GT faculty and staff
Meditation, Mindfulness, and Mental Acuity

Ameet Doshi holds an M.S. in Information Science and M.P.A in Public Administration. He is Economics Librarian and head of the Georgia Tech Library’s User Experience Department. Ameet has practiced meditation for many years and has completed Emory University “Cognitive-Based Compassion Training.” Ameet recently participated in The Greater Good Science Center Institute for Educators at UC Berkeley—a six-day retreat on the science of social-emotional learning. He will be teaching a GT-1000 course on mindfulness in fall 2016.

Monica Halka (Ph.D., Physics) is Associate Director of the Georgia Tech Honors Program, where she teaches interdisciplinary courses and initiated the pilot program “Meditation, Mindfulness, and Mental Acuity,” which investigates ways of bringing mindfulness practices into the GT curriculum. She has studied and practiced Tibetan style meditation for many years. Monica will be teaching a GT-1000 course on mindfulness in fall 2016.

Suzy Harrington (DNP, BS Nursing) is Executive Director for Georgia Tech’s Center for Community Health and Well-Being. While currently focusing on mental health, alcohol and drug education, and sexual assault prevention, Dr. Harrington aims to shift the campus focus to promoting, nurturing, and enriching a culture of health, well-being, and caring via a comprehensive, science-driven strategy designed to create a collaborative campus-wide culture. The framework involves a harmonization of the professional, physical, emotional, and social dimensions of health and well-being.

Dana Hartley (Ph.D., Atmospheric chemistry) is associate professor of Earth & Atmospheric Sciences at Georgia Tech, where she teaches physics of weather and thermodynamics. She recently initiated Georgia Tech’s homeless student assistance program and serves as its primary liaison. She has practiced various styles of meditation and has introduced some of these ideas into her GT-1000 course.

Diley Hernandez (Ph.D., Educational psychology), a native Cuban, works for the Georgia Tech Center for Education Integrating Science, Mathematics, and Computing (CEISMC) as Director of GoSTEM. Her research interests include the impact of stereotype and social identity threat on the academic achievement and motivation of minority students, the cross-cultural variation of motivational processes, and Latino student’s academic achievement in STEM education. She has been practicing meditation for many years and recently organized a mindfulness workshop for CEISMC staff.

Analia Rao, a native of Argentina, is Educational Outreach manager of GoSTEM for the Georgia Tech Center for the Enhancement of Teaching and Learning as the Educational Outreach Manager of GoSTEM. In 2004, Analía immigrated to the United States where she obtained a Master’s in Social Welfare at UCLA. From 2007 to 2009, Analía served as the Assistant Director of the UCLA Center for Policy Research on Aging, where she managed several research projects on policy issues affecting the Latino community. She has extensive clinical experience in working with culturally diverse populations and has worked and collaborated with various community agencies and organizations to help meet the needs of individuals and families.

Jason Tsukahara is a graduate research assistant in the Department of Psychology at Georgia Tech, working on cognition and brain science. He has studied and practiced meditation for many years, with particular focus on methods that cultivate motivational, attentional, cognitive, and emotional balance as taught by B. Alan Wallace. Jason currently serves as president of the Georgia Tech Meditation Club.

Paul Verhaeghen (Ph.D., Psychology) is professor of psychology at Georgia Tech, where he is involved in research on memory and aging. He has practiced Zen style meditation for many years and, in fall 2016, will be teaching two GT-1000 (1-credit) courses on mindfulness using the KORU method.