

Mindfulness and Modern Life
HCOL 40023-655
Spring 2020

Final paper



Assignment: Final course reflection paper: In approximately 1500 words, reflect on your experience in the course. We encourage you to review the syllabus, reread your response papers and look for themes that capture the trajectory of your evolving understanding and practice of mindfulness. You might address that which was difficult—whether physical, emotional, or spiritual—but also that which was positive and affirming. What, for instance, confused you? What did you resist? What surprised you? What did you find interesting, practical, or enlightening? As you address both the high and low points of your practice, please remember to refer to our texts and in-class discussions.

Suggestions: We encourage you to set aside some time to think about the paper before you write, and make notes of your thoughts. After writing a first draft, check to see if you clearly state, then address, some main idea(s), issue(s) or theme(s), and if your paper has an introduction and conclusion.

Due in “final reflection paper” dropbox on D2L at **5:00 p.m. on Tuesday, May 7, 2020**