Contemplative Practices: Changing the University of Michigan Experience

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UM Design Science PhD Program

Offers the opportunity to extensively study the discovery of principles and methods for the systematic pursuit of design knowledge.

- Architecture and Urban Planning
- Art and Design
- Behavioral, Social and Cognitive Science
- Computer Science and Engineering
- Business
- Life Sciences

**Music and Space Research**
New interfaces for exploring satellite data through sound

**Mech. Eng and Psychology**
“Wisdom of Crowd” machine learning to solve complex vehicle design

**Biomedical Eng and Psychology**
Medical Device Design for usability in resource-limited settings.
October 29
Mindfulness, Dialogue, and Creativity
Creative Processes Lecture

- Journaling
- Silencing/Centering
- Deep Listening
- Contemplative Arts (Sketching)
Reflection Exercise:
Visit the website [http://www.contemplativemind.org](http://www.contemplativemind.org) and learn at least one contemplative method. Apply the method to something creative in your life.
My intrapersonal life is much less noisy, where noise is defined as those thoughts that pull one away from one's purist self.

My interpersonal life is much more meaningful.

The feeling of deep respect for all these people spill over to the present.
Mental disorders are estimated to account for a larger burden of disease than any other class of health conditions (Michaud et al., 2006).

Three quarters of lifetime mental disorders have first onset by the typical college age range of 18-24

**Workgroup Techniques**

- Weekly meetings
- Strategies: time management, test taking and study skills
- Support group
- Sleep, water, air
- Journaling
- Breathing and calming techniques

**Outcomes**

- Reduction in anxiety
- All students passing at midterm assessment