



HEALTH & WELLNESS



**The Mary Waldon Show: Raising and Empowering Young Women, Mind, Body, and Spirit**  
Archives Available  
**January 8th 2013: Consciousness, Creativity, and Identity - An Innovative Approach to Effective Education and Empowering Students**

There is certainly no lack of critique of the American education system. Inequity of opportunity, bloated bureaucracies, debates regarding outcome measures...the list goes on. Today we explore an example of what is working in education. Tune in and find out how sociologist Molly Beauregard is strengthening her students' sense of self, and ultimately their mental health. "Consciousness, Creativity and Identity" is her course offered at The College for Creative Studies in Detroit and is an innovative, student-centered approach that integrates meditation into the core curriculum.



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#### Featured Guest

Guest Image

##### Molly Beauregard

Molly Beauregard is a sociologist, with a background in psychology and public policy. She is an adjunct professor at the College for Creative Studies in Detroit. She teaches a class called "Consciousness, Creativity and Identity" that integrates meditation into the core curriculum. Ms. Beauregard has a BA in psychology from the University of Michigan, a Master's in Public Administration from the University of Pittsburgh, and a Master's in sociology from Loyola University in Chicago. Ms. Beauregard is a life-long mediator and is working to bring her ground-breaking course to other universities nationwide. Check out her blog at [www.tuningthestudentmind.co](http://www.tuningthestudentmind.co)

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