

**The Ohio State University  
Freshman Seminar Program  
Course Proposal**

**Course Information.**

1. Attach a sample syllabus that includes the following. (Sample syllabi can be found at <http://freshmanseminars.osu.edu>).
  - the course goals
  - a brief description of the content
  - the distribution of meeting times
  - a weekly topical outline
  - a listing of assignments
  - grade assessment information (A-E or S / U)
  - required textbooks and / or reading list
  - the academic misconduct and disability services statements (sample statements can be found at <http://artsandsciences.osu.edu/currofc/resources.cfm>)
  
2. Attach a brief biographical paragraph that includes the current research interests, teaching awards and honors, and undergraduate courses taught by the participating instructor(s). The paragraph will be included in materials for first-year students.

Proposer's Name and Academic Unit

*Maryanna D Klatt PhD*

Proposer's Signature

*MARYANNA.KLATT@OSUMC.EDU*

*614-293-3644*

Proposer's e-Mail Address

Contact Phone Number

*MAY 1, 2016*

Submission Date

*May J. Wilbur MD*

Signature Department Chair of Academic Unit

Please indicate the semester you would like to offer the seminar: AU' \_\_\_\_\_ SP' X

**This form and any attachments should be mailed to Freshman Seminar Program, 100 Denney Hall, 164 Annie & John Glenn Avenue, ATTN: Dawn Nolen or e-mailed to [nolen.2@osu.edu](mailto:nolen.2@osu.edu). For additional information, please call 614/292-4680.**

**The Mindful College Student**  
**Arts & Sciences 1138.\*\*, Freshman Seminar**  
**1 Semester-Hour Credit**  
**Spring 2017, Tuesday afternoon's, Time: TBA Ramseyer Hall, Room TBA**

**Instructor Name: Maryanna Klatt, PhD**  
*Professor, Clinical Family Medicine*  
*The Ohio State University College of Medicine*  
*Suite 250 Northwood-High Building # 261*  
*2231 North High Street*  
*Columbus, Ohio 43201*  
*E-mail: [Maryanna.Klatt@osumc.edu](mailto:Maryanna.Klatt@osumc.edu)*  
*Office: 614-293-3644*

**Office Hours: By Appointment**

**Course Description**

Mindfulness, the ability to be fully present in your life, can make a critical difference in your college experience. It is rare that we are taught to be present in our lives – in our body, mind, and spirit. Start off your college experience by learning a skill that can enhance the remainder of your life. This course will expose you to the science behind mindfulness (how it impacts the structure and function of the brain, with implications for learning), notions of stress and stress reactivity, and the role that emotion and rumination can play in our daily experience. We will practice various forms of contemplative experience (including meditation, reflective writing, and simple movement practices) providing students with a practical way to apply the theory of mindful awareness to their lives.

One's first year of college is a time of great personal, social, and professional growth. It is the most critical time to begin developing the habits and mindset that will determine who one becomes following graduation. In order to be the best version of oneself, self-awareness must be given adequate attention. The proposed seminar will introduce students to various mindfulness activities that would encourage learning beyond the traditional lecture, memorization, and test preparation format of many college courses. Students will instead become familiarized with practices to help them cultivate compassion and acceptance of oneself and others, all components that are necessary to living a fulfilled life.

**Course Objectives**

1. To introduce students to the concept of mindfulness as a practice and way of being.
2. To understand ways in which mindfulness can be applied to academics and studying.
3. To further knowledge of the health, cognitive, and communicative benefits associated with mindfulness practices.
4. To further students' own mindfulness practice, with special focus upon the meditative benefits available to them.
5. To create a "plan," using mindfulness techniques, for navigating through the remaining years of college with less stress and greater resilience.

### Texts

1. Gibbs, J., Gibbs, R. (2013). The Mindful Way to Study: Dancing with your Books. O'Connor Press. (Free PDF download)
2. The Mindful College Student Workbook (Donated by Mindful Management, LLC)
3. Verni, K. (2015). Happiness: The Mindful Way. New York, Dorling Kindersley Limited.

### Course Policies

A "Satisfactory" completion of this course includes:

- **Weekly Attendance:** This course will be conducted as a lecture/discussion with a large portion of the class experiential. Students must be present in order to experience the course content and discussion. More than one missed class meeting without a medical excuse will result in an unsatisfactory grade for this course.
- **Class Participation:** Students will be expected to (1) read critically and (2) come to class ready to share ideas in a motivated and respectful manner.
- **Weekly Reflective Journal:** This will be turned in weekly at the beginning of class and is required for a satisfactory final grade.
- **Final Poster:** Students will be given a template on which they detail their "Mindful Roadmap" plan for the remainder of their college years. This is due at the final class meeting.

### Grading

This course will assign a Satisfactory/Unsatisfactory (S/U) grade to each student.

A "Satisfactory" grade will be assigned to students who attend each class meeting, thoughtfully participate in each class by demonstrating that they have read the assigned material before coming to class, turn in their weekly reflective journals, and create a "Mindful College Journey" plan, turned in at the beginning of class on the due date.

### Academic Misconduct

It is the responsibility of the Committee on Academic Misconduct to investigate or establish procedures for the investigation of all reported cases of student academic misconduct. The term "academic misconduct" includes all forms of student academic misconduct wherever committed; illustrated by, but not limited to, cases of plagiarism and dishonest practices in connection with examinations. Instructors shall report all instances of alleged academic misconduct to the committee (Faculty Rule 3335-5-487). For additional information, see the Code of Student Conduct ([http://studentlife.osu.edu/pdfs/csc\\_12-31-07.pdf](http://studentlife.osu.edu/pdfs/csc_12-31-07.pdf)).

### Students with Disabilities

Students with disabilities that have been certified by the Office for Disability Services will be appropriately accommodated and should inform the instructor as soon as possible of their needs. The Office for Disability Services is located in 150 Pomerene Hall, 1760 Neil Avenue; telephone 292-3307, TDD 292-0901; <http://www.ods.ohio-state.edu/>.

### **Biographical Statement**

As a professor in the Department of Family Medicine, in the College of Medicine, I have been working at Ohio State for 20 years. The focus of my teaching, research, and service is on mindfulness and other mind/body techniques that are low-cost yet high-impact. I am the recipient of five monetary awards to create innovative curriculum, which have allowed me to produce the minor Integrative Approaches to Health and Wellness, as well these courses: **The Evolving Art and Science of Medicine** (College of Medicine), **Body/MIND Goes to School** (College of Education and Human Ecology), **Yoga: Theory and Practice** (College of Arts and Science), and an honors course, **Mindful Resilience: From the Individual to the Organization** (College of Education and Human Ecology) that I designed to teach resiliency skills to pre-professionals. I have focused my research on examining the impact of mind/body approaches to stress reduction and resiliency building. I developed an intervention for working adults, Mindfulness in Motion, and two interventions for children, delivered during the school day, Move-Into-Learning, and **Fuel For Learning**. This course is the result of my design of a workbook for college students to help them reap the benefits that mindfulness practices afford.

### **Weekly Schedule**

#### **Week 1 – Welcome and Introduction**

#### **Week 2 – Mindfulness: What is it and What's all the BUZZ about?**

READ BY CLASS TIME: The Mindful Way to Study pp. ix-36 (Intro-Chapter 5)

DUE: Weekly reflective journal

#### **Week 3 – Why Practice Mindfulness?**

READ BY CLASS TIME: The Mindful Way to Study pp. 37-70 (Chapter 6-9)

DUE: Weekly reflective journal

#### **Week 4 – Building Mindful Relationships**

READ BY CLASS TIME: The Mindful Way to Study pp.73-108 (Chapter 10-16)

DUE: Weekly reflective journal

#### **Week 5 – Mindfulness: Eating and Yoga**

READ BY CLASS TIME: The Mindful Way to Study pp. 109-158 (Chapter 17-24)

DUE: Weekly reflective journal

#### **Week 6 – Managing Stress Mindfully**

READ BY CLASS TIME: Workbook pp. 1-20

DUE: Weekly reflective journal

#### **Week 7 – Balance and Breathing**

READ BY CLASS TIME: Workbook pp. 21-29

DUE: Weekly reflective journal

**Week 8 – Understanding Your Vision of Self**

READ BY CLASS TIME: Workbook pp. 30-40

DUE: Weekly reflective journal

**Week 9 – Finding Clarity and Release**

READ BY CLASS TIME: Workbook pp. 42-60

DUE: Weekly reflective journal

**Week 10 – Staying Grounded and Moving Forward**

READ BY CLASS TIME: Workbook pp. 61-77

DUE: Weekly reflective journal

**Week 11 – Toward a Mindful You**READ BY CLASS TIME: Happiness pp. 38-82 (“Toward a Mindful You”)

DUE: Weekly reflective journal

**Week 12 – Mindfulness Meditation**READ BY CLASS TIME: Happiness pp. 86-150 (“Mindfulness Meditation”)

DUE: Weekly reflective journal

**Week 13 – Mindfulness Life Skills**READ BY CLASS TIME: Happiness pp. 156-186 (“Mindfulness Life Skills”)

DUE: Weekly reflective journal

**Week 14 – Mindfulness: Looking to the Future**

READ BY CLASS TIME: Utilize course resources in making your Roadmap!

DUE: Mindfulness Roadmap (template provided)

Maryanna Klatt, Ph.D. is an Associate Professor, in the College of Medicine at Ohio State University, Department of Family Medicine. Dr. Klatt's research focus has been to develop and evaluate feasible, cost-effective ways to reduce the risk of stress-related chronic illness, for both adults and children. Trained in Mindfulness and a certified yoga instructor through Yoga Alliance, she combines these two approaches in a unique approach to stress prevention/reduction. Her adult program, **Mindfulness in Motion**, is delivered at the worksite, and for cancer survivors, while the program for children, **Fuel for Learning** is a classroom based intervention. Both programs combine yoga, mindfulness, and relaxing music. Specifically her research has shown that nurses working in a surgical intensive care unit reduced their stress by 40% (shown in their salivary amylase), university faculty and staff slept better, and bank employees significantly reduced their perceived stress, Cancer survivors and their caregivers became significantly more resilient, while inner- city 3rd graders significantly improved in hyperactivity and cognitive inattention- behaviors often related to stress. She has published several articles and book chapters, and has presented her work at national and international scientific conferences. Her stress reduction program is a fully covered benefit for faculty and staff at the University of Minnesota.

Dr. Klatt believes that we can get more out of life by slowing down, reorienting each day to what is most essential in life. Mindfulness is a self-regulatory skill that can be learned. Mindfulness teaches people how to become aware of their thoughts, feelings, and body, without judgment. It exposes stress as the result of our **response** to life events (big and small) and places stress reduction within the individual- the most local of levels. Dr. Klatt believes that there is an unexplored mine of low cost, high yield mind/body practices that have broad pragmatic value. Her goal is to expose people to mindfulness, simple yoga stretches, and breathing techniques that can be done during the day, in the environment in which they spend their day, helping them achieve the life and balance that they desire. Her consulting work is with companies such as 3M, hospitals, non-profits, and municipalities interested in improving the work environment for their employees by offering mindfulness as an effective, pragmatic stress reduction strategy. For faculty leaders at Ohio State she offers a 4 week class , "Exploring Leadership From Within" utilizing mindful leadership techniques.

Link to her Ted X talk:

<http://tedxcolumbus.com/speakers-performers/2011-a-moment-in-time-speakers-performers-2/maryanna-klatt/>