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# Mindfulness for Teachers & Student Personnel

**Presenter**  
Andrea Hyde, PhD

*March 25, 2017*

Riverfront Hall 103/104  
Moline, Illinois

## Sponsors

Western Illinois University  
School of Distance Learning,  
International Studies, and  
Outreach  
College of Education and  
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## THE PROGRAM

Why Mindfulness? Mindfulness is the skill of paying attention to the present moment, without judgment. It is associated with a variety of demonstrated health benefits and is currently being used in a variety of educational environments to help students focus their attention, reduce stress and anxiety and have better social interactions.

This experiential workshop presents a history of mindfulness in education, including the roots of various practices, tensions within the movement and various resources available to support mindful practices in educational settings. Attendees will learn secular mindfulness practices including focused awareness, breathing and movement exercises suitable for a variety of educational environments, ages and abilities.

**Objective:** The objective for the program is to give educators the tools to improve student learning and performance. This program is offered to help students focus their attention during class, reduce test-taking anxiety, and improve behavioral interactions in the classroom.

## THE PRESENTER

### Andrea Hyde

Dr. Andrea Hyde is an associate professor of educational studies, teaching courses in social and multicultural foundations of education as well as qualitative research. She studies school-based yoga programs and teacher training programs, and relates this work to critical pedagogy and social justice education. Her policy and curriculum work involves mind-body practices in teacher education and professional development. She provides mindful movement workshops to educators at all levels.

## PROGRAM SCHEDULE

### Saturday, March 25, 2017

- 8:00 a.m. . . . . Registration Check-in  
8:30 a.m. . . . . Welcome  
8:45 a.m. . . . . Opening Practice  
9:30 a.m. . . . . Discussion of Needs  
9:45 a.m. . . . . Background and Research  
10:30 a.m. . . . . Break  
10:45 a.m. . . . . Second Practice Session  
11:00 a.m. . . . . Review of Programs  
11:30 a.m. . . . . Games & Activities  
Noon . . . . . Overview of Resources  
12:15 p.m. . . . . Discussion of Teaching Plans and Continuing Self Practice  
12:30 p.m. . . . . Closing Practice  
12:45 p.m. . . . . Program Evaluation and Conclusion

## GENERAL INFORMATION

### REGISTRATION

The professional **registration fee is \$35**. The registration fee includes four (4) professional development hours, documentation of contact hours, learning materials and workshop attendance. All attendees will receive access to a shared Google folder with research studies, reviews of research, information on programs, training opportunities and free resources for practicing and teaching mindfulness exercises at any level.

Please send in your registration information **by March 22, 2017**, to be assured of all workshop attendance privileges. Complete the attached registration form and return it with credit card information or a check made payable to Western Illinois University. A map is included with the registration confirmation.

### CONTINUING EDUCATION

**Professional Development Hours:** If you are an Illinois public school teacher, you are eligible to receive four (4) professional development hours for participating in the program. You **must** indicate your interest in receiving professional development hours by checking the appropriate box on the registration form. You **must** also complete the required ISBE evaluation form at the conclusion of the program.

**WIU CEUs:** Western Illinois University awards certificates of Continuing Education Units (CEUs) to all participants who request them and who provide their Social Security number to the School of Distance Learning, International Studies & Outreach. This program carries .4 CEUs. If you are requesting WIU CEUs, please contact our office with your Social Security information at (309) 762-3999, ext. 62357 for documentation purposes.

Only registrants attending the full program are eligible for professional development hours granted by WIU.

### ADA COMPLIANCE

WIU is in compliance with the Americans with Disabilities Act of 1990. Please let us know how we can accommodate any special needs you have at least two weeks prior to the workshop date. Please call the Quad Cities Office of the School of Distance Learning, International Studies & Outreach at (309) 762-3999, ext. 62357.

### REFUND POLICY

Western Illinois University reserves the right to withdraw a program because of unforeseen circumstances or insufficient enrollment. If a program is canceled, registrants are notified and all fees are refunded. A \$20 cancellation fee is charged to participants who cancel after **March 22, 2017**. There are no refunds for any cancellations on or after the program date.

### WHO SHOULD ATTEND

This course is open to everyone and is appropriate as professional development for active educators and school personnel at all levels. As an added benefit, educators will practice mindfulness for their own well-being, to develop resiliency and to reduce burn out during this program. Teachers, school administrators and others working in schools would find this program beneficial.

### FURTHER INFORMATION

For further information, call the Quad Cities Office of the School of Distance Learning, International Studies & Outreach at (309) 762-3999, ext. 62357. You can register by phone or fax.

## REGISTRATION FORM

### Western Illinois University Mindfulness for Teachers and Student Personnel

Name \_\_\_\_\_

Professional Title and Affiliation \_\_\_\_\_

Business Address \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

Business Phone (include area code) \_\_\_\_\_

Cell Phone (include area code) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

How did you hear about the program? \_\_\_\_\_

Please indicate what type of documentation you prefer:

- Professional Development – Evidence of Completion  
 WIU Continuing Education Units (CEUs)  
 No documentation needed

### Registration Fee

- Professional registration \$35

### To Register

For phone registration, please call (309) 762-3999, ext. 62357. If sending via faxed registration, please send information to fax number (309) 762-8980.

- Check, payable to Western Illinois University, enclosed  
 Sending check separately

Mail completed form to: WIU-QC, School of Distance Learning, International Studies & Outreach (DLISO), Bldg. C, Rm. 1416E, 3300 River Dr., Moline, IL 61265.

### Registration closes March 22, 2017

Western Illinois University complies with all federal and state nondiscrimination laws, orders, and regulations. Western Illinois University is an Affirmative Action, Equal Opportunity institution and affirms its commitment in all programs and activities to nondiscrimination on the basis of race, sex, religion, age, sexual orientation, marital status, disability, national origin, and status as a disabled veteran or Vietnam Era veteran.