**Faculty Seminar on Contemplative Practices for Higher Education**

**Spring 2024**

**Purposes of the Seminar**

Seton Hall University prides itself on being “a home for the mind, heart, and spirit,” in other words, a place where people are valued and nurtured in the wholeness of their humanity. The university has recently recommitted to this ideal in its new Strategic Plan, which also includes among its guiding principles a commitment to building community and to interdisciplinary and interfaith dialogue and collaboration. In support of these ideals and commitments, the SHU Contemplative Community Initiative seeks to advance the use of contemplative practices on our campuses. The benefits of contemplative practices (e.g., enhancing mental health, prosocial behaviors, attention, self-regulation, and creativity) have been well documented in contemporary research. This seminar will provide training and a space for faculty to share practices and wisdom for promoting learning, community, and holistic wellbeing. More specifically, this seminar will further two objectives of the SHU Contemplative Community initiative:

1. To advance the mental health and well-being of students and faculty.
2. To form holistic, humanistic professionals. This includes forming students to bring their full humanity to their professions and forming faculty to bring their humanity to their research, teaching, and service.

**Program**

The seminar will meet bi-weekly throughout the semester, starting the week of January 29th, at a day and time based on the availability of the participants. Meetings will be held in Teams so as not to exclude faculty from the various campuses. However, in-person meetings are possible if this is the preference of the participants.

Participants will be expected to:

1. Attend the biweekly meetings to discuss research, resources, and practices of contemplative pedagogy and their experiences implementing these at Seton Hall.
2. Present and lead discussion for one seminar session.
3. Submit a written report on how they plan to incorporate contemplative practices in their teaching and/or work at the university.

**Eligibility**

Participants must be full-time faculty members at Seton Hall. Up to 8 seminar participants will be accepted, ideally representing a variety of schools and disciplines.

**Compensation**

Participants will receive a $500 stipend upon completing the seminar and submitting their written report.

**How to Apply**

Send the following information to Jonathan Heaps ([Jonathan.heaps@shu.edu](mailto:Jonathan.heaps@shu.edu)) and Mary Balkun ([mary.balkun@shu.edu](mailto:mary.balkun@shu.edu)).

(1) Name

(2) School/College

(3) Position/Title

(4) In no more than one page, indicate (a) why you are interested in the seminar and (b) how you think engaging contemplative practices might support your teaching and/or work at the university.

Applications should be submitted no later than **November 20, 2023**.  Awardees will be notified by December 1.