

Application for Ramapo Mindfulness Fellowship Program

Criteria for the Mindfulness Fellowship

- *Highly motivated to share and learn contemplative pedagogy. (If you have a meditation practice, how have you integrated it into your teaching? If you hope to develop one, how do you see this influencing your teaching?)*
- *Wish to develop or currently engaged in a contemplative practice. The Mind Based Stress Reduction (MBSR) course, offered by the Krame Center each semester, is an integral part of the program. (<https://www.ramapo.edu/kramecenter/community/> for details)*
- *A heartfelt commitment to the college community as demonstrated by service activities.*
- *Serve as an ambassador for mindful living within the College community*

We are seeking a wide, interdisciplinary distribution of faculty, noting that mindful pedagogy can be engaged appropriately across the disciplines. We hope that participants will develop and interest in studies or research on subjects with a contemplative emphasis.

Please submit application to cbowman@ramapo.edu

Name _____

Address _____

City _____ State _____ Zip _____

Office phone _____ Cell phone _____

Email _____

Unit _____ Convening Group _____

Title _____

Please respond to the following questions:

1. Please write a short statement concerning your motivation to participate in the Ramapo Mindfulness Fellows program. Describe your current meditative practice (if you have one) or reasons you would like to develop one. If you have integrated mindfulness or contemplative practice into your courses, please describe. What do you hope to achieve at the completion of the program?

2. What are your expectations for this program? Write a short "statement of purpose" considering your goals for your participation in this program.

Commitment to Program Requires:

- Attendance at a retreat on Mindful Pedagogy in the Spring and/or Fall Semester. Other meetings may be called as needed.*
- Develop or deepen a personal contemplative practice*
- Integrate contemplative practices and philosophy into courses*
- Submit a mindfulness integrated syllabus to program coordinator*
- Submit a reflective report on the experience of integrating mindfulness into your course.*
- Attend an 8-week MBSR Course offered through the Krame Center (tuition covered).
(<https://www.ramapo.edu/kramecenter/community/>)*
- Suggested: Attend ACMHE (Center for Contemplative Mind in Higher Education) conference/retreat in the summer semester (funds available)*

Signature _____ *Date* _____

Note: Information submitted is shared only with the Fellowship Review Committee.