



CONTEMPLATIVE SCIENCES CENTER

UNIVERSITY *of* VIRGINIA



REGISTER FOR "THE CONTEMPLATIVE INSTITUTE FOR TEACHING & LEARNING: EXPLORING OUR EDGES"

August 8-12, 2022

This in-person institute, co-sponsored by CSC and the Center for Teaching Excellence, welcomes college instructors who have been practicing contemplative pedagogy for two or more years.

Participants will explore how contemplative pedagogy can support student flourishing and enhance their own well-being while engaging with some of the most pressing issues of our time—from environmental degradation to social inequities and increased social and political polarization. Together, participants will reflect upon their own contemplative journeys to discern the best ways to reduce harm, live in alignment with their values, and use power with care in the classroom and beyond.

[LEARN MORE & REGISTER](#)

SUPPORT CSC PROGRAMMING

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

DONATE \$25

DONATE \$50

DONATE \$100

IN PRAISE OF THE CONTEMPLATIVE INSTITUTE

As an associate professor of Chinese, Ran Zhao knows that an essential part of learning a new language is encouraging her students to speak in front of others. But Zhao sees her students



struggle with doing so, because taking that kind of a risk in class often leads to mistakes—mistakes that feed into students' fear of failure or a sense of needing to be perfect.

[READ THE ARTICLE](#)

CALENDAR

August 8-12: Contemplative Institute for Teaching & Learning
Learn more & register



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA



[EXPLORE CSC](#)

[CONTACT](#)

[SUBSCRIBE](#)

[GIVE](#)

Copyright © 2021 Contemplative Sciences Center at UVA. All rights reserved.
PO Box 400290
Charlottesville, VA 22904-4290
[view in browser](#)

[Unsubscribe](#)