

Mindfulness for Students

Lecturer	Glen Choi
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Class time	Afternoon (1-4 pm)

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 as well as the roles mindfulness and meditation play 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 field trips, 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.

Materials/Text:

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

Note: Students are not required to purchase this textbook as all readings will be provided to students electronically (PDF) free of charge.

Schedule:

July 7 (Tues): **Module 1:** Origins/roots of mindfulness

July 8 (Wed): **Module 2:** What is mindfulness?

July 9 (Thurs): **Module 3:** Mind-material connection

July 13 (Mon): Quiz 1 / Meditation exercises

July 14 (Tues): **Module 4:** My Year of Living Mindfully (documentary video)

July 15 (Wed.): **Module 5:** Deepening your mindfulness practice

July 16 (Thurs): **Module 6:** Field trip to JustBe Temple (Hongdae, Seoul)

July 20 (Mon): Quiz 2 / Meditation exercises

July 21 (Tues): **Module 7:** Buddhist-style mindfulness

July 22 (Wed): **Module 9:** Anchoring & grounding

July 23 (Thurs): **Module 10:** Field trip to Dongguk University (Seoul)

July 27 (Mon): **Module 11:** Compassion

July 28 (Tues): **Module 12:** Field trip to Hanmaum Zen Center (Anyang)

July 29 (Wed): Comprehensive review / Meditation exercises

July 30 (Thurs): Quiz 3

Assignments:

All journal entries are short in-class assignments (students are given a few minutes during each class to write down and submit their experiences after participating in a meditation session). Students will also be given the entire month to complete a relatively short memoir about a particularly meaningful episode in their lives.

Evaluation:

Journal	15% (6 short in-class journal entries in total)
Quiz 1	20% (Fill-in-the-blanks, multiple choice, long/short answer questions)
Quiz 2	20% (Fill-in-the-blanks, multiple choice, long/short answer questions)
Memoir	20% (500-800 words)
Quiz 3	<u>25%</u> (Fill-in-the-blanks, multiple choice, long/short answer questions)
Total	100%

A+	A	B+	B	C+	C	D+	D	F
95 –	90 –	85 –	80 –	75 –	70 –	65 –	60 –	0 –
100	94.99	89.99	84.99	79.99	74.99	69.99	64.99	59.99