

1116-C5-2170 **John Mitchell*** (jmittchell@clark.edu), Mathematics Department, Clark College, 1933 Fort Vancouver Way, Vancouver, WA 98663. *The Mindfulness Infused Mathematics Class.*

In academic settings, mindfulness skills courses such as “Koru Mindfulness” have been widely adopted to help students reduce stress, enhance focus, and connect their studies with their values during a critical time in their emerging adulthood. The author is in the Koru teacher training program, runs mindfulness courses and workshops for students and staff, and has witnessed the transformative effect mindfulness training can have.

Most students do not have the resources, interest, or time to take a mindfulness course of their own volition. Incorporating mindfulness skills directly into the classroom has strong potential benefits, while requiring careful attention to pedagogy: mindfulness skills need to be carefully selected, condensed, and staged.

A *mindfulness infused* approach will be presented, and detailed for a freshman calculus class. The mindfulness infused course uses short experiential practices to introduce mindfulness at the outset; links mindfulness explicitly and continually to the challenges students face during the course (e.g. developing good study habits or facing test anxiety); and encourages them to uncover mindfulness skills they already have. Future work will further assess and develop this rich framework for enhancing student learning. (Received September 22, 2015)