

The Academic Study of Human Flourishing: Building Awareness and Connection Among College Students

presented by

Blake Colaianne, PhD

Blake Colaianne is a Research Assistant Professor at Penn State University. His research examines how contemplative education supports the social and emotional development of high school and college students. Currently, he is developing and implementing systems-level programming within K-12 and university settings. His relational approach to contemplative practice focuses on cultivating a sense of community and interdependence. At Penn State, Blake teaches various courses on mindfulness, compassion, and human development. Blake completed his Ph.D. at Penn State University, M.Ed. at Harvard Graduate School of Education, and B.S. at Juniata College. He is trained as a relational compassion facilitator through the Courage of Care organization. Prior to graduate school, Blake was a high school science teacher for five years.

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<https://hartfordhealthcare.zoom.us/j/93650581076>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1. Describe the pillars of human flourishing through a lens of contemplative science.*
- 2. Discuss how developmental science can inform the ways we teach contemplative practices to college students.*
- 3. Identify various mental health and well-being outcomes in college students that can be impacted through the study of human flourishing.*

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statement: Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

Financial Disclosures:

- Blake Colaianne, PhD: None

