



Dianne Anderson

BIO1001 – Human Biology Bioethics

Christian Practice in the Higher Education Classroom is described as incorporating instructional spiritual practices into one's course for the purpose of cultivating Godly reflection and practice in academic life.

Christian Practice:

Sabbath - Self-Care - Solitude

In my GE biology course for non-majors, BIO 1001 Human Biology & Bioethics, I introduce the students to the concept of practices, or disciplines, that can contribute to development in 5 aspects of their lives: student, Christian, healthy person, scientific thinker, global citizen.

As a professor, my job is to create opportunities for students to learn in a variety of ways. In terms of Christian practices, I chose to focus on Sabbath, silence, solitude, simplicity, and shared meals. Approximately every 3 weeks, I ask the students to spend 30 minutes of their Sabbath time in a quiet place, all alone, with their phone put away, and to reflect on a prompt that related to the class (for example: how can they conserve resources as a global citizen, or how can they use their own healthy bodies to be the hands and feet of Jesus, etc.). They then submit a 200+ word written reflection.

In addition to these reflections, I set up a series of meals (three dinners at our home and two lunches in the cafeteria) where students (up to 10 at a time) and I shared a meal together.



Center for Teaching and Learning
3900 Lomaland Drive
San Diego, CA 92106



619-849-2965



ctl@pointloma.edu



ctl.pointloma.edu

