

FOUNDATIONS IN COMPASSION & MINDFULNESS - MICRO- CREDENTIAL

The Mindful Campus Program (MCP) offers both undergraduates and graduate interested in learning about mindfulness, wellness, compassion and community engagement an opportunity to engage content and practices that spotlight the body, emotions, mind and relationships. Practices include meditation, cognitive restructuring, emotional awareness and regulation, communication, movement and daily self-care techniques.

Participation in the MCP will enhance students' ability to develop the types of healthy leadership and people skills they will be expected to possess for success in their on-campus pursuits and future careers.

Eligibility

- Graduate
- Professional
- Undergraduate

Delivery Mode

Hybrid of in-person and online delivery

Credit Status

Noncredit

Academic Level

Undergraduate

Time to Completion

Thirty hours over two semesters

Requirements

Participation in an 8-week mindfulness course, participation in weekly community of practice, attendance of monthly speaker forums and daily individual practice.

Students will complete a social innovation thought project to demonstrate how mindfulness and compassion can support action towards a more caring future.

Criteria

Students will demonstrate competency in the following areas:

- **Mindfulness & self-awareness:** I'm more familiar with my inner experience, I can name my emotions; I've considered different aspects of my identity and increased my ability to self-reflect.
- **Self care:** I have skills to cope with my inner experience; I know how to ask for help when I need it.
- **Leadership:** I've grown as a leader. I have learned ways to develop as a leader in college; I have connected with my identity as a leader with possible career goals

- **Academic performance:** I've learned new skills to focus, even when there are distractions; I've explored some ideas of what motivates me as a student.
- **Compassion & community:** I've connected with peers, I have at least one new friend that I would hang out with; I've been encouraged express compassion/kindness for those I care about; I have skills to better understand others with different experiences/identities

Skills

- Action
- Community
- Compassion
- Emotional health
- Mindfulness
- Leadership
- Social and emotional learning
- Wellness