



# Introduction to Joyful Learning

## Syllabus

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### Course Overview

The joyful learning course is an online lecture containing five modules. The initial entrance survey will measure the students' current learning skills and their background knowledge about contemplative science. The first module is the introductory module to give an overview about this course and also the motivation to learn this course.

Afterwards there will be 3 modules: one for modern cognitive learning theory, one for contemplative science theory, and one for contemplative science practice. The fifth

module is the conclusion module which discusses why and how to merge the modern cognitive learning theory with the ancient contemplative science to foster the next generation of learning skills.

All the five modules will contain its quizzes and self-reflections respectively for your self-assessment. If you have any questions, don't hesitate to contact the instructor through Email: [contact@joydemy.de](mailto:contact@joydemy.de). I wish you a wonderful journey with this course!

## Objectives

By the end of this course,

1. Students will be able to **define** the basic concepts of the modern learning theories and contemplative science.
2. Students will be able to **explain** the fundamental modern learning theories and contemplative science theories.
3. Students will be able to **use** the modern learning theories to improve their learning efficiency and self-efficacy.
4. Students will be able to **monitor and analyze** their own study and work progress with the metacognitive abilities trained with contemplative science theories and practices.
5. With the powerful learning toolkit learned from this course, students will be able to **assess** the factors which influence their progress and react to them proactively.
6. Eventually, students are encouraged to **explore and create** their own learning methodologies and styles beyond the learning toolkit provided by this course.

## Course Outline

1. [Section 0]: Entrance Survey
  - a. To understand your current learning skills, your background knowledge about cognitive learning theory and contemplative science
2. [Section 1]: Introduction to Joyful Learning
  - a. The age of connectivism learning
  - b. The abilities we need in this changing era
  - c. A brief introduction to learning theories
  - d. A brief introduction to contemplative science

- e. What is Joyful Learning?
3. **[Section 2]: Understanding Cognitive Learning**
  - a. The Basic concepts of Cognitive Learning (with Quiz)
  - b. The Nature of Cognitive Learning (with Quiz)
  - c. Assimilation Theory in Cognitive Learning (with Quiz)
  - d. Cognitive Structure Theories on Learning (with Quiz)
  - e. Practice and self motivation in Cognitive Learning (with Quiz)
  - f. The Feynman Technique of Learning (with Quiz)
4. **[Section 3]: Introduction Contemplative Science**
  - a. The life story of Shakyamuni Buddha
  - b. The Buddha's Teaching
    - i. The Four Noble Truths (with Quiz)
    - ii. The Noble Eightfold Path (with Quiz)
    - iii. Emptiness Theory (with Quiz)
    - iv. No Self Theory (with Quiz)
  - c. Heart Sutra
    - i. Understanding the heart sutra (with Quiz)
    - ii. The beautiful sanskrit song "Heart Sutra"
5. **[Section 4]: Contemplative Meditation Practice**
  - a. Preparation before meditation (with Quiz)
  - b. A brief introduction to how to meditate (with Quiz)
  - c. Stay with your breathe (Practice)
  - d. Self-Inquiry Meditation (Practice)
6. **[Section 5]: Conclusion: Joyful Learning from inside out**
  - a. Let your intuition be your own teacher
  - b. Stay positive, harmonious, and joyful at anytime
  - c. Joyful Learning, A systematic learning approach
    - i. Combining the advanced learning theories for knowledge acquisition and retention.
    - ii. Combining contemplative science to increase one's intuition and emotional management abilities.
    - iii. Stay selfless, GaTech Motto: "progress and service"
  - d. Exit Survey
    - i. The final evaluation of the course, feedback

## Required Tools for Course Participation

- Joydemy will be the platform to access the course content videos.
- You need internet access and a working PC or laptop.

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- Lecture handouts can be downloaded as pdf format.
  - A quiet place where you can practice meditation.