

SABBATICAL REPORT

SPRING 2023

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This report summarizes my Spring 2023 sabbatical project. Thank you to the Sabbatical Committee and the Board of Trustees for approving my sabbatical proposal which allowed me to participate in Mindful Awareness Practices Classes (MAPs I and MAPS II), incorporate Mindfulness Meditation practices into my daily routine and apply the knowledge from these classes to develop disability and topic specific mindfulness workshops for students enrolled in ACCESS and who take Learning Skills math courses.

ACCESS supports students with all types of disabilities. In the last ten or so years, there seems to be three categories of disabilities that have grown significantly: mental health, ADHD and Autism Spectrum Disorders.

A. Completed Four UCLA MAPS I and II Course -

1. MAPS I for Daily Living: Six-week online course that provided an overview of Mindfulness practices with a sampling of Mindfulness Meditation and weekly lessons.
 1. Course Dates: 12/19/22- 1/23/23.
 2. Studied various Mindfulness meditation practices:
 - (1) Breath/ Finding your anchor
 - (2) Listening Meditation
 - (3) Walking Meditation
 - (4) STOP top, take a Breath, observe, proceed
 - (5) Cultivating Kindness
 - (6) Benefits of Mindfulness Meditation
 - (7)

the present.

(c) Need to increase the time to be mindful in daily life

(d) Bring mindfulness into your life by noticing your physical body (notice your feet on floor).

(i) Our body is always in the present moment. Anytime we can take our mind off the judgment, past, future, anxiety, etc. we are being mindful.

e.g. take a breath

Practice Stop, take a breath, observe, proceed

(e) You can also do practices to enhance mindfulness in daily life:

(i) e.g. wash dishes with mindfulness, or brush teeth with mindfulness. Notice hands feeling the dishes touching the water.

(ii) Mindful of physicality... Touching, sound, breathing

(iii) Incorporate technology into mindfulness...e.g. every time a phone rings, remind yourself to take a breath and go to a mindfulness moment.

3. MAPS- Paying Attention Mindfully

1. Course Dates 1/29/23- 2/19/23

2. Studied various attention practices:

1) Aspects of Attention:

a) Genes

b) Environment

c) Choice Consciousness- Paying attention to your attention

2) "Attentionist" Choosing what they pay attention to. You are aware. A person who knows the value of attention. Energy goes where the attention is. Work to become an "Attentionist"

3) How to listen with Attention Mode: Intentional attention:

a) Your anchor is what is being said and not who is saying it...The teaching and not the teacher.

b) Noticing when your attention is going away

c) Gently lovingly bring it back

4) Exercises in putting your attention where you want it. (e.g. right leg, left arm)

5) Zooming out vs. zooming in to get a different focus on attention.

4. MAPS Applications: Introduction to Mindfulness for Adult ADHD

1. Course Dates: March 8th- March 29th

2. Studied various Mindfulness meditation practices

-In this four-week introductory course, we learned about the brain's unique qualities and natural strengths and picked up modified Mindfulness tools. This educational course was designed with Mindfulness techniques for the ADHD nervous system. It offered practices appropriate to the way the ADHD brain can absorb.

-Learned strategies to help students with ADHD learn time management

-Mindfulness impacts our attention. Attention really matters.

[UCLA Marc Free Drop-In Meditations](#). I am hoping to have a group meditation offering once I have done enough workshops that we have a group of students who want the consistency of weekly group sessions. I am anticipating these group sessions to start in Spring 2024 or before.

As I have described in my Sabbatical report, I have developed workshops for ACCESS students to learn the benefits of Mindfulness Meditation. I was anticipating this outcome when I began my Sabbatical. What I wasn't anticipating was the benefit Mindfulness Meditation would have on me as a person and professor. I have always thought of myself as a good listener. What I learned through my own mindfulness exploration is that I sometimes am not an active Mindful listener and speaker. I now stop and take a deep breath and actively prepare to listen and speak. My students and colleagues will benefit from a more present professor. I am more able to hear and be present with others.