

Clio brings communication and media studies into secondary education, to provide students with the 21st century skills they need to thrive in today's digital culture and to prepare them to take their place as leaders in the Information Age.

## Current Offerings: Mindfulness and Media Workshops

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Like the adults around them, today's teens are part of a huge, unplanned social experiment that began with the widespread adoption of social media. Over the past two decades we've all joined a global conversation that's available anytime, at the touch of a button. While this level of connectivity offers a variety of benefits, it has also brought new challenges. Today, secondary education must take place in an environment filled with unprecedented levels of distraction. Effective teaching, and successful learning, requires the ability to focus the mind, which is far more difficult when competing with an ongoing stream of digital stimulus designed to capture and hold our attention. Fortunately, we can call upon a set of ancient techniques -- now scientifically verified -- to help us with this very modern problem.



### Mindfulness and Media for Faculty

Drawing from current research on neuroscience, mindfulness, and the adolescent brain, Mindfulness and Media is designed to help faculty support students in using mindfulness techniques to become intentional about their habits of attention and improve their ability to focus on the task at hand.

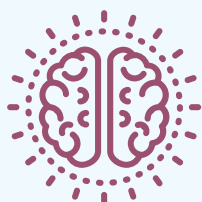
### Who Will Benefit

- Faculty frustrated by students who seem unable to put down their devices
- Faculty supporting students struggling with time management and poor school performance associated with spending hours each day on social media or gaming
- Faculty managing students who are distracted by digital 'drama' unfolding within the school, both in and out of class
- Faculty concerned about students who may be at risk due to online bullying, or body image and self esteem issues associated with social media use



## Faculty Will Learn

- The neuroscience of game design and social media platform design and why it keeps us hooked, particularly teens
- The ways in which social media are especially complex for teens in the realms of social comparison, social hierarchy, social inclusion/exclusion
- The neuroscience of mindfulness and what research shows about the cognitive benefits in the areas of focus and self regulation
- The basics of mindfulness practice and its application to media use, to develop habits of intentional attention, for themselves and for their students
- A step by step approach to improve mindful media use in and out of the classroom



This program will be delivered either as a one-day in-person or a three part virtual workshop. Faculty will have the opportunity to participate in an online forum to support them in the implementation of media mindfulness tools with their students.

## Mindfulness and Media for Students

The workshop teaches students in grades 6-12 techniques to better understand their current digital lives, develop mindfulness around their use of electronic devices, and learn how to create strong habits of intentional attention that serve them both inside and out of the classroom.



## Who Will Benefit

- Students experiencing low self esteem as a result of social comparison and bullying on social media
- Students whose device use leads to time management and school performance issues
- Students who feel compelled to check or scroll through social media while physically together
- Students whose gaming has become a source of conflict with parents and teachers
- Students struggling with digital addiction

## Students Will Learn

- How social media and gaming platforms are designed to keep us 'hooked'
- The basics of mindfulness practice and why it helps us
- How to bring mindfulness to their media use with simple daily practices
- How to pause and take a breath before reacting to on-line triggers
- How to become more intentional about their habits of attention

This program can be delivered in person or virtually, and can be customized to meet the needs of your student body.



Dr. Gwenyth Jackaway has practiced meditation for 30 years and received her training as a Mindfulness Meditation Teacher at Tibet House, the Cultural Center of H.H, The Dalai Lama, in NYC.