

## Mindful Education at Stanford University



## Mental Health Issues at Stanford

- Eating disorders
- Depression
- Anxiety
- Obsessive compulsive disorder
- Violent behavior
- Suicide
- Murder
- Manic-depression
- Schizophrenia

## Mental Health Problems in College

- 25% have mental disorder
- 30% report depression
- 50% report anxiety
- 50% do not seek help
- 80% felt overwhelmed
- 45% felt hopeless
- 7% considered suicide

National Alliance on Mental Illness, 2011

## Inner Dimensions of Education

Universities neglect the student's "inner" development—the sphere of values and beliefs, emotional maturity, self-understanding and spirituality

## Universities without Soul

“Harvard and other great universities have lost sight of the essential purpose of college education— to help students learn who they are, to search for a larger purpose in their lives, and to leave college as better human beings.”

Harry Lewis, former Dean of Harvard College

## Lost Purpose of College Education

*“A college is not just a place for the transmission of knowledge but a forum for the exploration of life’s mystery and meaning.”*

Anthony Kronman, Former Dean of Yale Law School

## Spirituality

- 80% of college freshmen interested in spirituality
- 40% said it was “essential”
- 50% expect college to encourage personal expression of spirituality

UCLA Higher Education Research Institute

## Spirituality

- Spirituality is how students make meaning of their education and their lives, how they develop a sense of purpose, and the value and belief dilemmas they experience

## Stanford Students

Greatest need is integrative learning

Study of Undergraduate Education  
at Stanford (2013)

## Scientific Knowledge

“The results show that acts designed to improve the well-being of others will lead to greater happiness for givers.”

Jennifer Aaker, PhD  
*Journal of Experimental Social Psychology*

## Spiritual Knowledge

***“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”***

**Dalai Lama**

## Narrative Psychology

**“Writing about important personal experiences in an emotional way for as little as 15 minutes over the course of three days brings about improvements in mental and physical health.”**

James W. Pennebaker, PhD and Janel D. Seagal, PhD, The University of Texas at Austin. *Journal of Clinical Psychology*, 55: 1243-1254, 1999

## Healing Power of Stories

**“There's a real need for people to tell their stories, to listen to others and to feel that they've been heard in turn. That's essential to healing, to becoming whole.”**

Remen

## Courses

- Culture, Narrative, and Medicine
- Narrative Psychology
- Emotional Intelligence
- Transforming Self and Systems
- Making Peace in Ourselves and in the World
- Trauma, Healing, and Empowerment