



**CONTEMPLATIVE SCIENCES CENTER**  
UNIVERSITY *of* VIRGINIA



## **Spring 2022 Highlights Reel**

### ***Student and Faculty Flourishing***

This week we offer in-depth stories and news with a focus on faculty and student voices.

Discover what's in store for the 2022 Contemplative Institute for Teaching and Learning which offers faculty the opportunity to explore how pedagogy can support student flourishing, enhance their own well-being, and foster engagement with some of the most pressing issues of our time. We've also included related articles highlighting the powerful ways in which faculty are implementing what they've learned from the previous year's contemplative institute.

Dive into a feature on "The Science of Happiness," an academic class offering students the opportunity to spark happiness in themselves and their peers.

Hear from student-athletes about their work effecting positive change in their lives and in their communities.

We've also engaged two CSC interns in the creation of these articles. So read on!

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### **SUPPORT CSC PROGRAMMING**

Gifts to our Annual Fund promote student and faculty flourishing. Thank you for your support!

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## A FOCUS ON FACULTY TEACHING & LEARNING

### *A Partnership with the Center for Teaching Excellence*

The Contemplative Institute for Teaching & Learning: Exploring Our Edges will be held August 8-12, 2022 and is open to faculty and instructors from across the country. The institute welcomes college instructors who have been practicing contemplative pedagogy for two or more years and offers a reflective framework to center contemplative processes in support of critical thinking, creative expression, problem solving, ethical action, and systems transformation.

*Read what faculty are saying here.*

**LEARN MORE & REGISTER**



## STUDENTS SPARK HAPPINESS

### *A six-year partnership between CSC and course instructors to foster student flourishing*

UVA's Science of Happiness course (EDHS 4810) aims to help students become happier. Read how the course ignites student curiosity about navigating challenges and helps them discover ways to increase their satisfaction with life. In this article, you'll learn how two students have learned to expand their definitions of joy and what they've learned about overcoming obstacles.

**LEARN MORE**

## THE WHOLE STUDENT-ATHLETE



### *Students Helping Students and Their Communities*

Now in its second year, the Citizen Leaders and Sports Ethics Community Impact Fellowship offers UVA student-athletes an opportunity to develop the kind of personal and professional skills they'll need to flourish in their lives after UVA while empowering them to help others. In this article, we explore the ways three student-athletes are addressing challenges faced by their peers in areas including racial justice; authenticity and mental health; and mentorship and belonging.

[LEARN MORE](#)

## CALENDAR

**May 2: Final Virtual Meditation on the Lawn of the semester, led by Kim Penberthy**

**7:45-8:00am (ET). [Learn more & register](#)**

**August 8-12: The Contemplative Institute for Teaching & Learning**

**[Learn more & register](#)**



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