

Enhancing Student Engagement in Buddhist Counselling course through BCI Technology and Drone Control

Abstract

Teaching students mindfulness techniques can be a challenging task, as mindfulness is both an abstract concept and a practice. To illustrate how mindfulness works using a scientific method we introduced a "Game of Mind Power" in the course on Theory and Practice of Buddhist Counselling within our Master of Buddhist Counselling program.

This project showcases our innovative teaching approach, which integrates technology with mindfulness practice.

Actively engaging students through the use of Brain-Computer Interface (BCI) technology and drone control exercises.

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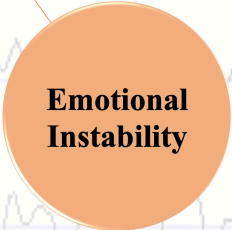
The students found the game highly engaging, which motivated them to look deeper into the theoretical and introspective aspects of the course.



- Cognitive deficit
- ADHD



- Anxiety
- Depression

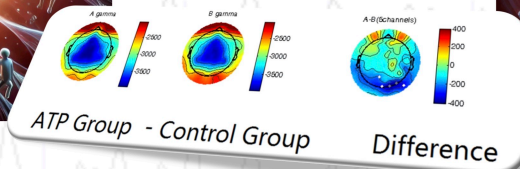


- Poor relationship
- High emotion reactivity



Activity Description: Students wear EEG devices that translate mental focus into drone UFO control, demonstrating how concentration affects physical outcomes.

Purpose: This hands-on exercise aligns with Buddhist mindfulness by providing a direct and vivid experience of focus, attention, and with background knowledge of Buddhism, Neuroscience, Engineering, and algorithm.



Conclusion: This innovative, tech-integrated approach creates a richer learning experience, helping students internalize abstract Buddhist counseling concepts.

Future Exploration: Opportunities for interdisciplinary collaborations and expanding digital innovations that support experiential learning in the digital age.