

## General Education Courses in English and Metacognition

This paper describes a few different meta-cognitive strategies that I have been using in the classroom in my general education classes, Classical Mythology and Great Greek Minds. One is the introduction of breathing exercises into the classroom, designed to calm the mind and ready students for learning; a second is the introduction of the concept of interbeing as defined by Thích Nhất Hạnh, designed to enable students to think beyond themselves as they learn to understand themselves better; a third is emotional awareness and amelioration, designed to help students deal with difficult emotions; and a fourth is using simple story analysis and creation as a means for changing the way students think about themselves and their worlds. The techniques used in class are based on *Happy Teachers Change the World* (Hanh and Weaver: Parallax, Berkeley 2017) and on *Think Again* (Grant: Viking 2021). It also offers as evidence my own students' reflections on their application of the strategies both inside and outside of class. Through implementing these meta-cognitive strategies, students change and grow, alive and aware to a richer life filled with choice, intention, and possibility. This richness enables them to imagine a new life and many possible worlds, worlds that they can then live into existence. And so, in sum, I am seeking to help students think their way into a better mode of living and to live their way into a better mode of thinking.