

# Assessing the Value of Contemplative Education

A talk by **Karen Litfin**, Associate Professor of political science at the University of Washington.

**Monday, 5 March 2018 | 12PM – 1PM** (Lunch will be provided)  
**Yale-NUS College, Tan Chin Tuan Lecture Theatre**

Contemplative Education integrates introspection and experiential learning into academic study in order to support intellectual and social engagement, develop self-understanding as well as analytical and critical capacities, and cultivate skills for engaging constructively with others. Students have experienced it as an aid in focusing attention, improving concentration, grappling with challenging emotions, accessing self-knowledge, and finding inspiration. Dr. Litfin will talk about how you can help students apply their own first-person experiences to what they are learning in your classroom. She will offer examples of specific pedagogies, including: focusing through somatic awareness, integrative thinking through content-based meditations, deep listening, small group practices for collaborative inspiration, and perspective taking. She will also share her own research in assessing the pedagogical value of these practices.

Karen Litfin is Associate Professor of Political Science at the University of Washington. Her books include *Ozone Discourses: Science and Politics in Global Environmental Cooperation* (Columbia University Press, 1994) and *The Greening of Sovereignty* (MIT Press, 1998). In both her research and teaching, she endeavors to integrate the cognitive, emotive, and practical dimensions of sustainability. That commitment led her to write a book on her travels to ecovillages around the world: [\*Ecovillages: Lessons for Sustainable Community\*](#)

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