

Mindfulness for Students

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Teaching time	Afternoon

Course Description:

The number of stressors that people in modern societies today face is vast. This is particularly true of postsecondary students. They carry the weight of information overload with the high number of courses they must complete, the academic and social pressures they receive from their professors, family and peers can be too much to handle, and they await a future that is uncertain and, sometimes, daunting.

While the number of stressors is vast, so is the scientific literature showing the efficacy of mindfulness meditation in terms of dealing with stress, anxiety and chronic pain. This course introduces students to mindfulness as a skill for managing and navigating the challenges that postsecondary students face in a gentle but effective way. Students will practice several different kinds of mindfulness meditations throughout the course and learn to apply them to their daily lives. This will be supplemented by some theory and concepts related to mindfulness.

Materials/Text:

There is NO textbook for this course; the professor will provide the necessary material for each course module.

Schedule:

Modules:

- 1) Introduction/Origins of mindfulness meditation
- 2) What is mindfulness?
- 3) The mind-body connection
- 4) Quiz #1
- 5) Field trip: JustBe Temple (Hongdae, Seoul)
- 6) Establishing a mindfulness practice
- 7) Deepening your mindfulness practice (part I)
- 8) Deepening your mindfulness practice (part II)
- 9) Quiz #2
- 10) Field trip: Dongguk University Temple (Jung-gu, Seoul)
- 11) Korean Buddhist-style mindfulness
- 12) Field trip: Hanmaum Seon (Zen) Center (Anyang)
- 13) Comprehensive review
- 14) Quiz #3
- 15) Devising your individualized mindfulness plan

Assignments:

Students will go on field trips to a number of Buddhist temples and Zen centers in Seoul. They will be asked to write a short essay about their experiences at a particular temple or center for submission.

Evaluation:

Quiz #1	25%
Quiz #2	25%
Quiz #3	25%
Field trip essay	<u>25%</u>
Total	100%