

(5/17/16)

Graduate School Equivalency Requirements –Teacher Certification in MBSR

The requirement of a graduate degree for Teacher Certification in MBSR acknowledges substantial academic and educational rigor. The commitment that a graduate degree demands expresses a capacity for investigation, critical thinking, competence in written and oral communication, and systematic understanding of a body of knowledge. While this depth and breadth is typically realized through a formal educational pathway, we understand that formal learning at recognized institutions and academies represent only one way such an education might be accomplished.

Thus, the Graduate School Equivalency Assessment is offered by the Oasis Institute in conjunction with the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical School to recognize and include those applicants to Teacher Certification Review in MBSR who are highly skilled in teaching MBSR, but with non-formal or non-traditional learning experiences.

The assessment requires a written statement detailing the range of your experience as it relates to an equivalent graduate course of study, per the factors listed above. In your documentation, please include all areas that support these criteria, including:

- Professional activities
- Community leadership
- Volunteer and pro-bono activities
- Writing and published pieces
- Courses and Certificate programs
- Courses or programs taught (non-MBSR/mindfulness)
- Other learning experiences whose value you directly attribute to your professional life

Please note that the areas assessed should **not** include the teaching of mindfulness or MBSR—rather the equivalency is to highlight knowledge and skills that are in addition to the actual TCR assessment.

In assessing equivalency, we take several factors into account including:

- Depth of experience
- Range of activities
- Skills and knowledge gained
- Professionalism
- Length of time spent on various activities
- Integration of work into overarching service areas that support MBSR and mindfulness in the world

Please be both concise and thorough. Word limit: 800 - 1,000 words

Please include your CV, which should list all formal educational and work experience.

Thank You.