

**CASE WESTERN RESERVE UNIVERSITY
EAST CLEVELAND PUBLIC SCHOOL DISTRICT
PROVOST SCHOLARS
Intensive University Seminar Session 11 – Spring 2017
Thursday, January 26, 2017, 2:30pm-5:00pm
Guilford House, 11112 Bellflower Road, Cleveland, OH 44106**

Seminar Title: *Mindfulness-Based Stress Reduction and Healthy Decision-Making*

Purpose

The Provost Scholars will have the opportunity to learn about *mindfulness-based stress reduction, and healthy coping strategies*. Ms. Patti Fine is a master teacher, a mindfulness and yoga instructor and an advocate for healthy communities. During the seminar, she will focus on how mindfulness-based stress reduction can be used in homes, schools, and communities. In addition, hands-on approaches will be highlighted through practice sessions.

Presenter Biography



Ms. Fine is a certified yoga instructor, and she is an expert in Yoga Ed, a program that emphasizes teaching mindfulness and yoga to youth. She teaches these interventions in several surrounding school districts; she has also taught mathematics and science in middle schools. During her early career, Ms. Fine was employed for more than a decade at the International Business Machines Corporation (IBM). A graduate of Cornell University, Ithaca, New York, where she received a degree in Industrial and Labor Relations, Ms. Fine developed knowledge and skills that would be used through her career. Importantly, for several years, she was a stay-at-home mom, and nurtured three wonderful sons, all of whom are enrolled at universities or developing their careers. Professor Scott Fine, her husband, is on the Weatherhead School of Management faculty, and an original Provost Scholars Program mentor.

Objectives

The Provost Scholars will be able to:

- (1) Discuss the benefits of mindfulness and yoga.
- (2) Implement techniques that are rooted in mindfulness exercises that can be used in daily life for reducing stress and making healthy decisions.

Agenda

- 2:30 p.m. – 2:40 p.m.: Hors d'oeuvres will be served
2:40 p.m. – 3:55 p.m.: Tutoring
3:55 p.m. – 4:00 p.m.: Brief Intermission
4:00 p.m. – 5:00 p.m.: Seminar Lecture and demonstrations, Ms. Patti Fine

Faculty

- Dr. Faye Gary
- Cicely Philpot, Program Coordinator
- Haruna Sulemana, Program Assistant
- CWRU Tutors

Guest

- Ms. Patti Fine, Lecturer

Word of the Week and Sentence:

Mindfulness: A mental state achieved by focusing on awareness of the moment, and acknowledging one's feelings, thoughts, and bodily sensations.

Sentence: When *Angie practiced mindfulness*, she learned that her capacity to manage stress improved.

Concierge and Maître'd

- Provost Scholars Adonyia Lakes and Dion Shelton