

UF HONORS:



# Mindfulness Learning Community



## Coming home to the present ...

“The mind can go in a thousand directions, but on this beautiful path, I walk in peace. With each step, the wind blows. With each step, a flower blooms”. - Thich Nhat Hanh

**Thank you for being here with us.**



## Objectives

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Through learning and exploring new strategies for engaging in mindfulness, you will be able to -

1. define a **personal philosophy** on mindfulness and how you hope to incorporate it into your life;
2. form **meaningful connections** with members of the Mindfulness Learning Community through discussion, practice, and co-curricular activities; and
3. create a plan and personalized strategy for incorporating mindfulness activities and practice into your **lifestyle** and day-to-day schedule to support academic, social, and emotional well-being as you transition to life at the University of Florida and beyond.



## Course Description

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Mindfulness is commonly known as a tool to ground within the present moment and enhance productivity, focus and boost mental health. Within our course and learning community, we will collaborate to delve deeper into different techniques of mindfulness and self-support, to eventually discover our own definition of mindfulness and how it can influence every moment of our being.

Class sessions in the fall will consist of collective and small group discussions around the tenets of mindfulness as well as exploratory practice. Each week, there will be readings (some required, some optional) and guided questions available in Canvas to enhance the experience and our collective background knowledge. We will engage in enriching discussions about each practice, and complete journal entries throughout the semester. Supplemental but optional field trips and workshops outside of class hours will be introduced to support course objectives. Students will be supported by course instructors and a trained team of peer leaders. During our spring semester, we will put what we have learned in the fall to practice. Supported by biweekly peer leader meetings, students will work to maintain a practice as best they can, also adding updates to the Canvas discussion boards. During the spring and summer, there will be opportunities to participate in mindfulness retreats.



# Course at a Glance

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## Fall Semester Experiences:

8/28: Welcome and Course Expectations

9/4: What is Mindfulness?

9/11: Mindfulness Meditation

9/18: Yoga | *Journal Entry #1 Due*

9/25: Mantra-Based Meditation

10/2: Wellbeing Check-in

10/9: Personal Spirituality

\*\*\*Optional FIELD TRIP! Temple of the Universe (10/10 at 7:00 pm)

\*\*\*Optional FIELD TRIP! Circa's Humans 2.0 (10/13 at 7:30 pm)

10/16: Journaling and Habit Formation | *Journal Entry #2 Due*

10/23: Mindful Eating

10/30: Mind in Nature

11/6: Gratitude and Metta Meditation | *Journal Entry #3 Due*

11/13: Vision Board Presentations | *Vision Board Due*

12/4: Course Wrap-Up | *Journal Entry #4 Due*

## Course Makeup:

40% → Attendance

20% → Final Vision Board

10% → Each Journal Entry  
(prompts will be on  
Canvas)

## Attendance:

Attendance and participation are required for this experience and discussion-based class. The expectation is for students to arrive on time and actively engage in class.

## Materials:

- Mindfulness Honors  
Community Canvas Site
- Honors on Wednesday  
Email



# Resources

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## Course Information

IDH3931, section 29044

Meeting Time: Wednesday 5th period

Meeting Location: Honors Village Building 1, Room 114

Instructors: Gayathry Prabhakaran (g.prabhakaran@ufl.edu), Honors Executive Scholar & Kristy Spear, PhD (kspear@honors.ufl.edu), Assistant Director for Honors Experiential Learning

## Grading Scale

93-100(A);90-92(A-);87-89(B+); 83-86(B);80-82(B-);77-79(C+); 73-76(C);70-72(C-); 67-69(D+); 63-66(D);60-62(D-);59-0(E).

A minimum grade of B is required to earn Academic points toward your First-Year Honors Program (FHP) and University Honors Program (UHP) requirements. Once you have earned your final grade in this course, please upload the course information and final grade from your Unofficial Transcript into your Honors Canvas Cohort: Honors Completion module to earn Honors Completion credit.

### **Accommodations for Students with Disabilities**

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/)) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

### **Online Course Evaluation Process**

Students are expected to provide feedback on the quality of instruction in this course by completing [online evaluations](#). Evaluations are typically open during the last two or three weeks of the semester.

### **UF Honesty Pledge**

UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” [The Honor Code](#) specifies a number of behaviors that violate this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor.

### **Honors Resources**

Dr. Spear’s office is located in the Honors Office - 104 Walker Hall, 352-392-1519. Meetings are encouraged and office hours are available upon request, email to schedule an appointment.

Quick questions for an Honors advisor? Email [advisor@honors.ufl.edu](mailto:advisor@honors.ufl.edu). Need an Honors advising appointment? Schedule via Microsoft Bookings: <https://bit.ly/ufhonorsadvising>

### **Campus Resources**

[Counseling and Wellness Center](#) or call 352-392-1575

[Student Health Care Center](#) or call 352-392-1161 for 24/7 information to help.

[GatorWell Health Promotion Services](#) or call 352-273-4450

[UF Mindfulness](#)

## **In Class Recording**

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor. A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session. Publication without permission of the instructor is prohibited. To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.