

MINDFUL LEARNING: THE ROLE OF MINDFULNESS IN EDUCATION

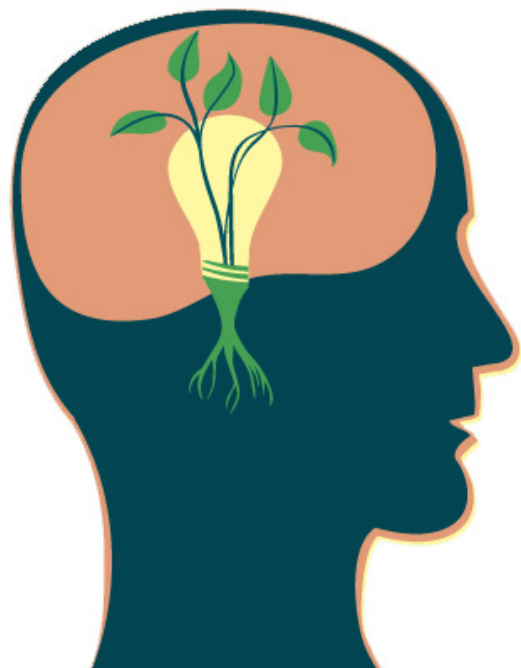
Mindfulness is the ability to peacefully focus on the task at hand, without being hampered by distraction or undue anxiety. For students, such an approach is not only the basis of their learning, but also their mental and emotional health. An international authority in this field, Associate Professor Craig Hassed will draw on his most recent books on mindfulness, especially mindfulness in education, in order to guide parents in the support of their children.

Mindfulness is increasingly being used in educational environments as a proven way to help students:

- > Learn more effectively
- > Develop personally
- > Enhance their physical and emotional health
- > Deal with study and exam-related demands

DETAILS

- > Tuesday 31 July 2018
- > 7.00pm
- > Camberwell Grammar School (Boys)
Camberwell Room
55 Mont Albert Rd, Canterbury
- > **RSVP**
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Associate Professor [Craig Hassed](#) works at the Department of General Practice and is coordinator of mindfulness programs at Monash University. He was the founding president of the Australian Teachers of Meditation Association and is a regular media commentator. He writes regularly for medical journals and has published eleven books including a book written with Richard Chambers, 'Mindful Learning' on the role of mindfulness in education.

