



University of Florida Honors Program

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

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

1. construct a **personal philosophy** on mindfulness and how it fits into your life;
2. form **meaningful connections** with members of the MLC through discussion, practice, and activities; and
3. design an **individual plan and strategy** for incorporating mindfulness into your day-to-day lifestyle to support academic, social, and emotional well-being as you transition to life at UF and beyond.



Course Description

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. 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 and reflective journaling about mindfulness. Supplemental but optional field trips, socials, and workshops will be available to enhance course objectives. Students will be supported by instructors and a strong team of MLC student leaders. In the spring semester, we will put into action what we have learned this fall. Under supervision and guidance, students will work to maintain an ongoing, intentional yet non-judgmental practice. Throughout the academic year, there will be opportunities to participate in mindfulness retreats. Thriving members of the community may apply for leadership roles in the coming years.



Course at a Glance

Fall Semester Experiences:

08/26 Welcome and Course Expectations
09/02 What is Mindfulness? | *Journal Entry #1 Due*
09/09 Active Listening and Gratitude | *Journal Entry #2 Due*
09/16 Finding Home and Forming Habits | *Journal Entry #3 Due*
09/23 Mindful Eating | *Journal Entry #4 Due*
09/30 Observation and Body Scan
10/07 Mantra Meditation | *Journal Entry #5 Due*
10/14 Metta Meditation
10/21 Mindful Movement | *Journal Entry #6 Due*
10/28 Yoga
11/04 Mind in Nature | *Journal Entry #7 Due*
11/18 Vision Board Presentations | *Vision Board Due*
12/02 Course Wrap-Up | *Journal Entry #8 Due*

Course Makeup:

39 pts → Attendance
21 pts → Vision Board
5 pts → Each Journal Entry
(prompts in Canvas)

Attendance:

Attendance is required for this discussion-based class; participation in each class meeting is worth 3 points. The expectation is for students to arrive on-time, prepared to actively engage.



Course Info and Resources

IDH3931 Honors Mindfulness Learning Community

Course Section: 23423

Meetings: Tuesdays, 5th period; Honors Village Building 1, Room 114 or alternative locations as noted in Canvas

Instructors

Gayathry Prabhakaran (g.prabhakaran@ufl.edu), Peer Instructor and Honors Executive Scholar, and Kristy Spear, PhD (kspear@honors.ufl.edu), Assistant Director for Honors Experiential Learning
104 Walker Hall; Office Hours available by request, email to schedule, meetings encouraged

Materials

All readings, assignment descriptions, and deadlines are available in the course Canvas site.
Please read your Honors on Wednesday

Grading

Students will be awarded a grade based on number of points earned: 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 University Honors Program 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.

Honors Resources

Quick questions for an Honors advisor? Email advisor@honors.ufl.edu.

Need an Honors advising appointment? Schedule via Microsoft Bookings: <https://bit.ly/ufhonorsadvising>

Academic Integrity

UF students are bound by The Honor Pledge, which states, “We, the members of the UF 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, the following pledge is implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.”

Due to the personal nature of the course deliverables, the use of all AI technologies is prohibited. All work submitted must be generated by the student.

[Academic Policies and Resources](#)