



INTRODUCTION TO MINDFULNESS NEW COURSE 2018-2019

Introduction to Mindfulness is a year-long course; the first class in a two-course sequence. This experiential, year-long elective introduces mindfulness, the science surrounding it, and careers associated with it. Students will develop a personal mindfulness practice for stress resilience and learn to improve self and social awareness, relationships and decision making. They will engage in evidence-based practices that are selected to cultivate well-being. Through work-based learning experiences, students will explore careers that utilize mindfulness in health care and personal well-being industries.

Develop Skills
to Improve:

Focus &
Concentration in
Academics and
Athletics

Reduce Stress &
Anxiety

Communication in
Relationships

EXPLORE CAREERS
THAT UTILIZE
MINDFULNESS
Such As: Psychologist,
Doctor, Nurse, Teacher,
Human Resources Specialist

