

Informed Consent Form

Date: March 13, 2019

Study Name: “Minding the Future”

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Purpose of the Research: To survey, analyze and disseminate the experiences students have with the courses they take involving mindfulness and other forms of Contemplative practices and the uses they intend to make of these practices in their careers. While there is a rapidly growing academic interest in Mindfulness and other Contemplative practices, there is a dearth of information regarding students’ expectations, experiences and future uses of this pedagogical field. This research is designed to begin to establish a foundation of the needs of students who are taking Contemplative practices in their courses, what practices they are taking, how they plan to employ these in their professional careers and the degree to which they are satisfied with the instruction they are getting. This information will guide the development of Contemplative pedagogy and inform further research in this area.

What You Will Be Asked to Do in the Research: You will be asked to fill in a brief questionnaire giving your level of study, contemplative education course(s) you have taken and how you anticipate using contemplative practices in your work. This can be completed in under 1 hour.

Risks and Discomforts: There is no anticipated harm or discomfort involved.

Benefits of the Research: There is a growing interest in Mindfulness and other forms of Contemplative education. This research will provide a survey of students’ educational experiences and the career uses they plan to make of their education in Contemplative practices. Contemplative practices can have a vital role in their work. For example, there is a growing interest in educational applications of Contemplative practices, in work which will begin to address the multiple crises – environmental, economic, political, population and others – which will dominate their future and multiple other areas. The results of this survey will be published in the introductory essay for a book on students’ experiences with Contemplative education, on the Mindfulness and Contemplative Education Website (<http://www.contemplativeeducation.ca>) and may be used in conference presentations.

Voluntary Participation and Withdrawal: Your participation in the study is completely voluntary and you may choose to stop participating at any time. If your decision is to not volunteer, to stop participating, or decline to answer particular questions that will not influence the nature of your relationship with York University or the researchers either now, or in the future. In the event you withdraw from the study, all of your data information will be immediately destroyed at your request.

Confidentiality: All information you supply during the research will be held in confidence. Your name will not appear in any report or publication of the research. Your name will not appear on the questionnaire and this consent form will be destroyed once the research is completed.

Questions About the Research? If you have questions about the research in general or about your role in the study, please feel free to contact Prof. Deborah Orr or Mustapha Safadieh, Research Assistant, by e-mail at dorr@yorku.ca or msafadieh@hotmail.com. This research has received ethics review and approval by the Human Participants Review Sub-Committee, York University's Ethics Review Board and conforms to the standards of the Canadian Tri-Council Research Ethics guidelines. If you have any questions about this process, or about your rights as a participant in the study, please contact the Sr. Manager & Policy Advisor for the Office of Research Ethics, 5th Floor, Kaneff Tower, York University (telephone 416-736-5914 or e-mail ore@yorku.ca).

Legal Rights and Signatures:

I (*fill in your name here*), consent to participate in ("Minding the Future") conducted by (Deborah Orr and Mustapha Safadieh). I have understood the nature of this project and wish to participate. I am not waiving any of my legal rights by signing this form. My signature below indicates my consent.

Signature _____
Participant

Date _____

Signature _____
Principal Investigator

Date _____

I, _____ (*insert your name*) consent to the use of my name in the publications arising from this research.

Signature _____
Participant Name:

Date _____