

Language Study as a Window to Inner Peace: A Dialogue Among Science, Psychology, and Buddhism

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Abstract

Undergraduate Students who are studying Chinese as a second language from Northeastern University (NEU, a private urban institution located in Boston) have been immersing themselves in the target language environment by joining the Summer China Dialogue program, *From West to East*, in Yunnan since 2012. The program has established sustainable collaborations across disciplines and national borders among NEU, Yunnan University, and Yunnan Nationalist University.

Based on the FLAC (Foreign Language Across the Curriculum) framework, this innovative and collaborative program integrates eastern wisdom with western modernity by utilizing flip classroom pedagogy. Through a comparative approach, we offer students a novel, eye-opening, and enlightening experience by exploring the correlation among science (quantum physics), psychology, and Buddhist philosophy. This approach has challenged students intellectually and significantly enhanced students' intercultural competency. As a result, our students are able to increase their language proficiency levels and cross-culture awareness.

Bio

Dr. Ann Cai, associate teaching professor in the World Language Center at Northeastern University. She has received teaching awards with distinction from Harvard University. Dr. Cai is a guest editor of *Journal of Research Initiatives* and has received several grants, such as a Startalk summer grant (*Program for Future: Travel with Robots*), and a research grant on *Bilingual Guided Meditation* and its results have been published and presented in 2018 American Psychology Association (APA) annual convention.