

# Upcoming Courses with John Adams

## Mindfulness in the 21<sup>st</sup> Century Classroom

This course is designed to give educators at all levels an overview of recent research on mindfulness practices and to provide step by step guidance on how to integrate these practices into the classroom. Participants in this course will learn what mindfulness is, why it is important, and how to creatively apply research-based mindfulness techniques in meeting the diverse learning needs of students. Attention will also be given to ways educators can use mindfulness to enhance their own professional and personal experience as teachers.

**Course#:** GMF17028  
**Start Date:** Sept 25, 2017  
**End Date:** Nov 19, 2017

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## Who is TCL?

Founded in 1981 by educators for educators, The Connecting Link (TCL) offers engaging and relevant courses designed to meet the professional learning needs of educators and their school districts.

Our mission is to help educators enhance the teaching practice to positively impact student learning. We provide strategies and tools that professionals need to be successful among ever-changing challenges and opportunities in education. Our courses are developed in accordance with multiple sets of national standards and contain current educational research. They are designed at the graduate level and are suitably presented with adult learning principles in mind.

TCL courses may be taken for graduate credit through our partnerships with accredited institutions of higher learning. Participants completing courses for credit will receive university transcripts. Courses approved by these institutions may be eligible toward advanced degree program options. TCL courses may also be taken as a noncredit option to earn clock hours only. Certificates of completion documenting course hours will be provided.

Whether in the classroom or online, TCL's high-quality learning opportunities help school professionals work with a community of peers to forge durable links between the latest research and daily practice.

**For a complete list of our courses check out our website!**  
[www.ConnectingLink.com](http://www.ConnectingLink.com)