



Educating with Intention

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BECAUSE BETTER PEOPLE MAKE BETTER EDUCATORS.

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The 3 Pillars of Intentional Education: Mindset, Mindfulness, & Reflection

What is mindset? *Our mindset is our worldview or philosophy of life. Mindset is shaped by our beliefs, attitudes and assumptions which determine the way we observe, interpret and respond to the world.*

- Watch [this video](#) of Carol Dweck discussing the theory of Mindset.
- [Quiz yourself](#) to determine your mindset.
- Check out these great [mindset resources](#).
- Read [this book](#) for great ideas on bringing Dweck's Mindset theory to your instruction.

What is mindfulness? *The quick answer is, "the quality or state of being conscious or aware of something."*

A deeper definition from Jon Kabat-Zinn, a notable practitioner and the founder of mindfulness based stress-reduction (MBSR) is, "Mindfulness means paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally."

Another definition that I use often and have come to appreciate is actually attributed to actor and comedian Bill Murray. He says that mindfulness is being "alert and available."

What is reflective practice?

Reflective practice is the ability to look back on one's actions so as to engage in a process of continuous learning¹.

Reflection involves "paying critical attention to the practical values and theories which inform everyday actions, by examining practice reflectively and reflexively. This leads to developmental insight."

A key rationale for reflective practice is that experience alone does not necessarily lead to learning or improvement; deliberate reflection on experience is essential².

1.Loughran, J. John (January 2002). "Effective reflective practice: in search of meaning in learning about teaching" (PDF). *Journal of Teacher Education*. 53 (1): 33–43.

2.Schön, Donald A. (1983). *The reflective practitioner: how professionals think in action*. New York: Basic Books. ISBN



This is just the tip of the iceberg!

*For more information on
teaching, learning, and leading with intention,
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Coming Soon!*

Namaste,
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