

Term Information

Effective Term Spring 2016

General Information

Course Bulletin Listing/Subject Area Educ Sts: Cultural Foundations
Fiscal Unit/Academic Org School/Educ Policy&Leadership - D1280
College/Academic Group Education & Human Ecology
Level/Career Undergraduate
Course Number/Catalog 3200H
Course Title Mindful Resilience: Individuals to Organizations
Transcript Abbreviation Mindful Resilience
Course Description The overarching framework for the course is a critical exploration of mindfulness practices and their influence on how individuals and groups function. Exploring the physiological impact of mindfulness on the individual, students will then be able to critically examine and apply these practices to communication, implicit bias, awareness of the self and others.
Semester Credit Hours/Units Fixed: 3

Offering Information

Length Of Course 14 Week
Flexibly Scheduled Course Never
Does any section of this course have a distance education component? No
Grading Basis Letter Grade
Repeatable No
Course Components Lecture
Grade Roster Component Lecture
Credit Available by Exam No
Admission Condition Course No
Off Campus Never
Campus of Offering Columbus

Prerequisites and Exclusions

Prerequisites/Corequisites None
Exclusions None

Cross-Listings

Cross-Listings None

Subject/CIP Code

Subject/CIP Code 13.0901
Subsidy Level Baccalaureate Course
Intended Rank Freshman, Sophomore, Junior, Senior

Requirement/Elective Designation

General Education course:

Individual and Groups

The course is an elective (for this or other units) or is a service course for other units

Course Details

Course goals or learning objectives/outcomes

- To examine the cultural, spiritual, and health paradigms underlying Mindfulness practices in the context in which they were born and currently exist*
- To further their research knowledge of the health, cognitive, and communicative benefits associated with mindfulness practices*
- To critically examine western and non-western notions of mindfulness
- To systematically engage in critically analyzing ways that individual mindfulness practice can influence the culture and nature of institutions of which we are a part*
- To further their own mindfulness practice, concentrating on the meditative benefits available to them*
- To examine "mindfulness" as a western adaptation of non-western notions of centeredness and how this shaped culture*
- To explore the research concerning resonant organizations from various perspectives, medicine, law, education, business, etc, and how these organizations function*

Content Topic List

- Mindfulness and mindfulness practices
- Preconceptions/sources of stress in academia
- The interplay between individuals and groups- the nature of social(group) vs individual needs
- Definitions/Major Characteristics of the mindfulness, resilience and change
- The historical roots and culture from which these concepts came/transactional formation of culture/ analysis of how this impacts individual and group values
- The Business Case for Mindfulness training
- Definition and research findings associated with Mindfulness for college students and beyond
- A comparison between various mindfulness practices
- Implementing Mindfulness into the workplace
- Mindfulness in the legal profession
- Effects of Stress on Health care costs
- Health and its cost to society: consideration of individual vs group
- Experiential exploration of mindfulness practices used in medical and law professions as an example of how final group presentations may be structured
- Influence/impact of individuals on organizations
- Bringing the individual action and organizational structure together.

Attachments

- ESCFE 3200 - Mindful Resilience Syllabus.docx: Syllabus
(Syllabus. Owner: Ferillo, Meg A)
- ESCFE 3200H course request 12-19.pdf: Course request
(Other Supporting Documentation. Owner: Ferillo, Meg A)
- GE Assessment Plan ESCFE 3200H.docx: Assessment plan
(GEC Course Assessment Plan. Owner: Ferillo, Meg A)
- GE rational for ESCFE 3200 H.docx: Rational
(Other Supporting Documentation. Owner: Ferillo, Meg A)
- Topic list for Mindful Resilience ESCFE 3200.docx: Topic list
(Other Supporting Documentation. Owner: Ferillo, Meg A)

Comments

- Sent to ASC for initial review 2/21/15. jw *(by Wheaton, Joe Edward on 02/20/2015 03:50 PM)*

Workflow Information