LEARNING OUTCOMES
The path of mindfulness and meditation is individual and unique to each person. The intent of the instructor is to act as a facilitator for self-discovery and self-guided learning. However, students who take this class seriously and practice the home practice will walk away with the following skills and knowledge:

- I can explain the principles of mindfulness and meditation
- I can draw on a wide variety of techniques to quiet the mind and bring focus to my everyday life.

GRADING
This course is graded using a PASS/FAIL format
In order for students to receive a PASS grade, the following criteria must be met:

1. Attendance: You must not be absent more than 5 hours
   a. See specific details regarding attendance below

2. Daily meditation log:
   a. Because this class is an activities based class, you are required to keep a log of your time in meditation. It is a simple log with the following criteria:
      i. Length of meditation
      ii. Type of meditation practiced
      iii. Experiences during/after the practice
   b. Each entry that is complete with all three criteria will receive 1 point. To receive a passing grade for this section, you must receive at least 65 points with at least 3 entries/week.

3. Meditation journal:
   a. In addition to the meditation log, you will be required to keep a meditation journal. Each class period, you will be given 3-5 thought questions to reflect on during the week and write about in the journal. Your journal will be confidential, but I will ask to see it at the end of the semester. Each entry should start on a new page with the date of the entry clearly visible. At the end of the semester, I will simply count the entries. To pass, you will be required to have at least 25 entries. Each entry should be 2-3 paragraphs minimum.

4. Final Exam:
   a. Students must pass the final exam with 75% or better. I will hand out a study guide the week before the exam for you to review.

Students who do not meet these criteria will receive a Fail (E) grade, which will impact their GPA.
COURSE MATERIALS:
- Personal meditation journal. This should be a dedicated notebook that you use for thought questions and personal insight.

The following are not required but are recommended.
- Meditation cushion (zafu). We will be doing a lot of seated meditations in class and it helps if the hips are raised. There will be yoga blocks available as well as chairs/desks as needed.
- Blanket/sweatshirt if you get cold easily
- Meditation timing app for personal practice (Insight timer is my recommendation).

ATTENDANCE/PARTICIPATION

Absences:
- Because participation is the primary component of an activity class, attendance is requisite to pass the class. Students must attend and participate in 80% of all class sessions to pass the course (Department policy). The purpose of the allowed absences is to accommodate for illness, injury, or University business.
- There will be no negotiating for absences beyond the 5 allotted.

Tardies: It is critical to be on time to class. We will be starting each day with a short meditation practice and it is extremely distracting when people come in after it has started. Because of this, the following policies will be put into place.
- If a student is more than 5 minutes late to class, he/she will be asked to remain outside of the classroom until the beginning meditation is over.
- The door will be locked during the beginning meditation (please don’t knock)
- Once the meditation is over, the door will be open and those entering will be marked tardy. 3 tardies is equivalent to one absence.
- If the student arrives after the door is open, he/she will be marked absent.

• Students adding late cannot make up classes missed prior to adding during a 2 week period following the add/drop deadline. They should see the instructor for options immediately upon adding.
A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdrawal deadline can petition to withdraw at petitions.byu.edu. Call 801-422-2631 with questions about the petition process.

• If a student has any questions about this policy, contact Student Wellness, 112 RB, activity@byu.edu

WRITTEN EXAM

A written examination must be taken in the Testing Center. IMPORTANT: The test dates are posted at http://studentwellness.byu.edu/physical/activitycourses/. The test must be taken 3 days prior to the last day of classes and will not be available during the last 3 days of classes, Reading Days or Finals. Regarding the test, please note the following:
• The exam will cover materials taught and/or referred to in class.
• *If a better grade is desired, a test may be retaken any number of times. Retakes are available for a $5.00 fee*
• A 24-hour period is required between taking the same test over again. If you fail a test on the last day offered, you cannot take the test again.
• A $5.00 late fee will be charged beginning 2pm on the last day that the exam is available.

**DRESS & ATTIRE**

There is no required type of clothing worn during class. However, comfortable clothing that moves easily with your body will be ideal, as we will occasionally practice mindful movements, yoga, and gentle stretches specific to the meditation style we are practicing. Because we will be practicing seated meditations with legs crossed, dresses, skirts, and pants with holes are not recommended. However, there will be chairs/desks if needed.

**INJURY**

Although extremely unlikely, if you sustain an injury in any form, please notify the instructor immediately.

**MENTAL HEALTH**

• If you have been diagnosed with severe depression, anxiety, or any other form of mental illness, you must have a signed note from your healthcare provider before starting the class.
• Do not stop taking any medications for mental illness (including depression/anxiety) during the entire course without first consulting your healthcare provider.
Daily schedule:

Sept. 5 (W):
- Intro
- Why am I here?
- 5 essentials of all meditation
- Class outline/rules/etc

Sept 10 (M):
- Breath/Body awareness

Sept 12 (W):
- Intro to mindful meditation
- Mindful living exercises
- Intro to home practice

Sept 17 (M):
- Meditation and the brain

Sept 19 (W):
- Stress and stress response

Sept 24 (M):
- Long, slow deep breathing
- Peacefinder exercises

Sept 26 (W):
- Formal sitting meditation

Oct. 1 (M):
- Interconnectedness

Oct. 3 (W):
- Beginner’s mind/labels

Oct. 8 (M):
- Mindful eating

Oct. 10 (W):
- Waking without labels

Oct. 15 (M):
- Learning to love yourself
- Science of loving self

Oct. 17 (W):
- Questioning beliefs/affirmations
- Loving your body

Oct. 22 (M)
- Pebble meditation

Oct. 24 (W):
- Metta meditation

Oct. 29 (M):
- What is the soul?
- Soul centered vs. ego centered

Oct. 31 (W):
- mantras

Nov. 5 (M):
- Pranayama
- Self-inquiry: Who am I?

Nov. 7 (W)
- 4 aspects of true love-Maitri, mudita, upaksha, karuna

Nov. 12 (M)
- Intuition-paying attention to yes’s no’s

Nov. 14 (W):
- Freedom of expression
- Communication circle

Nov. 19 (M):
- Heart centered breathing
- Power of attention

Nov. 20 (W) NO CLASS-NO CLASS-NO CLASS-NO CLASS

Nov. 26 (M)
- Self-inquiry-hearts desire
- Attention and detachment

Nov. 28 (W):
- Gratitude meditation

Dec 3 (M)
- Healthy habits
- Unplug from electronic devices
- Describe noble silence

Dec. 5 (W):
- Nobel silence

Dec. 10 (M):
- SEED meditation

Dec. 12 (W):
- Christ centered meditation :