

## Mindfulness for Students

Lecturer	Glen Choi
Institution	Seneca Polytechnic
Email	<a href="mailto:glen.choi@senecapolytechnic.ca">glen.choi@senecapolytechnic.ca</a>
Teaching time	Afternoon

### Course Description:

We currently live in an age of constant bombardment of information and demands for our time. Postsecondary students are no exception. This course introduces students to mindfulness meditation as a skill for managing student life and academic challenges. While mindfulness is popularly known in the West today as a non-religious awareness practice, this course will also explore its religious roots in the Buddhist tradition and the role mindfulness plays in contemporary Korean Buddhism.

The first half of this course will equip students with the latest theories and knowledge about stress, stress management, the mind-body connection and emotional resilience. With the establishment of this theoretical foundation, the second half of this course will focus on in-class activities and projects that will allow students to reflect on their own lives as well as equip them with the tools to relate to challenging situations with more ease, understanding and kindness. As a whole, the course should better prepare students for the upcoming Temple Stay program that is being offered as part of the Dankook University International Summer School program.

### Materials/Text:

Bob Stahl and Elisha Goldstein, *A Mindfulness-Based Stress Reduction Workbook* (Oakland: New Harbinger Publications, Inc., 2010)

**\*Note: No need to purchase textbook as relevant excerpts from book will be provided electronically free of charge**

### Requirements:

1. High school-level diploma
2. English language proficiency

### Schedule:

Dates: July 12 – August 7, 2024

Days: Monday – Thursday

Time: 1:00pm – 4:00pm

### Schedule:

- 1) Introduction/What is mindfulness meditation?
- 2) Mindfulness movement in contemporary Korean Buddhism
- 3) Mindfulness and the mind-body connection
- 4) Test 1 / How to practice mindfulness meditation
- 5) How to practice mindfulness meditation (cont'd)

- 6) How mindfulness works with stress reduction
- 7) Mindfulness of the body
- 8) Test 2 / Deepening your practice
- 9) Deepening your practice / Developing mindfulness plan
- 10) Meditation for anxiety and stress
- 11) Transforming fear through loving-kindness meditation
- 12) Interpersonal mindfulness
- 13) The healthy path of mindful eating, exercise, rest, and connection
- 14) Final Exam
- 15) Keeping up your practice

**Assignments:**

There are two types of assignments for this course.

1. The Journal component will require students to write journal entries twice per week reflecting on their experiences with the mindfulness exercises and practices taught in class.
2. The Mindfulness Plan component will require students to develop a personal mindfulness plan for their lives moving forward and this is to be submitted at the end of the semester.

**Evaluation:**

Journal	15% (5 short journal entries in total)
Test #1	20% (Fill-in-the-blanks, multiple choice, short answer questions)
Test #2	20% (Fill-in-the-blanks, multiple choice, short answer questions)
Mindfulness Plan	20%
Final exam	<u>25%</u> (Fill-in-the-blanks, multiple choice, essay questions)
Total	100%