

סמינר המגמה לטכנולוגיות בחינוך ומרכז LINKS לחקר למידה בחברת המידע



Mindfulness and technology

Mindfulness is a mode of paying attention on purpose to present moment experiences without judgment or elaboration. Mindfulness meditation, a non-sectarian Western development of the Buddhist Theravada Vipassana meditation, is rapidly spreading as a secular practice worldwide, with tens of millions performing daily practice in the USA alone, and with accelerating increase in scientific publications. Surging research shows that mindfulness meditation generally exerts beneficial effects on physical and mental health, including heightened attention and emotion regulation, increased immune function, and possibly offsetting age-related cognitive decline. Notably, one of the proposed key mechanisms for the effects of mindfulness is reducing identification with a rigid self-concept through enhanced meta-awareness, which creates a shift in self-awareness and its proposed underlying neural activity.

Unprecedented innovation in technology is raising fundamental questions about one's focus of attention, drawing uncontrolled attention to external stimuli rather than to the internal reflective and metacognitive world. Unless steered with a purpose, the rapid advance of technology may disturb one's cognitive abilities and social behavior. One example for steering technology with purpose is using it as a platform for teaching and learning about mindfulness, increasingly available through smartphone applications. Mindfulness apps are growing in popularity and provide users with easy access to guided meditations, instructions, timers, reminders, and scientific information on various aspects of mindfulness. Recent publications demonstrate that this resource can be effective in enhancing one's level of mindfulness and reducing stress.

Dr. Aviva Berkovich-Ohana

Dr. Aviva Berkovich-Ohana is a neuroscientist and a senior lecturer at the University of Haifa, affiliated at the Department of Learning, Instruction and Teacher Education and Department of Counseling and Human Development, as well as Edmond J. Safra Brain Research Center. Her research interests focus on the effects of various forms of meditation on consciousness, cognition and self-reference, with the possible applications to the fields of Education and Psychotherapy.



מועד ומיקום המפגש

יום רביעי, 01.01.2020
בניין הפקולטה לחינוך, מתחם ה-FLS (קומה 1)
16:00-16:15 | התכנסות וכיבוד קל
16:15-17:45 | הרצאה ודין



edtech.haifa.ac.il

חפשו אותנו גם בפייסבוק

