



Mindfulness Meditation Undergraduate Course Information Guide

Course Number: CCA 213, 2 credits, 5 Weeks
Delivery Formats: Online: Sync, Hybrid

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Course Description

Research shows that mindfulness cultivates skills to manage stress and build attention, focus, and resilience. This experiential course is an introduction to mindfulness. Through it, students will learn the principles of mindfulness, develop their practice, and apply the skills to their daily life. Students will learn strategies to skillfully develop their capacity to enhance mind-body awareness of present-moment experience. These practices have many benefits, such as improving health and well-the being, deepening relationships, and enhancing engagement in learning, work, leisure, and civic activities.

The class is taught in a secular manner drawing on western modalities of neuroscience and psychology, as well as Zen Buddhism. Students will study theory and research in the field of mindfulness and the emerging science that shows the beneficial effects on physical and mental health and well-being.

Learning Outcomes

After completing this course, you will be able to:

- Synthesize theory, practice, and research in mindfulness and apply understanding to individual practice.
- Create and sustain a personal meditation practice.
- Investigate mind-body awareness and connection and apply principles to enhance capacity for presence, connection, openness, and curiosity in experiences.
- Analyze the evidence on causal associations between mindfulness and various health outcomes and disease risk factors (e.g. diet, obesity, physical activity, sleep, depression, and anxiety).

- Describe and apply mindfulness principles to skillfully cultivate focus and concentration, including as they relate to working with emotions, thoughts, and sensations.
- Identify and apply techniques to skillfully cultivate emotions of well-being, such as kindness, compassion, gratitude, and equanimity.

Learning Strategies and Resources

Due to the nature of mindfulness meditation, students are expected to maintain an at-home practice during the class. Online classes consist of a combination of three experiential Zoom classes led by the instructor – a mindfulness practitioner. We will learn informal and formal mindfulness techniques and practice them both in class and at home. The instructor will offer one on one reviews with each student over the three-week class.

There will be additional online work with research, taped talks from mindfulness experts, readings, journal keeping, and meditation practice sessions. You will hear from a team of mindfulness experts through readings, and videos, and participate in direct practice and interaction with the instructor.

Required Readings

No textbook that will be required. Several books are recommended for students who want to further their practice. Students will read articles and research posted by the instructor in D2L and will have an extensive resource list for following up beyond this beginning class.

Readings will be available on Electronic Reserve, at the [DePaul Library](#). Login to Ares Course Reserves and select the course. Log in using your Campus Connect User ID and password. You will then get a page listing the courses in which you're enrolled that have readings posted in Ares. Click on the title of this course and the list of our electronic reserve readings will be displayed.

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Learning Deliverables

Meditation Learning Activities: Each module will have a watch, read, and reflect meditation learning activity to complete. Skills are developed starting with less intense informal meditation practices and building to more formal intense practice. Students will leave with a mindfulness toolbox and resources to continue a mindfulness practice.

At home Practice Worksheets: We will learn the techniques in class and you will be able to practice outside of class and keep daily records. Each week you will submit and discuss with the instructor.

Required Zoom Experiential practice sessions: You will be guided through formal mindfulness practices by the instructor with time to debrief and discuss. You will be

graded on preparation, focus, avoiding distractions during Zoom sessions, follow-up either in class or in reflections and making connections between readings and discussions.

Assessment of Student Learning

Distribution of Grade Points

Graded Assignments	Percentage of Final Grade
Online Discussion and Meditation Activity Assignments	40%
5 - At home Practice Worksheets	30%
3 - Required Zoom Experiential Practice Sessions Participation	30%

Grading Scale

A = 95 to 100	A- = 91 to 94	B+ = 88 to 90
B = 85 to 87	B- = 81 to 84	C+ = 77 to 80
C = 73 to 76	C- = 69 to 72	D+ = 65 to 68
D = 61 to 64	F = 60 or below	INC

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Course Schedule

There are five separate modules and three required two hour Zoom sessions. The Zoom links are posted in D2L.

Week or Module Title or Theme	Readings / Learning Activities	Graded Assignments
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<p>Module 1:</p> <p>What is Mindfulness, the benefits, challenges, and beginning to practice.</p>	<p>Zoom Class One: Introduction to Mindfulness Meditation - slides</p> <p>Raisin exercise and discussion Review assignments and syllabus Get to know each other opening</p> <p>Watch: Two brief talks from mindfulness experts</p> <p>Don't Try to be Mindful The power of Mindfulness</p> <p>Read three professional journal articles</p> <p>Why we find it hard to meditate Why mindfulness is good for our brains. Mindfulness</p> <p>Watch: Gratitude Moving Art</p> <p>Activities: Establish personal mindfulness goal and discuss with instructor by email or in class.</p>	<p>Take poll about meditation experience</p> <p>Set personal mindfulness goal</p> <p>Begin Daily Informal practice sheet.</p> <p>Post response to gratitude clip on D2L.</p> <p>3 question quiz</p>
<p>Module 2:</p> <p>Emerging Science of Mindfulness and going deeper with practice. Movement</p>	<p>Watch: Life is Right Now – Expert Jon Kabat-Zinn</p> <p>Ten Mindful Movements demonstrations- Monks from plum Village</p> <p>Read:</p> <p>Walking Meditation How to do it Mindful Walking Yoga Standing</p> <p>Activities:</p> <p>Twenty-minute guided body scan. Start Formal Practice worksheet. Continue Informal practice worksheet. Post in submission folder for a one-on-one journal review with instructor.</p>	<p>Research two articles on mindfulness and summarize key points.</p> <p>Continue informal practice and post on D2L.</p> <p>Begin formal practice and document.</p> <p>Post both in submission folder for a one-on-one journal review with instructor.</p> <p>Post one question, concern or insight about the first two class materials onto discussion board.</p>

<p>Module 3:</p> <p>Mind-Body awareness working with body sensations- body scan.</p>	<p>Zoom Class Two:</p> <p>Guided body scan led by instructor.</p> <p>Body scan documentation and class discussion.</p> <p>Watch:</p> <p>Managing Anxiety with Mindfulness.</p> <p>Read:</p> <p>Importance of noticing small things.</p> <p>Activities:</p> <p>Body Scan Care Plan- submit for review with instructor.</p> <p>Noticing something beautiful activity and post in D2L.</p> <p>Continue one on one journal review with instructor.</p>	<p>Noticing Beauty activity and post in D2L submissions.</p> <p>Continue to document personal practice on formal and informal worksheets. Post on D2L</p>
<p>Module 4:</p> <p>Working with thoughts and emotions</p>	<p>Listen: Four-minute guided breathing exercise.</p> <p>Watch:</p> <p>Mindfulness Dissolves Thoughts attention is what is left over.</p> <p>Mindfulness how to feel comfortable in your own skin.</p> <p>Read:</p> <p>Sitting Meditation summary. Reality below thoughts. Your mind friend or foe. Does mindfulness make you kinder.</p> <p>Activities:</p> <p>Listen to and reflect on loving kindness meditation</p>	<p>Week three informal and formal meditation practice and documentation.</p> <p>Post compassion reflection on discussion board.</p>

	<p>Start week three formal and informal worksheets</p> <p>Complete you compassion exploration</p>	
<p>Module 5:</p> <p>Compassion and bringing the practice together. What's beyond the class. Sustaining a practice</p>	<p>Zoom Class Three:</p> <p>Instructor will lead class through formal sitting meditation practice followed by discussion.</p> <p>Watch: Soften soothe allow- for difficult emotions</p> <p>Read:</p> <p>Taking it further Sitting meditation instructions Drop in for group</p> <p>Activities:</p> <p>Keeping up the momentum project Self-assessment Final formal and informal worksheets</p>	<p>Submit self-assessment for discussion with instructor.</p> <p>Post goals for self beyond class to D2L.</p>

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Course Policies

For access to all SCPS and DePaul University academic policies, refer to the following links:

[SCPS Student Resources Website](#)

[DePaul Student Handbook](#)

The [D2L Course Website](#) for this course.

Course Syllabus

The official syllabus for this course that includes course dates, instructor information and quarter specific details will be provided by the course instructor by the start of the course and available on the course D2L website.

Course Registration

To find out when this course will be offered next, you can go to the [SCPS Registration website](#) for details on how to register for the course.

For information on how this course can apply to your program, contact your academic advisor.

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