

2nd International Conference Mindfulness in School and Education 2021

Announcement of practice-oriented workshops and scientific contributions (presentations and posters)

The field of contemplative practices such as **mindfulness** is garnering the attention of researchers in the learning and educational sciences as well as the attention of teachers and educators. The working group Mindfulness in School and Education of the Swiss Society for Teacher Education (SGL) and the Zurich University of Teacher Education in cooperation with the Universities of Teacher Education in Lucerne and St. Gallen, the University of Bern, the association MBSR Switzerland, and the non-profit organization Achtsame Schulen Schweiz, invite you to the **2nd International Conference on Mindfulness in School and Education** on **September 25, 2021** at the **Zurich University of Teacher Education**.

This conference seeks to discuss the science of mindfulness and how it applies to teacher training, early childcare, higher education and school administration. Specifically, the topic of mindfulness in school and education will be explored in both a **scientific discourse** and through examples of **practice-oriented approaches** in schools. We hope to provide space for a broad and diverse audience and facilitate discourse between researchers and practitioners.

The **target group** includes researchers, teachers of all levels, school administrators, school psychologists, students, and lecturers at universities, stakeholders and politicians, school social workers, speech therapists and psychomotor therapists as well as interested parents.

Please visit our **conference page** (<https://phzh.ch/achtsamkeit2021>) for continuously updated information. In addition to practice-oriented workshops and scientific contributions (presentations and posters) on various aspects of the subject area, three **lectures** by internationally renowned experts will be given: Prof. Patricia Jennings (University of Virginia, USA), Prof. Dusana Dorjee (University of York, UK) and Prof. Stefan Schmidt (University of Freiburg i. Br., Germany).

We would like to invite you to make a submission (**abstract**) in one of the following categories until November 30, 2020:

A) Practice-oriented workshops

Presentations and discussions about specific practice-oriented approaches of mindfulness in schools are encouraged: for example, mindfulness-based teaching units, mindfulness curricula, and mindfulness practices for children. This is also a space to discuss exemplary experiences related to mindfulness in relation to teacher training. Possible topics include "Mindfulness as an aspect of school and team development", "Mindfulness and professional competence of teachers" or "Mindfulness in kindergarten/ secondary school level". Workshops should be as experience-oriented as possible and provide opportunities for discussion.

- Duration: 90 minutes
- Please submit a 200-word abstract (in English or German)
- The conference fee will be waived for workshop leaders

B) Scientific contributions (presentations and posters)

Here, current empirical research findings on mindfulness in school and education will be presented. For example, evaluations of mindfulness-based interventions for teachers and/or students or basic research on mechanisms of mindfulness or correlates of mindfulness with crucial cognitive or socio-emotional competencies of teachers and students can be presented.

Symposia

- Duration: 90 minutes
- Scope: either 4 presentations (15-minute presentations and 5 minutes Q&A) or 3 presentations and discussant
- Please submit an overall 200-word abstract relating the four individual presentations as well as 150-word abstracts on each individual presentation (in English or German)
- Presenters will only pay a reduced conference fee (cf. category students)

Individual presentations

- Duration: 15-minute presentation and 5 minutes for Q&A
- Scope: individual presentations will be arranged by the organizing committee into thematic sessions with a maximum of 4 speakers
- Please submit a 150-word abstract (in English or German)
- Presenters will only pay a reduced conference fee (cf. category students)

Poster

- Duration: 30-minute poster session (presenting authors are required to attend the whole session)
- Posters should be printed in portrait format (A0 size, i.e. 84.1 x 118.9 cm)
- Please submit a 150-word abstract (in English or German)
- Presenters will only pay a reduced conference fee (cf. category students)

The organizing committee will review proposals and feedback on acceptance will be communicated in spring 2021. Registration for the conference is mandatory for all presenters. Please send your contribution (abstract) to **TagungAchtsamkeit2021@phzh.ch**.

We are looking forward to your proposal!

The organizers

Working Group Mindfulness in School and Education in the SGL (Swiss Society for Teacher Education) and Zurich University of Education

in collaboration with

Lucerne University of Teacher Education | St. Gallen University of Teacher Education | University of Bern (Institute of Psychology) | Organization Achtsame Schulen Schweiz | Association MBSR Switzerland