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A. Mindful Intercultural Teaching and Learning

Intercultural training has advanced significantly over the years, from focusing primarily on teaching about cultural differences to helping participants develop the skills needed to act in interculturally competent ways. While mindfulness has been recognized as an important concept in intercultural communication for some time, until recently few educators incorporated mindfulness practices into their work. However, as mindfulness programs become more prevalent—from Google to the military to K-12 schools—and research heralds their impact, more intercultural educators are recognizing the value of both practicing and teaching mindfulness to enhance their own and others' intercultural competence.

In this interactive workshop, we will explore what mindfulness is, how it relates to intercultural learning, and how practicing mindfulness can benefit you as an intercultural educator as well as those with whom you work. You will participate in several activities that you can use to start or further your own and your learners' mindfulness practice.



Dr. Tara Harvey is passionate about helping people learn and grow through international and intercultural experiences. She has been in the international/intercultural education field for more than 15 years—teaching English abroad, advising international students, researching international education, facilitating intercultural training, teaching experience-based intercultural courses, designing curriculum, and training fellow educators. Tara has worked at Texas A&M, the University of Wisconsin-Madison, the University of Minnesota-Twin Cities, and as the academic director of intercultural learning at the Council on International Educational Exchange (CIEE). As founder of True North Intercultural, Tara provides intercultural consulting, training, and coaching services to help educators and institutions of higher education facilitate transformative intercultural learning.