

# Mindfulness (MIND) - Courses

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## Courses

+MIND 110 Cr.3

### **Introduction to Mindfulness**

This course introduces students to key components of mindfulness and contemplative literature, history, and practices. Students will explore multiple perspectives informed by the sciences and humanities. Emphasizing the benefits of mindfulness practices at both individual and interpersonal levels, this course is experience-based and centers around developing the practical skills of meditation and awareness. Participants are expected to engage in a personal practice that is relevant and meaningful to their academic, personal, and/or career goals. Ultimately, this course will facilitate expanded self-awareness, enhanced social connectivity, and purposeful engagement in students' studies, lives, and future careers. Offered Fall, Spring.