Instructor [Section 3304] [Contemplative Learning] [Team Interaction] [Group]

Include your Digital Storytelling work at the top of the page. Many of you have already been experimenting with this idea of how to bring images, audio, video into a narrative framework through your Visual Mapping. Think about how you can continue to develop your story and how you can share it in the form of digital storytelling. People learn best when a mix of media is presented, and when they can see how the pieces of information fit together. Digital storytelling is a great way to do this.

Here are some examples of digital storytelling that have been shared with the community of learners in some cohort years. People learned new tools or methods, and how to share their work. Some of these examples are from the Fall of 2020 when we were all experiencing isolation and pandemic fatigue.

You can find resources here:
https://datahazard.wixsite.com/uofa/students-2019-fall-2020-22

If you want to see stories without the media richness, but beautifully told narratives here are some from our community: https://www.cfrgroup.ca/community/double-take-take-two

If you want a blueprint of how to integrate a narrative or story-based media to help evoke an emotional response coupled to science/ insight/ eye-opening shock (via the claim that was shared from the 9 viewing theories) here: https://youtu.be/TTpQqtq-nmY

Vision

Your initial vision will emerge from your group discussions and early background research. This vision is a statement of your group's intentions, and it will help you to identify the boundaries and opportunities as you work them. The vision will be one centre or core idea that you have in common from one another, conduct research into the topic, learn from community partners, and work through discovering the with your team and classmates.

We wish to re-imagine, research and illuminate what it truly takes for a space to come to a students. We wish to explore the ways in which we can create spaces that support the whole student (mind, body, spirit, physical capacity) or any other resources that would add to the student experience. What would create a successful space that indulges true collaboration and contemplation that doesn't just fit within the confines of a room, but also encompasses the entire campus? We wish to explore what it truly means to be a learning friendly student space. How can we foster an all-encompassing view that does all of this?

Improved Vision Statement:

The contemplative space is going to be a space for students to utilize on grounds, thus ultimately we wish to explore the ways in which we can create spaces that support the whole student (mind, body, spirit, physical capacity) and more holistic. And it would be a safe space where all ideas, ideals and thoughts are regarded and utilized to build a trusting community that fosters growth, prosperity and security in order to create a successful space that indulges true collaboration and contemplation. The contemplative space is going to be a space for students to utilize on grounds, thus ultimately we would like to investigate a space optimal specifically for University Students.

We will create a preparation board of research that will be used to create a vision as to what an environment that is best for human behavior. The board will focus on areas of wellness, and intersectionality. Areas of wellness will be in the realms of mental health, physical health, and the well-being of resources, happiness, and peace.

1. https://www.nicbi.nlm.nih.gov/pmc/articles/PMC6210178/
2. https://www.nicbi.nlm.nih.gov/pmc/articles/PMC5112240/

Background and Literature Review

This section will summarize, analyze, and explicate several items related to the topic/problem, purpose, and value proposition. Some of what will prove invaluable will:

- Provide a general decade of any stakeholders, partners, groups, historical context, or cultural realities that are relevant. You might find it useful to begin by looking at the past decade.
- The published literature you have found which help discern what we currently about the topic.
- Research that has been conducted which is relevant to the topic. Research can be found in academic journals, government research strategy, think tanks/policy institutes, and the web may all be of great use. Be sure to critically evaluate the sources you find.
- You should relate this information back to the research question. In other words, your research question should be the driving force behind what you find, and you should be able to explain how it relates to the background that the research question and resulting vision statement have created and your core studies.

The Impact of the Indoor workspace on human collaboration - Ethan Bernstein and Stephen Turban

- Research explores that removing spatial boundaries bring employees into contact with one another and dramatically increasing collaboration.
- However, Bernstein recognized psychological drawbacks of open spaces by claiming they reduce face-to-face interaction by as much as 70% as employees turn to electronic communication.
- The study found that individuals were spending 72% less time interacting face-to-face, and internal performance of the workspace dropped significantly after the space was opened.
- Although open spaces may be beneficial for the exchange of ideas and the facilitation of collaboration, there is a lot to be learned about the psychological effects.

Collaboration Strength in diversity - Richard Freeman and Wei Huang

- Research has found that diversity is a pivotal stepping stone for higher quality work and collaboration.
- Research years included more citations and received higher scrutiny when the research group was more ethnically diverse.
- Freeman and Huang found that diversity in collaboration was the strongest when the groups were composed of individuals from different countries.
- The study found that Chinese scientists had the most open to a place witnessing of diversity, and now we have the added bonus of increased collaboration that comes with it.

Are Biophilic-Designed Site Office Buildings Linked to Health Benefits and High Performing Occupants? - Alan Hedge and Timothy Miller

- Hedge and Miller found that workers desire higher levels than is currently provided by natural light.
- Participants in the study reported that they would like to have control over the lighting in their workspace.
- The plants enable/cause CO2 emissions and uptake; consumers emitted from plastics and [illegible] - Hedge and Miller found that workers desire higher levels than is currently provided by natural light.
- The reduction in cash prepayments have been shown to have a causal relationship with cardiovascular health and mental acuity, which in term has a beneficial effect on collaboration.
- Hedge and Miller found that workers desire higher levels than is currently provided by an effective collaborative workspace, but also a space that promotes health and well-being.

SUSTAINABILITY
LEED
Natural light is one of the most important resources, but it is generally not properly used in our daily environments. Leadership in Energy and Environmental Design (LEED) is a green building certification system (since 2000) for a meaningful change of life. The LEED's emphasis natural day-set and tools for giving back tools and put as improvements. It is very these. A well-lighted room with natural light will help you feel more energized, alert, and productive. On the other hand, a poorly lighted room will make you feel drowsy or stressed, which can lead to a drop in productivity. Natural light is not enough to fulfill our visual and cognitive needs, it can complement and develop the look of many room, it is not only important to save energy, but also to help us feel better, work more productively, and live healthier lives.
Plants
Plants are a key component that we want our space to be a place welcoming of diversity, and now we have the added bonus of increased collaboration that comes with it.

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Diversity

- Presentation of westernized culture with respect to mindfulness may resonate less with people of Asian, Latino, and Native/Indian/Native origins. As perceived embodiment beliefs through its association with Buddhism superficially the risk of worshipping a false god can sometimes present a barrier to entry for some. Mindfulness is a practice that is rooted in Buddhist traditions, philosophy, and Bible reading (Hanson et al., 2017). Discussions of a perceived threat to one's religious beliefs triggered an increase in the visibility of diversity efforts in meditation programs and practices (Hanson et al., 2017; Lindsay et al., 2018).
- Hanni claims that mindfulness has not been widely embraced and practiced in the community of Indigenous Peoples (Hanni, 2016). Indigenous Peoples have been subjected to colonization and racism have been raised regarding its compatibility with lower income and culturally diverse populations. Mindfulness is a practice that is rooted in Buddhist traditions, philosophy, and Bible reading (Hanson et al., 2017). Mindfulness, and value-aligned MISMIND, people of color and can be embraced and encountered with their circumstances. While large-funded people of color seem to be the most likely to benefit from mindfulness practices, they are also the least likely to participate in mindfulness-based programs, thus leveraging that remains largely unchanged (Hanni, 2016).
- Finally, marketing materials portraying images of young, thin, healthy, seemingly middle/upper class, white people may also be a barrier to entry for some. Mindfulness is a practice that is rooted in Buddhist traditions, philosophy, and Bible reading (Hanson et al., 2017). Mindfulness, and value-aligned MISMIND, people of color and can be embraced and encountered with their circumstances. While large-funded people of color seem to be the most likely to benefit from mindfulness practices, they are also the least likely to participate in mindfulness-based programs, thus leveraging that remains largely unchanged (Hanni, 2016).

Mindfulness can be described the "EDGE" (Excellence, Diversity, Globalization, and Ethnicity) approach, which is offered as an example of innovation and adaptation that meaningfully considers cultural and diversity issues in the practice of mindfulness (Hanni, 2016). Mindfulness-based programs (MBPs) such as the Mindfulness-Based Stress Reduction (MBSR) framework developed by Jon Kabat-Zinn can guide the development of practices grounded in mindful awareness processes and infused with cultural sensitivity and humility (Hanson et al., 2017). Hanni (2016) suggests that mindfulness be purposefully separated and marginalized people of color who experience interpersonal impacts of collective traumas such as genocide, slavery, and colonization as well as the dehumanizing soul wounds that continue to be perpetuated in our society today. Hanni (2016) also suggests that mindfulness be used to reconcile differences and experiences, and happiness in the context of bringing to as an interconnected human community in the context of bringing struggles for liberation and social justice (Hanni, 2016).

Eastern Culture

- Mindfulness is rich in many religious and spiritual traditions incorporate elements of contemplative prayer or meditation.
- The nature of the practice varies between traditions.
- Mindfulness is rooted in Buddhist traditions, but the existence of relationships between contemplative practice and psychological change, backing, for example, 2,500 years of meditation-based practice in Buddhist traditions (Lindsay et al., 2018). Mindfulness is rooted in Buddhist traditions with Western cognitive therapeutic approaches.
- Mindfulness is rooted in Buddhist traditions, but mindful discipline to mindfulness as a secular practice
- Four of the most studied and practiced mindfulness-oriented practices include:
- Mindfulness-based stress reduction (MBSR)
- Mindfulness-based therapy (MBT)
- Acceptance and commitment therapy (ACT)
- Mindfulness-based cognitive therapy (MBCT)
- Mindfulness is rooted in Buddhist traditions, but the ancient and profound spiritual practices to reenergize them for their own health and wellness.
- https://www.oxfordhandbooks.com/view/10.1093/oxfordhb/9780199342501.001.0001/oxfordhb-9780199342501-e-3
- People who practice Buddhism believe anyone can practice mindfulness.
- Mindfulness is rooted in Buddhist traditions, but the ancient and profound spiritual practices to reenergize them for their own health and wellness. Mindfulness is rooted in Buddhist traditions, but there is a way by which one, in devious and confident spirit, may be able either to acquire the state of perfect Buddhahood or to bring about the complete annihilation of the sense of individuality.
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Research Questions and Division of Labor

Each of the team members will be responsible for creating, and being responsible, for a research question related to the overall project. Each question will be unique, but will be related to the overall vision. Questions will within the team as essential to the blueprint. Your original research question might need to be modified or your research question might require the team to investigate a new topic. This is a natural part of the research process. Your research question should be the driving force behind what you find, and you should be able to explain how it relates to the background that the research question and resulting vision statement have created and your core studies.

Main stakeholder: Students

other factors:
Community members (1 lowness)
Faculty/Staff

Value Mapping and Hierarchies

This will be a map of the values that are embedded within your vision. You will be documenting the origin of the values, where you have derived them from, and how they are connected to one another. Some of the values that you identify will likely be both visual and text based depictions. You will encounter a Smart City Value Map and Hierarchy that you can use as a guide. Keep in mind that this is a starting point and you will be encouraged to improve upon it as your research doesn't initially understand the value.

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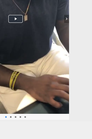
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