

Scholars Retreat May 29-31

Rethinking productivity for sustainable scholarship

The community is designed to help faculty make progress toward the following:

- Renewing oneself as a scholar
- Making progress on a scholarship project
- Developing metacognitive awareness of scholarship process and habits
- Appreciating contemplative practices for increasing focus, awareness, and well-being
- Renewing enthusiasm for scholarly and creative projects
- Feeling an increased sense of belonging to the JMU community
- Establishing and strengthening relationships with colleagues

Tues May 29:

Noon – 1 PM: Participants arrive, Room Check in

1-2:15 PM: Introductory session

Retreat Overview

- Welcome
- Mindfulness Meditation
- Consultation Opportunities
- Retreat themes and Goals
- Scholarship strengths and struggles

Walking Tour of retreat spaces

2:30-5:15 PM: Choices: Scholarship Time / Individual Scholarship Consultations/Contemplative Consultations

5:30-6:30 PM: Dinner

6:30-8 PM: Choices: Scholarship or Relaxation Time

8-10 PM: Campfire Socializing

Weds May 30:

8-9 AM: Breakfast

9-10 AM: Habits of Mind for Joyful Scholarship

10 AM-NOON: Choices: Scholarship Time / Individual Scholarship Consultations/Contemplative Consultations

Noon – 1 PM: Lunch

1-2 PM: Scholarship with Community

2-5 PM: Choices: Scholarship Time / Individual Scholarship Consultations/Contemplative Consultations

5:30-6:30 PM: Dinner

6:30-8:00 PM: Choices: Scholarship Time / Relaxation

8-10 PM: Campfire Socializing

Thurs, May 31:

8-9 AM: Breakfast

9-9:30 AM: Mindfulness

9:30-11 AM: Choices: Scholarship Time / Individual Scholarship Consultations/Contemplative Consultations

11 AM-NOON: Retreat Closure

Expanding notions of productivity and integrating scholarship into daily life