SWELL 102 • MEDITATION

Please refer to the welcome page for general information:
https://studentwellness.byu.edu

COURSE CONTENT: The path of mindfulness and meditation is individual and unique to each person. The instructor will serve students as a facilitator for self-discovery and self-guided learning.

LEARNING OUTCOMES

1. Students will be able to apply principles and implement techniques of mindfulness and meditation to quiet the mind and bring focus to everyday life.
2. Students will be able to explain the techniques and principles of mindfulness and meditation.
3. Students will be able to prioritize their wellness by setting goals, tracking progress, and cultivating connections to their peers and to Jesus Christ.

ATHLETIC ATTIRE: BYU Student Wellness expects all patrons to wear proper attire while participating in its athletic programs. In accordance with the CES Dress and Grooming Principles and Expectations, the following dress accommodations have been made for athletic participation, as well as to ensure the health and safety of all participants:

1. Patrons should wear proper attire applicable to the athletic activity.
2. Shirts, shorts or pants, and appropriate footwear must be worn at all times.
3. Undergarments and midriff should be covered with clothing.
4. Clothing with belts and/or exposed metal (buttons, snaps, rivets, and/or zippers) are not permitted.

Additional standards for specific facilities, areas, and programs may apply. Student Wellness reserves the right to determine proper program attire.

HONOR CODE: In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact be your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university. Students are also expected to adhere to the Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and every instructor's expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 422-2847 if you have questions about those standards.

MENTAL HEALTH: Mental illness is a serious health condition. Any references to conditions in this course are spoken of in generalities. This course is not a substitute for medical advice. If you are experiencing symptoms related to your mental health, please seek professional help. If you are experiencing any symptoms of suicide, please contact the CAPS Crisis Hotline at (801) 422-3035 immediately.

FEES & EQUIPMENT: Not applicable.

QUESTIONS OR CONCERNS: If you have questions or concerns, please visit with your instructor, or contact Student Wellness in 112 Richards Building or email swellassistant@byu.edu.