



PDP Request Form and Assessment

February 5, 2020

Deepening Your Mindful Practice – A Day Long Retreat

Essex North Shore Agricultural & Technical School, Danvers

Massachusetts Partnership for Youth (MPY), Inc., distributes Professional Development Points (PDPs) to school personnel. If you would like to apply for PDPs today, please fill out the information below and complete the assessment.

PLEASE NOTE: You must submit this information every time you attend an MPY, Inc. event to ensure you receive all your earned hours of PDPs. PDPs can be only issued for a minimum of 10 hours of programming. To receive PDPs, you must have also attended another conference through MPY during the **2019-2020 school year**.

PDP Certificates for all events will be emailed at the end of each school year.

Name: _____ **School/District:** _____

Email: _____ **Phone Number:** _____

Mailing Address: _____

Program Goals: To understand what mindfulness is. To distinguish listening from other communication skills. To identify one’s own patterns of listening.

Please Circle True or False:

1. Mindfulness means stopping thought and being in a “zen like” state.	True	False
2. Effective listening involves giving advice.	True	False
3. Mindfulness is present moment awareness with an attitude of receptivity to whatever is happening within and around.	True	False

(back)

What strategies do you think will be the most helpful with your practice?
