

WEBER STATE UNIVERSITY  
Honors Program

**Course: HNRS 4900 - Meditation & Mindfulness – 3 CR**

**Instructor:** Michael Olpin, PhD

**Office:** Swenson Gym Office #407 – Hours TBA

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**Phone:** 801-626-6485

**Class Time & Location:** Monday 12:30-3:00 – Stromberg PE/Health 225

**Email:** [molpin@weber.edu](mailto:molpin@weber.edu)

NOTE: The most efficient way to reach me is via email or Canvas message.

**Class Information**

**Course Description**

This course involves an in-depth exploration of meditation and mindfulness, uncovering their profound potential to elevate physiological, psychological, and emotional well-being.

**Course Learning Objectives. Students will...**

- Understand mindfulness's foundational concepts and principles and its application in daily life.
- Explore different meditation techniques, including their history, methods, and benefits.
- Cultivate mindfulness and meditation practices. Explain their impacts on self and community.
- Critically evaluate scholarly and popular resources on meditation and mindfulness, understanding their context and contributions to the field.
- Communicate effectively about meditation and mindfulness in both written and verbal formats.

**Honors Learning Outcomes**

- Students will demonstrate an appreciation for the variety of human experience, exploring its universality and diversity.
- Students will demonstrate critical thinking that is open-minded, objective, and as free as possible from prejudice and presupposition.
- Students will compose clear and compelling written expressions.
- Students will demonstrate a comprehension of abstract arguments and the ability to move between the general and the particular.

**Required Materials**

### **Meditation & Mindfulness Materials**

Articles and papers will be provided periodically. After reading, students will complete assessments on Canvas addressing key topics.

### **Guided Deep Relaxation Exercises**

Click the page on the class's homepage titled "**Instructions to get the Guided Meditation Exercises**" to learn how to access the guided meditation exercises.

### **Also Required**

Students will need to be able to access Canvas. Many of the assignments will be available or completed there. If you need help, contact the friendly technical help people at 626-7777.

## **Course Activities and Assignments**

### **Topical Learning Experiences**

Various activities with point values will be conducted during class. Attendance is crucial as many are experiential.

### **Mindfulness Materials**

Articles and papers will be provided periodically. After reading, students will complete assessments on Canvas addressing key topics.

### **Weekly Meditation Journaling**

Students will be introduced to various meditation techniques, which we will practice in class, and you will get to practice independently. You will reflect on personal experiences with these techniques in a journal format.

### **M&M Morsel**

Students will share insights on meditation or mindfulness. Detailed guidelines will be provided in the second week.

### **M&M Morsel Responses**

You will engage in peer feedback by responding to shared insights from classmates.

### **Book Review**

You will select a book from the provided list or propose one about meditation/mindfulness. You will submit a detailed review.

### **Final Paper**

In the form of a summarizing review, you will reflect on your personal growth and understanding, incorporating course materials and personal experiences.

**Evaluation:** Your grade will be calculated by the accumulation of points from the following items:

Class Activities	200 points
Meditation Journaling	100 points
M&M Morsel	20 points
Book Review	50 points
Final Paper	15points
<b>Total</b>	<b>435 points</b>

Grades are based on a percentage of the total possible points earned in the class.

### Course Grading

A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E
>93	92-90	89-97	86-83	82-80	79-77	76-73	72-70	69-67	66-63	62-60	<59

Your scores and ongoing grade for this course are found on Canvas.

### Class Ground Rules

#### **Late Work**

Assignments submitted late will be penalized 10% for each day (including weekends) unless arrangements have been made with the instructor in advance or an emergency that prevented the assignment submission can be documented. No submissions will be accepted after the semester ends.

#### **Cell Phones and Other Electronic Devices**

Electronic devices should remain off and stored away. This M&M class is a "No Phone Zone."

#### **Class Timing**

Punctuality is crucial. If tardiness is anticipated, consider enrolling in a different semester.

#### **Free Expression**

Please foster a respectful environment for open dialogue. Maintain confidentiality regarding personal experiences shared in class.

#### **Safety Information**

Be sure to discuss any changes in medication needs for stress-related disorders with your doctor, as physiological and psychological training tools may help reduce the need for medication.

**Academic Misconduct**

Please uphold academic ethics. Violations may result in a failing grade or additional sanctions.

**Students with Disabilities**

Register with WSU Services for Students with Disabilities for accommodations. Deliver verification letters to the instructor within the first two weeks. SSD is located on the lower level of the Student Services Center in room 181. For more information, contact SSD at 801-626-6413, [ssd@weber.edu](mailto:ssd@weber.edu), or <http://departments.weber.edu/ssd/>.

**Honors Notes**

Upload course projects or papers to the Canvas folio tab to assist with the Honors Capstone course.