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 value and be able to apply general principles of fitness and well-being that will encourage lifelong wellness and assist in the active pursuit of their best selves.

CLASS ATTIRE: Student Wellness supports the BYU Honor Code, including the Dress & Grooming Standards. Appropriate workout attire for all SWELL classes includes tops that cover the shoulders, stomach, and back; mid-thigh shorts or longer (no exceptions); and no cut-off shirts, jeans, boots, or open-toed shoes. Exercise leggings are permitted. Inappropriate logos or sayings will not be tolerated. *Students not dressed appropriately will not be allowed to participate and will be marked absent.*

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 wellassistant@byu.edu.