WELL 103: Practicing Mindful Living and Mindfulness

Created by: Erin Lassial, M.Ed, and Barat Wolfe, Ph.D.
A. **TITLE**: Practicing Mindful Living and Mindfulness

B. **COURSE NUMBER**: WELL 103

C. **CREDIT HOURS**: 1

D. **WRITING INTENSIVE COURSE**: No

E. **GER CATEGORY**: 

F. **SEMESTER(S) OFFERED**: Fall and Spring

G. **COURSE DESCRIPTION**: 

In this course, students will explore mindful living and meditation in the context of health and wellness. Students will learn and practice a variety of approaches and applications to mindfulness, and reflect on their experiences.

H. **PRE-REQUISITES/CO-REQUISITES**: 

   a. Pre-requisite(s): 
   b. Co-requisite(s): 
   c. Pre- or co-requisite(s):

I. **STUDENT LEARNING OUTCOMES**: 

<table>
<thead>
<tr>
<th>Course Student Learning Outcome [SLO]</th>
<th>ISLO</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Learn theory and skills in mindful living and meditation</td>
<td>5</td>
</tr>
<tr>
<td>b. Describe and practice a variety of approaches and applications to mindfulness</td>
<td>1 [W]</td>
</tr>
<tr>
<td>c. Reflect on personal experiences, including the value of intention, reflection, and being present</td>
<td>2 [CA]</td>
</tr>
<tr>
<td>Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Industry, Professional, Discipline Specific Knowledge and Skills</td>
</tr>
</tbody>
</table>

J. **APPLIED LEARNING COMPONENT:** Yes X No ____
K. **TEXTS:**


L. **REFERENCES:**

M. **EQUIPMENT:**

N. **GRADING METHOD:** A-F

O. **SUGGESTED MEASUREMENT CRITERIA/METHODS:**
   Written assignments, discussion, reflection, presentations

P. **DETAILED COURSE OUTLINE:**

I. Mindfulness
   a. Intentional Language (external and internal)
      i. Nero-Linguistic programming and application
   b. What is means to “be present” – discussion and reading
   c. Progressive relaxation practice (physical and mental)
   d. Integration for Daily Routine
      i. Practicing Intention Setting
      ii. Benefits of reflection practices and Processing Techniques
          1. Journaling (or other written work, poetry,
          2. Evening review/gratitude
          3. Creative Engagement

II. Meditation
   a. Guided meditation
   b. Silent meditation
   c. Focused meditation
   d. 5 senses
   e. Movement Meditation
   f. Mantra Meditation
   g. Mindful Meditation
   h. Visualization
   i. Breathwork Meditation

Q. **LABORATORY OUTLINE:**