This is a time in our history where we have the opportunity to come together to redefine the nature and purpose of education. We have an open invitation to teach and lead with our heads, hearts, hands, and souls in order to reach the whole child in our classrooms.

The Awakened Schools Institute is a container which activates educators’ spiritual lives so that they, in turn, can activate the inner lives of their students and ultimately transform their schools.

CONTENTS

Course Purpose & Objectives

02

Course Sessions & Descriptions

03-04

The Science

05

Registration & Offerings

07
The Awakened Schools Institute is a spiritually activating year-long course that combines groundbreaking scientific research and inclusive educational frameworks into useful tools for educators. Frameworks include culturally and linguistically sustaining pedagogy, literacies across content areas, social emotional learning, social justice education, and more.

The Collaborative for Spirituality in Education is dedicated to nurturing the innate spiritual capacity of educators (independent of any doctrine, ideology, or religion) through enriching activities, engaging discourse, scientific research, and contemplative practices. Teaching is an art, a science, a profession, and a practice; this year-long course will provide a space for educators to be guided, nourished, and recharged to show up authentically in their community and practice.

**Objectives for professional understanding:**
- Participants will learn the latest research on spirituality in education from Teachers College, Columbia University and explore the principles of an Awakened School, derived from our data.
- Participants will learn about the science of spirituality, its relationship with and impacts for education, and how this science can impact the future of learning in our country and world.

**Objectives for pedagogical theory, practice, and methods:**
- Participants will learn innovative ways to leverage inclusive frameworks to cultivate the innate spiritual capacity of students and bring spirit into learning experiences and the overall school culture.
- Participants will engage in their own spiritually transforming process and begin to imagine how this experience can edify and uplift their practice in community.

**Objectives for personal and professional growth:**
- Participants will be invited to engage in various contemplative activities, discussions, and practices to awaken and activate their deep inner core and spiritual capacity in a network of people who share their interests.
- Participants will learn best practices, and receive ideas, guidance, resources, strategies and tools to bolster teaching, leading, and living.
Our sessions include:

- Awakened Spirit: Cultivating Practices to Nurture the Spirit of the Teacher
- Awakened Heart: Having Heart, Finding Meaning, and the Role of Social Emotional Learning in Schools
- Awakened Justice: Restorative Practices for Healing the Collective and Building Community
- Awakened Teaching: Nurturing the Spiritual Core of Self, Parents, and Community
- Awakened Connection: Interconnectedness with the Natural World as a Pathway to Spiritual Growth
- Awakened Practices: Cultivating Pedagogies to Nurture the Spirit of the Child
- Awakened Soul: Connecting Our True Self with the Common Good
- Awakened Education: Moving Forward with an Integrated Mission

About Amy

Amy Chapman, Ph.D. will lead the Awakened Schools Institute, where she will be joined by co-facilitators from diverse backgrounds. Amy is the Director of the Collaborative for Spirituality in Education and a Research Fellow at Teachers College, Columbia University.

A former public school teacher, Amy holds three degrees from Boston College, in secondary education and history; developmental and educational psychology; and religious education; and a doctorate in educational psychology and educational technology from Michigan State University.

She has published widely in the field, including the recent article, "Relational Spirituality in K-12 Education: A Multi-Case Study" (The International Journal of Children’s Spirituality; Chapman, Foley, Halliday, & Miller, 2021).

"[Awakened Schools] delves into not just the research and theory for this, but also gives hands-on ways to integrate spirituality and inner reflection into the classroom, school, and the community it serves."

---Previous participant
EACH SESSION

Every meeting seeks to provide a combination of enriching activities, engaging discourse, scientific research, and contemplative practices. Each session features one or more speakers, who share their perspective with the Awakened Schools Institute community and help foster our collective growth.

Each session has an opening and closing ritual. We share resources prior to each meeting to enrich our time together and participants’ ongoing learning.

Typical sessions may include:
--Meditation/grounding exercises
--Collaborative problem solving / workshop around a participant’s challenge
--Journaling time
--Shared resources
--Breakout sessions with prompts
--Sharing personal experiences from the classroom.

Research, Science, & Theory

Once we have laid the foundation, participants will receive an overview of the awakened capacities, learn more about the research-based CSE principles for spiritually supportive schools, and begin to dive into how various educational frameworks will guide our work during the year. Participants will learn best practices for building a community where they can nurture the authentic core of their students across the day. They will leave feeling developed and nurtured to continue facilitating an awakening in their respective contexts.
Our research, based on academic studies in psychology and neuroscience, continues to shed light on the nature of the inborn spirituality within every human being. This natural capacity includes an authentic connection with the inner self, interconnectedness with all of life - people, animals, our natural world - and for many, a foundational force or transcendent presence.

This integral dimension of full human development provides an essential foundation for a young person’s intellectual, emotional, social and physical growth. There is mounting evidence that nurturing this capacity supports health and well-being, and is protective against anxiety, substance abuse, depression, and hopelessness regardless of gender, socio-economic status, ethnic origin, race, or other aspect of personal identity.

This is especially true for children facing challenging life circumstances and who have experienced or are experiencing trauma. When we neglect this critically important part of whole child education, we put children and adolescents at risk without the resources to navigate the complex and challenging world they will inherit.

"Spiritual awareness naturally guides moral action and it impacts how people make decisions about the world and the environment, both in childhood and as an adult."
"I was truly moved by the way the presenter took care of us as participants. Their honoring of our needs made learning possible. I hope to transfer this care to my class community."

Feedback from the first years of this program have been overwhelmingly positive. Comments included:

"I was really appreciative of those Wednesdays in the middle of the week where I felt so burnt out from working with kids, then would hop into the Zoom call and all of sudden get a rush of energy, love, compassion, and ideas through each meeting."

"This work has been invaluable, transformative and uplifting. It should be offered in all teacher and/or school leadership programs."

"I really appreciated the opportunity to learn from others, to be exposed to various forms of teaching, learning, thinking. It was truly a pleasure to have the opportunity to hear and see various disciplines being taught by people all over the country and the ways their experiences have imprinted on their communities."
REGISTRATION

Registration information will be available soon. Generous donors have so far made it possible for this sponsored gift/love offering to be available at NO COST to participants. In exchange for full completion of the program, participants will receive a certificate and may be eligible for 24 course hours of professional development credits from Teachers College, Columbia University.

Please note that your registration and acceptance is a commitment to all 12 sessions throughout the year.

There is an additional offering of two sponsored site visits to support schools in integrating course lessons with classroom practice. The option to register for this added component will be available during the first session. If you have any questions about registration or school visits, please email Dr. Amy Chapman, Director of CSE at amychapman@spiritualityineducation.org.

Participant Commitment

Participants are committing to attend a year-long online course. The course consists of 12 virtual sessions which will take place via Zoom.

We invite you to show up as your authentic self, to bring an open heart, mind and soul, to engage with the course activities and resources, to participate in practices and group discussions, and to ultimately transform in community. Each registered school with multiple participants will also receive two school visits from CSE staff, once in the fall and again in the spring.

Session Format

Each 90-minute session is comprised of a keynote, workshop time, and an inquiry question tailored specifically to that session’s theme. Participants will be invited to engage in contemplative, culturally sustaining practices that are spiritually grounding. Both large and small groups will be used to discuss ideas, share growth, and plan for improvements in our participants’ school’s climate, curriculum, and culture. Participants will have the opportunity for personal and professional development.
ADDITIONAL OFFERINGS & OPPORTUNITIES:

Schools with multiple participants in the Awakened Schools Institute could qualify for two school site visits: one in Fall 2023 and one in Spring 2024. Qualification for these site visits from CSE staff is based on the following requirements:

- Your school needs to send a minimum of three attendees to every session in The Awakened Schools Institute. Participants can be teachers, coaches, paraprofessionals, guidance counselors, librarians, and all kinds of other educators within your school. We simply ask that these three participants are committed to the entire year-long course and that one of them is in a leadership role to impact systemic change in your school.
- The school principal or leader must sign off on educators’ participation and in-person site visits.
- When considering school visits, please keep the following in mind:
  1. School site visits can include one-on-one sessions as well as coaching sessions, think-tanks, workshops, whole-group professional development, and lab sites for the entire staff.
  2. School site visits are meant to be school-wide (not only limited to Awakened Schools Institute participants), as the intention behind our work is to support whole-school and systemic change.
  3. In order for us to provide tailored support for your school, we will closely work with you to build an agenda for these site visits that best supports your on-going transformative work.

We will offer a certificate of completion for this year-long professional development course.

We will also be able to offer participants CTLE credits (Continuing Teacher and Leader Education credits, equivalent to 24 course hours).

"I would recommend this course to others because the sense of community, content, and information are exactly what so many educators need and are seeking to better serve their students."