Transforming Instruction and Curriculum

This course examines two Buddhist-inspired approaches to transforming instruction and curriculum: the Five Qualities of contemplative teaching and learning; and the Ten Aspects of Knowledge. The Five Qualities offer holistic practices and approaches to instruction derived from the traditional Tibetan Buddha Families. The Ten aspects from Nalanda, the ancient Indian university, suggest methods for contemporary curriculum development. We study contemplative pedagogies and how to deepen academic content areas in students’ own classrooms. An essential element is the personal transformation of the teacher from the practices of mindfulness, loving-kindness, and space awareness. Prerequisites: EDU700 and EDU705.

Course Number: EDU735E
Unit: 3.0
Program: Contemplative Education