

Syllabus Statement: Mindful Mondays

Please feel free to modify and/or revise this syllabus statement describing Mindful Mondays:

At the beginning of the week, do you feel mindful? Or is your mind full? The Mindful Growth committee invites Fullerton College students, faculty, and staff to join us for a brief mindfulness practice every Monday from 12pm-12:30pm ([hyperlink to schedule of classroom locations](#)). These faculty and student led sessions increase present-moment awareness and cultivate intentionality of thought and action. Furthermore, engaging in a personal mindfulness practice cultivates many physical and mental benefits, including improved sleep, focus, resilience, self-compassion, and overall well-being. Connect with fellow Hornets and yourself this semester!