

# Assessment as Mindful Practice



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# A bit about me



## Top 5 Strengths

- Relator
- Strategic
- Individualization
- Positivity
- Maximizer



Mind Full, or Mindful?

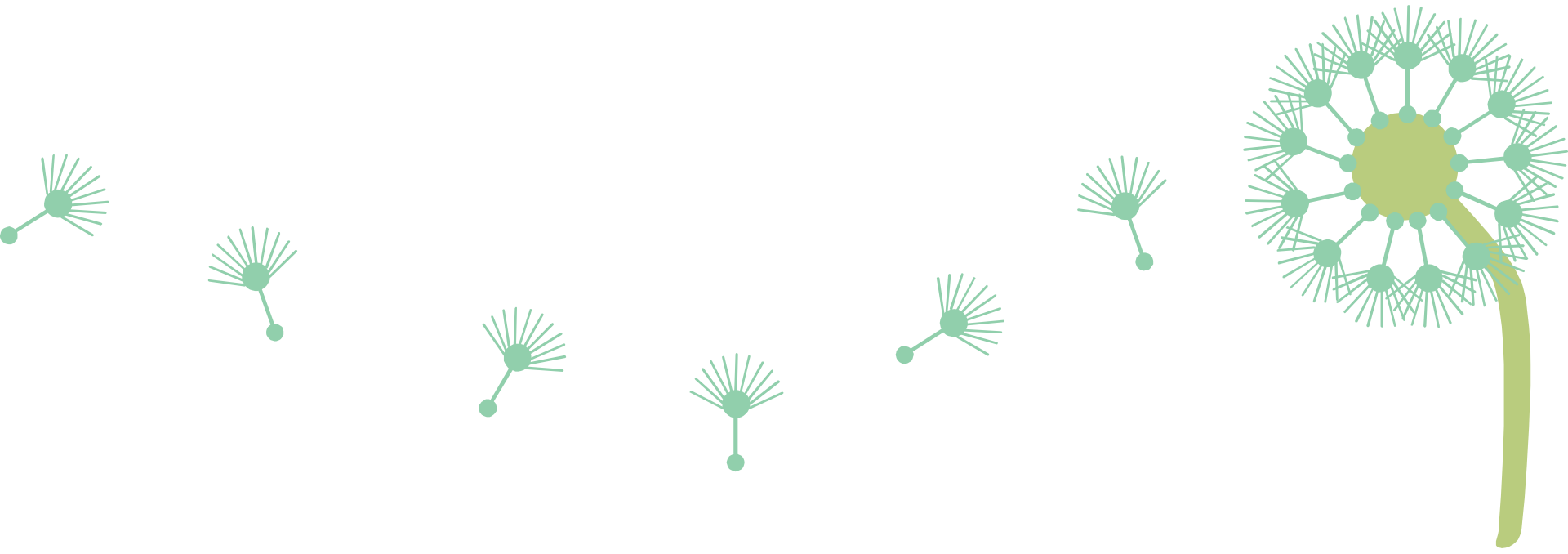


Happy Thoughts Travel Fast (HTTF)



# What I hope you reflect on...

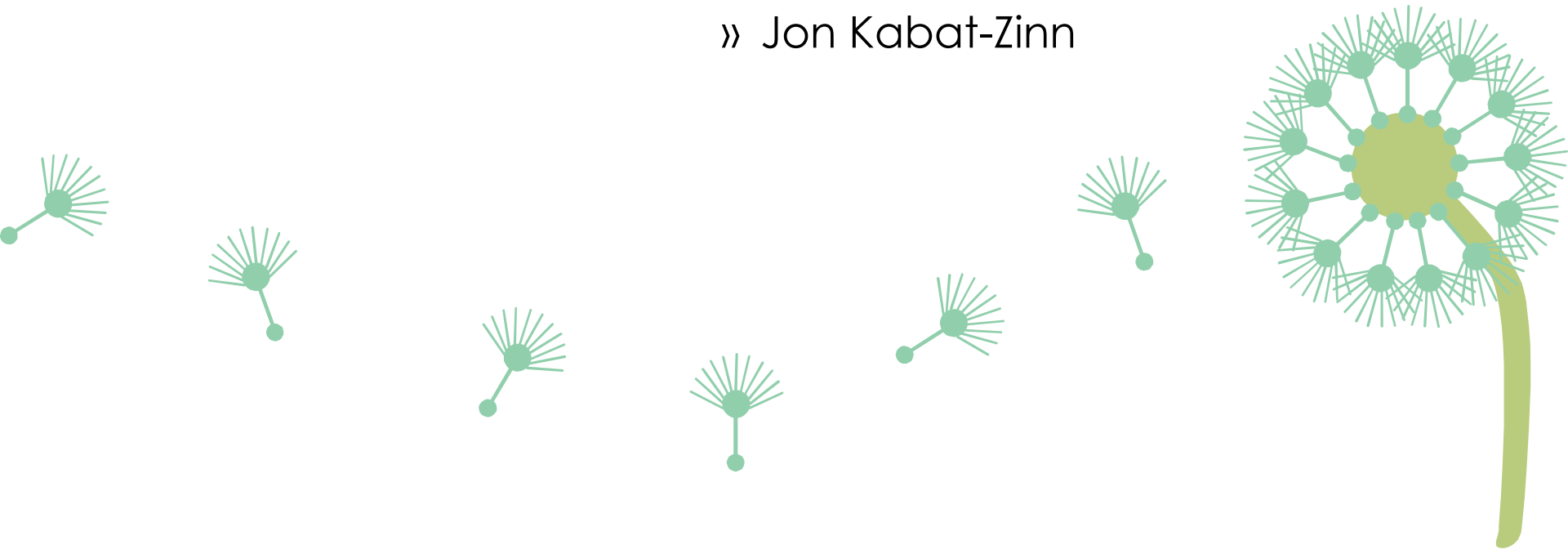
- Basic concepts of mindfulness
- Transfer of learning from one life context to another



# What is Mindfulness?

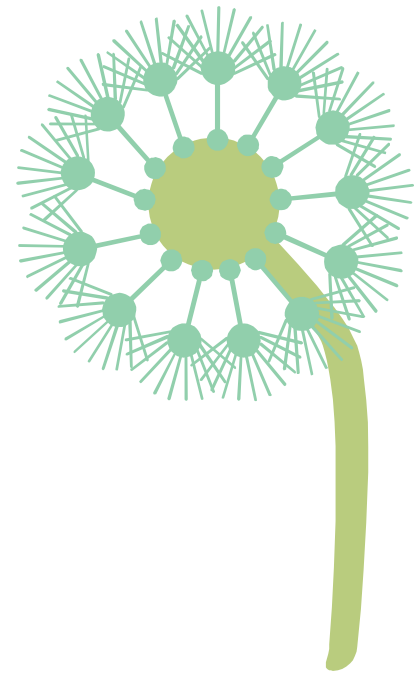
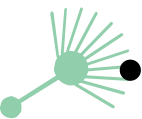
- “Mindfulness is paying attention in a particular way; on purpose, in the present moment, and non-judgmentally.”

» Jon Kabat-Zinn



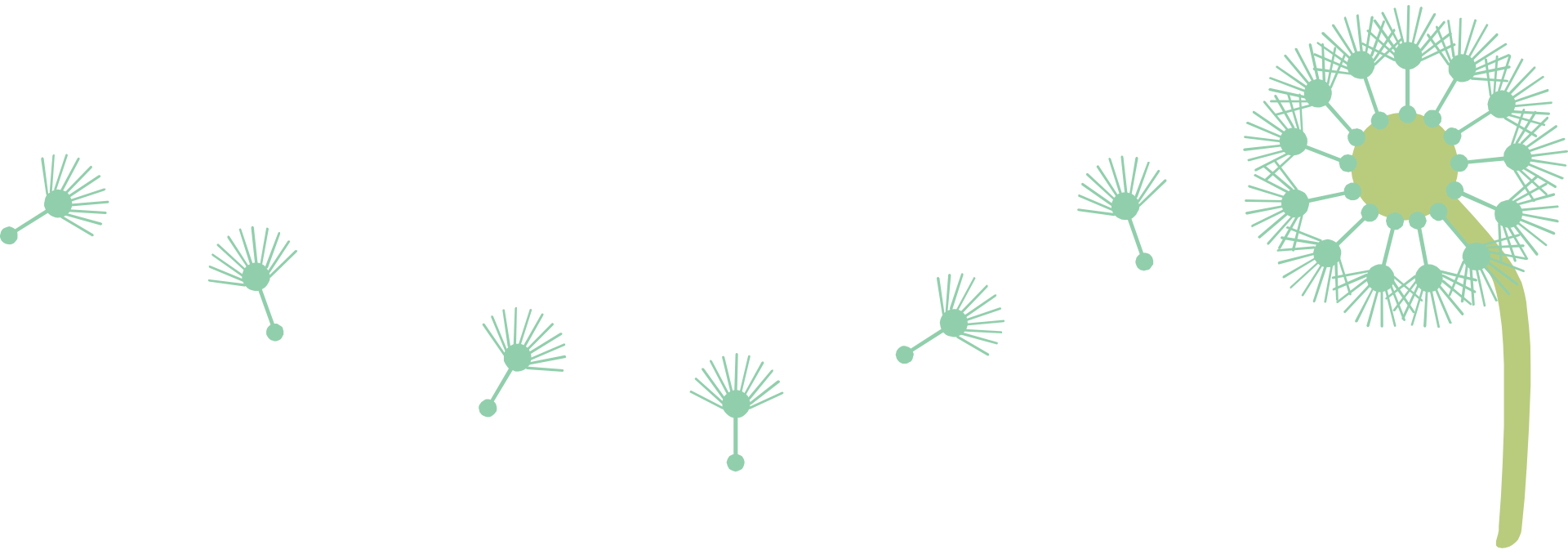
# 7 Attitudes of Mindfulness

- Acceptance
- Patience
- Non-striving
- Trust
- Letting Go
- Non-Judging
- Beginner's Mind



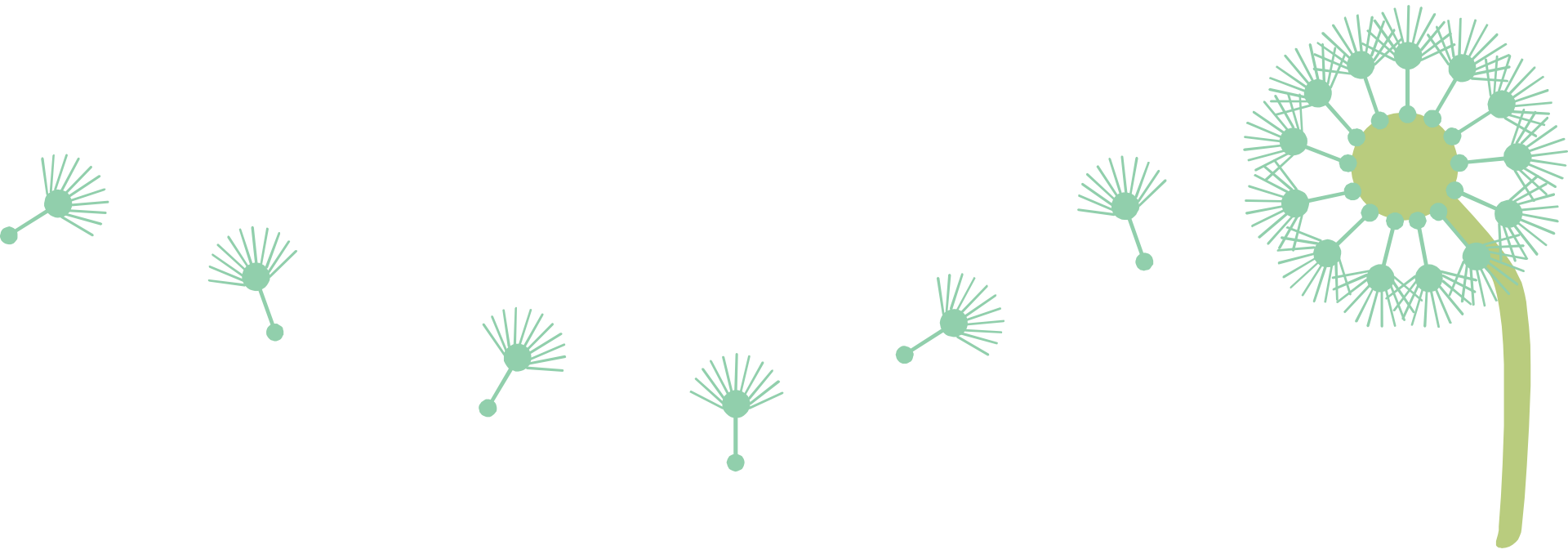
# Mindfulness and Assessment

- Paying attention
- Waiting for the data before responding



# Three Key Concepts

- Responding vs. Reacting
- A Child's Mind
- Affectionate Detachment





# Respond vs. React

## COLLEGE (UN)BOUND

THE FUTURE OF HIGHER EDUCATION  
AND WHAT IT MEANS FOR STUDENTS



**JEFFREY J. SELINGO**  
Editor at Large, *The Chronicle of Higher Education*

## AMERICAN HIGHER EDUCATION IN CRISIS?

WHAT EVERYONE NEEDS TO KNOW

PETER FELTEN · JOHN N. GARDNER  
CHARLES C. SCHROEDER · LEO M. LAMBERT  
BETSY O. BAREFOOT

FOREWORD BY FREEMAN A. HRABOWSKI

## THE UNDERGRADUATE EXPERIENCE

FOCUSING INSTITUTIONS ON  
WHAT MATTERS MOST

JOSSEY-BASS  
A Wiley Brand

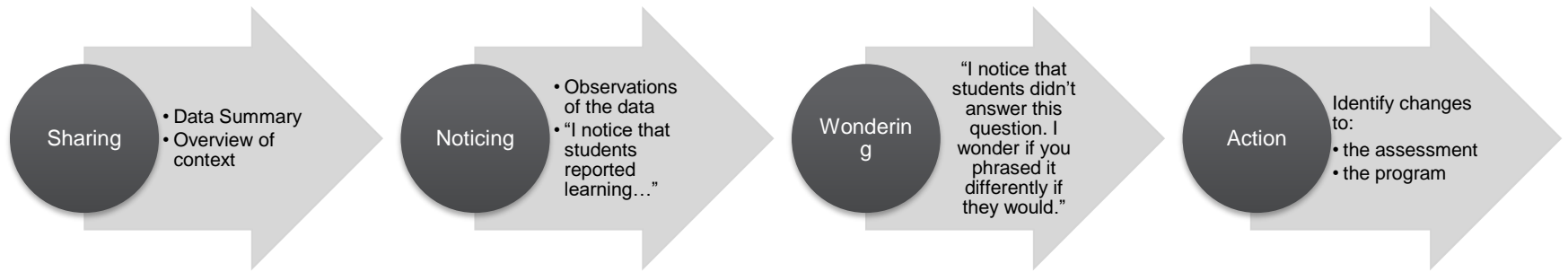
"Scot Ross of One Wisconsin Now has been pointing out for years that as a nation we need to find a way to solve the incredible student loan debt crisis that grips our society."

"WE CAN NO LONGER  
KEEP PRETENDING  
THAT THERE ISN'T A  
**CRISIS**  
HERE."

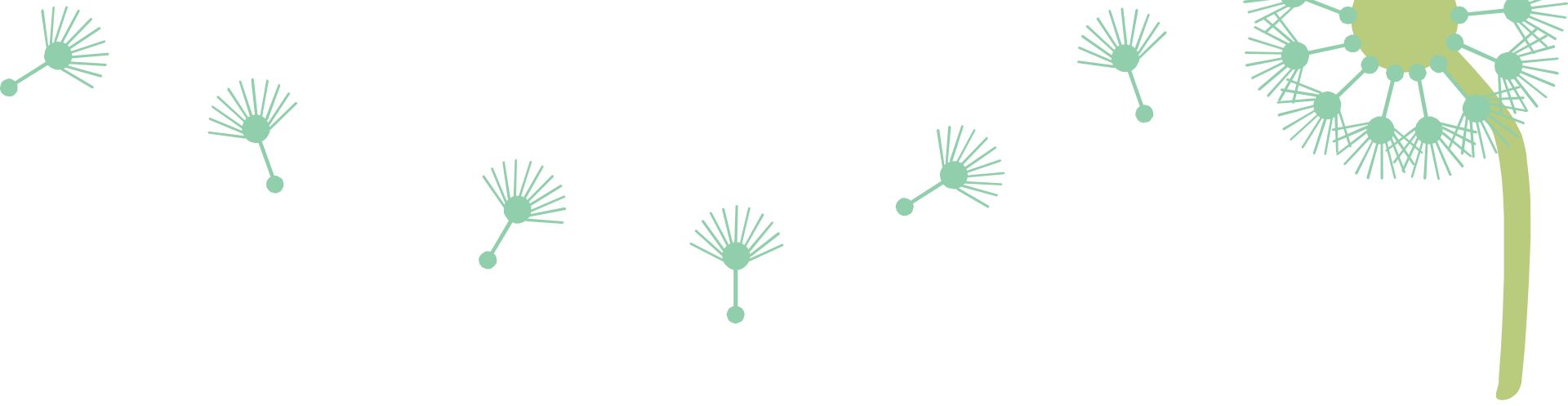
CAPITAL TIMES | MARCH 3, 2014



# Data Dialogue (Response)

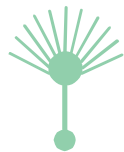


- Creates a community of practice
- Decreases defensiveness
- Increases shared ownership
- "Blameless Autopsy"



# A Beginner's Mind

- A mind that isn't already made up
- Open to curiosity, discovery
- Observing
- Being willing not to be an expert



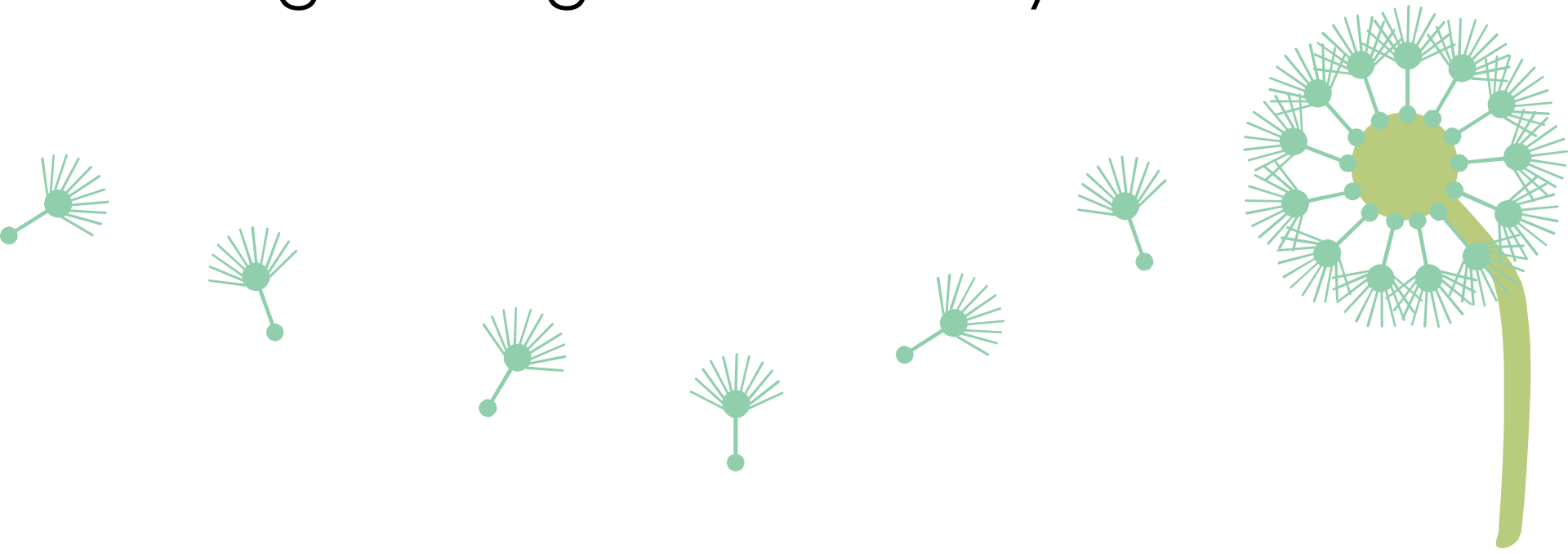
# A Beginner's Mind

- “We lose something very vital in our lives when it is more important to us to be “the one who knows” than it is to be awake to what’s happening” – Abbess Zenkel Blanche Hartman



# Affectionate Detachment

- Caring, but recognizing that control is an illusion
- Committed to being open to seeing things through students' eyes



“The best way to capture moments is to pay attention. This is how we cultivate mindfulness. Mindfulness means being awake. It means knowing what you are doing.” — [Jon Kabat-Zinn](#)

