



# MINDFULNESS AND TECHNOLOGY

## BALANCING DIGITAL LIVES IN THE CLASSROOM AND BEYOND

**The Center for Faculty Excellence and UNO Libraries have partnered to bring Dr. David Levy, author of *Mindful Tech*, to UNO in October 2017.**

In addition, workshops and other events focused on the themes from book will be offered throughout the academic year.

Dr. Levy's book has been identified as this year's Center for Faculty Excellence (CFE) book selection. A limited number of copies are freely available from the CFE office for UNO-affiliated faculty and staff.

All faculty are encouraged to participate in these events.

### About the Author

David M. Levy is Professor at the Information School, University of Washington in Seattle. He earned his Ph.D. in computer science at Stanford University and a diploma in Calligraphy and Bookbinding from the Roehampton Institute in London. For nearly twenty years he was a researcher at the Xerox Palo Alto Research Center, exploring the transition from paper and print to digital media. At the University of Washington since 2000, he has focused on bringing mindfulness training and other contemplative practices to address problems of information overload and acceleration. His book, *Mindful Tech: How to Bring Balance to Our Digital Lives*, was published in January 2016 by Yale University Press.

### Mindful Programming

Registration is requested for all events. To RSVP, contact the Center for Faculty Excellence at [unofacdev@unomaha.edu](mailto:unofacdev@unomaha.edu) or 402.554.2427.

#### MINDFUL MIX AND MINGLE

**Wednesday, September 20 | 3 to 5 P.M.**  
Criss Library 249

Get a taste of mindfulness while networking with colleagues. Mix and mingle with UNO faculty and instructors who have adopted mindful practices in their personal and professional lives. Participants will have the opportunity to try a few techniques and explore mindful concepts through brief interactive presentations.

#### MINDFUL TECH MASTER CLASS

**Tuesday, October 3 | 8:30 to 11:45 A.M.**  
Criss Library 249

How might you be more relaxed, attentive, emotionally balanced, and more effective while online? Join Dr. David Levy, author of *Mindful Tech*, for this interactive workshop where participants will explore contemplative practices and strategies they can employ when interacting with technology in their personal lives and in the classroom.

#### MINDFUL PUBLIC LECTURE

**Tuesday, October 3 | 5 to 6:30 P.M.**  
Mammel Hall Auditorium

Dr. David Levy, author of *Mindful Tech*, will provide a free lecture on UNO's Scott Campus Tuesday, October 3. Levy will discuss how we can learn to use digital technologies more effectively and with less stress using contemplative practices such as mindfulness.

The lecture is open to the public. Parking is available in the Pacific Street parking garage, as well as in general-use surface parking stalls between the Peter Kiewit Institute (PKI) building and Mammel Hall.

#### MINDFULLY CHOOSING YOUR TOOLS

**Monday, November 6 | 11 A.M. to 1 P.M.**  
Kayser Hall 543

Not all online tools are best suited to all tasks. Join us as we explore and discuss several key tools used with online courses and how to use them in a mindful way.

#### MINDFUL EVERYDAY TECH

**Friday, February 9 | 12 to 1 P.M.**  
Peter Kiewit Institute (PKI) 158

Join us for a panel presentation with experts discussing human-computer interactions, including how technology is integrated into our everyday lives and predictions for future technology development.

#### MINDFUL CLASSROOM

**Friday, March 2 | 11:30 A.M. to 12:30 P.M.**  
Criss Library 249

Mindfulness encourages attention to and connections between our physical environment and mental well-being. As we think about our approaches to instruction and the act of teaching, how aware are we of these connections? How can you intentionally design your instruction and your classroom environments to encourage strategies that can ultimately enhance student learning and well-being? Learn from UNO faculty who have brought mindfulness into their classrooms, both face-to-face and online.

#### MINDFUL RESEARCH

**Tuesday, April 10 | 3 P.M.**  
Criss Library 232

This hands-on workshop will present tools and techniques for mindfully using technology to combat information overload and accelerate your research and scholarship.

### Communities of Practice

The Center for Faculty Excellence sponsors the development of Communities of Practice (CoP) each year. CoPs are cohorts of faculty members from multiple disciplines who investigate teaching innovations, actively research, share feedback, assess student learning and grading techniques, and explore new models of practice. This year, we are delighted to offer two CoP opportunities relating to *Mindful Tech*.

#### MINDFUL DISCUSSION

Join us as we continue the discussion of using technology mindfully in the classroom, in research, and in everyday life. We will meet to reflect on the themes in the book as well as the ideas shared at the related events throughout the year.

#### Contact

Heidi Blackburn, STEM Librarian  
[hblackburn@unomaha.edu](mailto:hblackburn@unomaha.edu)

#### MINDFUL TECH IN THE ONLINE CLASSROOM

How do the concepts highlighted in *Mindful Tech* apply to the online classroom? During our meetings, we will discuss how we can use the five Mindful Tech exercises and other strategies in online teaching practices.

#### Contact

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