

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



MASTER SYLLABUS

WELL 103: Practicing Mindful Living and Mindfulness

Created by: Erin Lassial, M.Ed, and Barat Wolfe, Ph.D.

**SCHOOL OF BUSINESS AND LIBERAL ARTS
SOCIAL SCIENCES DEPARTMENT
FALL 2021**

- 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:**

<u>Course Student Learning Outcome [SLO]</u>	<u>ISLO</u>
a. Learn theory and skills in mindful living and meditation	5
b. Describe and practice a variety of approaches and applications to mindfulness	1 [W]
c. Reflect on personal experiences, including the value of intention, reflection, and being present	2[CA]
c. Examine research studies on mindfulness and meditation	5

KEY	<u>Institutional Student Learning Outcomes [ISLO 1 – 5]</u>
ISLO #	ISLO & Subsets
1	Communication Skills Oral [O], Written [W]
2	Critical Thinking <i>Critical Analysis [CA], Inquiry & Analysis [IA], Problem Solving [PS]</i>
3	Foundational Skills <i>Information Management [IM], Quantitative Lit./Reasoning [QTR]</i>
4	Social Responsibility

	<i>Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]</i>
5	Industry, Professional, Discipline Specific Knowledge and Skills

J. APPLIED LEARNING COMPONENT: Yes No

K. TEXTS:

Shannon, Scott. *Handbook of Complementary and Alternative Therapies in Mental Health*. Academic Press, 2001.

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. Neuro-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: