ABSTRACT

BACKGROUND: Mobile learning/ mLearning (ML) holds promise and provides new opportunities, and academic research is focused on transforming it into a new emerging discipline[1]. Relevant mLearning pedagogical affordances (based Navigationism, Connectivism, Heutagogy and Social-Constructivism) are proposed by researchers[1]: (i) Personal Publishing and Sharing; (ii) Personalized Learning Environments; (iii) Contextual Learning; (iv) Audio-Rich Language Learning; (v) Personal control and learning ownership and (vi) Support and Motivational Messages. Moreover, Podcasting is a form of ML in which a device is used to listen to an audio broadcast[2]. Although studies on podcasting are scarce, Evans[2] found that significantly more higher education students (i) thought podcasts were more effective than revising from textbooks and (ii) believed that they were more receptive to the material delivered as podcasts than traditional methods. Furthermore, self-awareness, mindfulness and other positive psychology related-constructs are increasingly proving their impact on mental health[3]. Finally, InsightTimer is the largest free library of guided meditations worldwide (>15,000 titles) and one of Time magazine’s list of 50 best applications (apps). Data from the app’s latest internal survey showed that 63% of American meditators used it. OBJECTIVES: This paper’s purpose is to present the scientific foundation/construction process of a mlearning course/podcast. METHODS: Methods included literature review, expert’s consultation, benchmarking ML successful practices and pedagogical framework (learner-centred design). Audacity software was used for audio editing, mixing voice, background-music and specifically targeted music to trigger emotions. Each session had approximately 15 minutes (scientific content and exercises to consolidate learnings) and includes Relaxation and mindfulness techniques, Coaching, Neurolinguistic-Programming, Savouring[4], learned optimism[5], self-awareness, Awe, Zest, Gratitude and other positive psychology constructs[3]. RESULTS: The course final version was comprised of 10 sessions: (i) Being me: The development of the self & inner child revivifying; (ii) My emotional program & the sensor technique; (iii) Navigating the self through changes & The Golden Path; (iv) My mind: Monkey-mind & ‘Undock the brain’ technique; (v)
Healing my ‘sense of self’ & The dome Technique; (vi) Learned Optimism & my inner coach; (vii) To Be and to experience, mental models & The Witness Technique; (viii) Gratitude & Savoring Techniques, (ix) Happiness, Purpose and Meaning: An Encounter with my integral self and (x) My Life, My Choice & My Story: Connecting my sense of self. **CONCLUSION:** We discuss ML and podcasting future as a path to self-development learning and present future research steps, including user’s reviews analysis.

**Keywords:** Mobile Learning, Podcasting, Self-Development, Positive Psychology, Mindfulness

**References:**