE INNER SELF

- ❖ Office of Religious and Spiritual Life connections with contemplation and mindfulness: prayer, worship, meditation, pilgrimage and service.
- ❖ Supporting and Deepening contemplation across campus
 - "There is no place on campus where I can go to cry."* (Dartmouth student)
 - Student Mindfulness Group with faculty and staff advisors
 - "Journey Inward-Journey Outward" group
 - "Actively Moving Forward" student bereavement group
 - "Dartmouth on Purpose" (Dean's Office)
- ❖ Bridge building among various mindfulness efforts on campus.
- ❖ Co-sponsoring special programs to bring curricular and co-curricular together—
Jon Kabat-Zinn, Tibetan monks, and upcoming visit with Joan Halifax.
- ❖ Supporting all of this is our own group practice.



CONTEMPLATIVE PRACTICE AND OUTDOOR PROGRAMS, ATHLETICS, EXERCISE

- ❖ Over 95% of incoming students participate in 4-day trip in local wilderness – developing initial relationship with the local environment at Dartmouth
- ❖ Sensory awareness training currently utilized in some Outdoor Programs courses – i.e. traditional skills, tracking, navigation
- ❖ Goals for Outdoor Programs: specific trips and courses incorporating training in mindfulness and sensory awareness, allowing formal recognition and training in this aspect of outdoor experience.
- ❖ Goal for Athletics: Training in mind-body awareness, mindfulness and other contemplative disciplines for performance enhancement available to interested athletes
- ❖ 'Mindful exercise' – mind-body awareness infused in exercise culture on campus, leading to more integrated, beneficial exercise and reduction of exercise disorders and injuries

ASSESSMENT AND ASPIRATIONS: A MORE MINDFUL CAMPUS

- ❖ Assessment: Nascent. Tucker Foundation Survey available
- ❖ Faculty and staff are oriented to their work mindfully
- ❖ Space and time are set aside for reflection and meetings are conducted mindfully
- ❖ Student orientation is mindful
- ❖ Community service, leadership, and physical and leisure activities have a mindful thread
- ❖ Students learn loving kindness in residence halls
- ❖ Students contemplate their futures mindfully
- ❖ Faculty and staff inside and outside of classrooms model mindful approaches...

QUESTIONS, COMMENTS, RESOURCES

- “Meditation Transforms Roughest High Schools,” <http://www.sfgate.com/opinion/openforum/article/Meditation-transforms-roughest-San-Francisco-5136942.php#src=fb>
- Tara Brach, Radical Acceptance, 2003; True Re
- The Bringing Theory to Practice project of the American Association of Colleges and Universities, http://www.aacu.org/bringing_theory/index.cfm
- Christopher Germer, The Mindful Path to Self-Compassion, 2009
- Thich Nhat Hahn--all
- Jon Kabat-Zinn, Mindfulness for Beginners, 2012; Wherever You Go, There You Are, 2005
- Jack Kornfield, The Wise Heart, 2008
- Parker Palmer and Arthur Zajonc, The Heart of Higher Education, 2010
- Mary Pipher, Writing to Change the World, 2006
- Rodro Rinzler, The Buddha’s Brain, 2012
- Tim Ryan, A Mindful Nation: How a Simple Practice Can Help Us Reduce Stress, Improve Performance , and Recapture the American Spirit
- Sharon Salzberg, Lovingkindness, 1995
- “Wake Up International Tour”
- Mark Williams, et al, The Mindful Way Through Depression, 2007