

The Sixth Annual ACMHE Conference  
Intention, Method, and Evaluation

# Measurable Indicators of What Matters Most

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# The Contemplative Practices

## ■ Individual

- Mindfulness Meditation
- Guided Contemplation
- Reflective Writing

## Interactive

- Active Listening in Pairs
- Reflective Inquiry in Pairs
- Dialogue

# Questions

- What matters most to you in teaching your courses?
  - How do you know if it's happening?
  - How might contemplative practices inform new ways of evaluating your effectiveness?

# Examples of What to Assess

- Weekly (or periodic) written assignments
  - Formative evaluation: score weekly, note trends, give feedback
- Term papers
  - Summative evaluation: provide guidelines and incentives
- Participation in class
  - Peer-to-peer
  - Student-Instructor



# Examples of Measurable Indicators

Is the student:

- 1) allowing openness: letting new categories of experience emerge?
- 2) identifying one's own assumptions and habits of thought?
- 3) understanding others' perspectives (intellectual)?
- 4) feeling connected with others (affective)?
- 5) challenged, but willing to work with obstacles?