

English taught course **B0 1 12: Mind Full or Mindful? Mindfulness in Education**

Spring Semester 2025 - 26, Tuesday 5.30 pm - 8.30 pm, Lecture Room D7

Gallos University Campus, Rethymnon

Teaching Staff: Vasilaki, E & Vasiou, Aik.

The course explores mindfulness as the practice of intentionally paying attention to the present moment with openness and without judgment. Grounded in psychological, educational, neuroscientific, and well-being research, it examines how non-judgmental awareness strengthens the mind and challenges the assumption that overthinking provides control. Emphasizing the strong connection between mindfulness and education, the course highlights how present and attentive teachers enhance instructional effectiveness, while mindful students experience improved learning quality, focus, and emotional regulation. Drawing on empirical studies, including research on stress, brain development, and neuroplasticity, students examine how mindfulness-based interventions can positively influence cognitive functioning and overall well-being. Recognizing that education extends beyond academic achievement to the holistic development of young people, the course also investigates how schools can cultivate environments that promote resilience, mental health, and positive growth. Finally, it explores practical strategies for implementing mindfulness school-wide through curriculum integration, leadership practices, and administrative best practices.