

Community College Faculty Self-Care Tips To Avoid Burnout by Forming Meaningful Connections

By: Beatriz Gonzalez, Sheela Vemu, Manisha Ranade & Kusali Gamage
FL-C LSRCE 2021 Mindsets for STEM Conference

REFERENCE MATERIALS

- Eckhart Tolle, “The Power of Now”
- Thich Nhat Hanh, “Present Moment Wonderful Moment: Mindfulness Verses for Daily Living” or any of his other books or podcasts
- Canvas course in Commons, “Mindfulness for success” – may copy modules to any course in Canvas
- <https://www.uclahealth.org/marc/> repository of guided meditations
- <https://mindfulness.ufl.edu/index.php/research> research information on benefits
- Gouda, S., Luong, M. T., Schmidt, S., & Bauer, J. (2016). Students and teachers benefit from mindfulness-based stress reduction in a school-embedded pilot study. *Frontiers in psychology*, 7, 590.
- Noland, C. M., Talgar, C., Speed-Wiley, J., & Depue, J. (2017). Practicing contemplative gratitude in university classrooms: Student learning and happiness outcomes. *The Journal of Contemplative Inquiry*, 4(1).
- Ragoonaden, K. (2017). A pedagogy of well-being: Introducing mindfulness to first year access students. *The Journal of Contemplative Inquiry*, 4(1).
- Zastavker, Y. V., & Venkatesh, M. J. (2020, October). Democratizing Engineering Education Through Contemplative and Mindfulness Practices. In 2020 IEEE Frontiers in Education Conference (FIE) (pp. 1-4). IEEE.