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Mindfulness Across the Curriculum: From Freshmen to Seniors.

Providing structures and opportunities for our students to develop "slowing down" as a habit of mind offers them enriched learning opportunities. In the primary part of the presentation, Robbie (Professor of English) will use her training in contemplative pedagogies to describe several specific strategies that can be used with students in the classroom and outside of class to help them constructively slow down. Robbie and Mike (Professor of Mathematics) will share a variety of ways they have employed contemplative elements in their courses, including writing courses, mathematics courses, a first-year seminar course and a capstone course. (Received September 22, 2015)