

# THINK LIKE A MONK

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## INSTRUCTORS

William Nowak (wnowak@ufl.edu) | Kristy Spear, PhD (kspear@honors.ufl.edu)  
Office hours available upon request, email to schedule

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## MATERIALS

Think Like a Monk by Jay Shetty  
Additional materials in Canvas

## MEETINGS

Wednesday 8<sup>th</sup> period  
Little Hall, Room 117

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## OBJECTIVES

Establish meaningful connections within Honors  
Apply themes from text to relationships with self and others  
Transform lessons learned from the course to personal vision and goals  
Explain mindfulness relative to philosophical & religious schools of thought

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## SCHEDULE

| Week | Topic and Deliverable                 |
|------|---------------------------------------|
| 1    | Course Overview & Introductions       |
| 2    | Chapter 1   Chapter reflection due    |
| 3    | Chapter 2   Chapter reflection due    |
| 4    | Chapter 3   Chapter reflection due    |
| 5    | Chapter 4   Chapter reflection due    |
| 6    | Section Discussion                    |
| 7    | Chapter 5   Chapter reflection due    |
| 8    | Chapter 6   Chapter reflection due    |
| 9    | Chapter 7   Chapter reflection due    |
| 10   | Chapter 8   Chapter reflection due    |
| 11   | Section Discussion                    |
| 12   | Chapter 9   Chapter reflection due    |
| 13   | Chapter 10   Chapter reflection due   |
| 14   | Chapter 11   Chapter reflection due   |
| 15   | Course Wrap Up   Final reflection due |

## GRADING

Instructions and criteria provided in Canvas  
30% | Attendance & Participation  
55% | Chapter Reflections & Mini Presentations  
15% | Final Reflection

### Scale

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

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## **ACCOMODATIONS**

### Accommodations for Students with Disabilities

Students with disabilities requesting accommodations should first register with the Disability Resource Center by providing appropriate documentation. Students with disabilities should follow this procedure as early as possible in the semester.

## **COURSE EVALS**

Students are expected to provide feedback on the quality of instruction by completing evaluations. Evaluations are typically open during the last 2-3 weeks of the semester. Students are encouraged to share feedback about the course with the instructors throughout the semester

## **HONESTY PLEDGE**

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.” You are obligated to report any condition that facilitates academic misconduct to appropriate personnel.

## **IN-CLASS RECORDING**

Students are allowed to record 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. Students may not publish recorded lectures without the written consent of the instructor. A class lecture does not include student presentations, academic exercises involving solely student participation, 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. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, on 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.

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