

PSYCH 3370-: The Science of Mindfulness and Contemplative Practices Fall 2017

Class Time: Tuesday/Thursday 12:30-1:45 p.m.; 101 McAlester Hall

TA:

E-mail:

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Office Hours: By appt.

This class has a designated writing tutor; his name is XXXXXXXXXXXXXXXXXXXX (email). The Writing Center, located in the Student Success Center, offers writing services to all students at the University of Missouri. Students can meet with a tutor or submit papers online. Appointments are available from 9-5 Monday-Friday and some evenings. For more information please visit the Writing center at <http://writingcenter.missouri.edu> or call (573)-882-2496. I encourage you, strongly, to use these services.

Plagiarism is a serious breach of academic integrity. Students are encouraged to take advantage of the following opportunity: <http://library.acadiau.ca/tutorials/plagiarism/>

Here are some websites that might be helpful for writing the weekly Research Analyses Papers:

<http://www.infoplease.com/homework/wsfivepara.html>

http://grammar.ccc.commnet.edu/grammar/five_par.htm

APA format is required for the Midterm and Final papers. See these APA format links:

<http://www.apastyle.org/>

<https://owl.english.purdue.edu/owl/resource/560/01/>

Prerequisites: Required: Psychology Experimental Methods I.

Recommended: Psychology Experimental Methods II.

Readings: Each week, the reading assignment will include three topical empirical or review articles. Periodically, an article reporting a meta-analysis will be an additional reading assignment. PDF copies of these articles are on the course Canvas website under “Modules.”

Required: **One-Subject Spiral Notebook; 70 pages.** *Please, avoid multiple subject notebooks.*

Course Canvas Website: To access the course site, go to <https://courses.missouri.edu/> and login to Canvas using your pawprint and password. Choose “Psych 3370 The Science of Mindfulness.” All announcements, readings, assignments, mindfulness and research activities, grades, and other related links will be found there.

Course Objective: To gain breadth and depth in understanding the empirical research on mindfulness and contemplative practices. To do well in the course, students must master the substantive content, psychological methodology, and the APA-style for writing, peer-review, and

presentation skills.

Course Requirements: The following are the course requirements, which total approximately 2,065 points.

1. Research Analyses Papers (approximately 400 points): Most weeks, students will write research reflection papers (50 points each). Research reviews and analyses require a very brief review of one or more of the assigned weekly articles and a critical analysis of the research presented in the articles (approximately 2 pages). Instructions explaining guidelines for writing these papers are available on Canvas. The first four papers will use the strengths and weaknesses critical analysis framework; the second set of four papers will use the compare and contrast critical analysis framework. Late drafts are never accepted.

2. In-Class Writing Assignments (approximately 280 points): There will be a variety of in-class assignments (20 points each). For example, students may be asked to write a reflection after having viewed a film shown in class. Occasionally, student will be asked specific quiz questions about the readings. These in-class assignments cannot be made up; points can only be earned during the class period (on the day of the assignment). If a student misses a class, a grade of zero will be assigned for the in-class assignment. During the semester, there will be approximately 16 in-class assignments, and the total points allowable will be 280. As such, students can miss 2 classes with no loss of points. If a student misses more than 2 classes, the lack of in-class assignment earns a score of 0. If a student misses only 1 class, 1 in-class assignment (20) can be counted as extra credit. If a student misses no classes, 2 in-class assignments (40) can be counted as extra credit.

3. Mid-Term Paper (200 points): To complete this paper, students will design their own “self-study” of a mindfulness or contemplative practice. Students will conduct the self-study over the course of 7 days; the self-observations made each day must be emailed to the scienceofmindfulness@gmail.com. This email was set up only for these daily reports. You can send an email or send a voice recording. These journal entries will allow the TA to check for daily completion of the study. Students who fail to send these emails daily will lose 50 points on the Midterm. The paper will include a relevant literature review in the introduction, a brief methodology, a qualitative analysis of the results, and a discussion section. Students are required to turn in both a rough draft (50 points) and a final version (150 points). Late drafts are not accepted. Late final drafts are accepted, with a three-day prior written email notification. Instructions explaining guidelines for conducting the self-study and for writing the paper are available on Canvas.

4. Final Paper (500 points): To complete this paper, each student will propose a new empirical study to test the influences of mindfulness practice. The paper will include a thorough literature review (Introduction: background research review, research questions, and hypotheses) and a methodological design of the proposed study (Method section: proposed participants, measures, procedures). The paper will also include a figure that represents the meditational hypotheses (examples of such figures of meditational hypotheses will be demonstrated throughout the semester). Students are required to turn in both a rough draft (points 200) and a final version (300 points). Late drafts are not accepted. Late finals are accepted, with a three-day prior written

email notification. Instructions explaining guidelines for designing the study and for writing the paper are available on Canvas.

5. Peer Reviews (150 points total): Students will provide a peer review of the draft of another student's Mid-term paper and a peer review of the draft of another student's final paper (75 points each). Peer reviews are completed in class. Late reviews are not accepted.

6. Paper Presentations (approximately 350 points): Each student will prepare a presentation based on the final paper. The presentation will be given to the class and will be worth 300 points. All students are expected to attend the presentations and will be given points for their asking one question per class period during which they do not present (25 points each class period, total points 50).

7. Mindfulness or Research Activities: A variety of activities are available and FOUR of these are to be completed by the due date specified (approximately one per month). These may involve students attending events on campus and writing about the experiences. Or, the activity may involve watching a lecture, available on line (and linked via Canvas) and taking notes. **These writings/notes should be recorded in your inclass notebook and must be brought to class on the due date by each student.** For a full list of these activities, go to the Canvas website and refer to the "Mindfulness and Research Activities" module. Each completion of an activity will earn 50 points. (200 total points allowable).

Statement regarding academic inquiry, course discussion and privacy: University of Missouri System Executive Order No. 38 lays out principles regarding the sanctity of classroom discussions at the university. The policy is described fully in Section 200.015 of the Collected Rules and Regulations. In this class, students may make audio or video recordings of course activity unless specifically prohibited by the faculty member. However, the redistribution of audio or video recordings of statements or comments from the course to individuals who are not students in the course is prohibited without the express permission of the faculty member and of any students who are recorded. Students found to have violated this policy are subject to discipline in accordance with provisions of Section 200.020 of the Collected Rules and Regulations of the University of Missouri pertaining to student conduct matters.

Statement concerning academic dishonesty: Academic integrity is fundamental to the activities and principles of a university. All members of the academic community must be confident that each person's work has been responsibly and honorably acquired, developed, and presented. Any effort to gain an advantage not given to all students is dishonest whether or not the effort is successful. The academic community regards breaches of the academic integrity rules as extremely serious matters. Sanctions for such a breach may include academic sanctions from the instructor, including failing the course for any violation, to disciplinary sanctions ranging from probation to expulsion. When in doubt about plagiarism, paraphrasing, quoting, collaboration, or any other form of cheating, consult the course instructor.

ADA Statement: Students with Disabilities: If you anticipate barriers related to the format or requirements of this course, if you have emergency medical information to share with me, or if

you need to make arrangements in case the building must be evacuated, please let me know as soon as possible. If disability related accommodations are necessary (for example, a note taker, extended time on exams, captioning), please register with the Office of Disability Services (<http://disabilityservices.missouri.edu>), S5 Memorial Union, 882-4696, and then notify me of your eligibility for reasonable accommodations. For other MU resources for students with disabilities, click on "Disability Resources" on the MU homepage.

Intellectual Pluralism Statement: The University community welcomes intellectual diversity and respects student rights. Students who have questions or concerns regarding the atmosphere in this class (including respect for diverse opinions) may contact the Departmental Chair or Divisional Director; the Director of the [Office of Students Rights and Responsibilities](http://osrr.missouri.edu/) (<http://osrr.missouri.edu/>); or the [MU Equity Office](http://equity.missouri.edu/) (<http://equity.missouri.edu/>), or by email at equity@missouri.edu. All students will have the opportunity to submit an anonymous evaluation of the instructor(s) at the end of the course.

Planned Course Schedule

- 8/22 Introduction to course
- 8/24 Mindfulness, Definitions, and Overview
- 8/29 Psychological methodology, plagiarism, and writing according to APA style
- 8/31 Mindfulness, Definitions, and Overview: ***Mindfulness or Research Activity 1 Due***
- 9/5 Mindfulness practices: College Students: **Critical Research Analysis Paper 1 Due**
- 9/7 Mindfulness practices: College Students
- 9/12 Mindfulness Therapies and Physical Disorders: **Critical Research Analysis Paper 2 Due**
- 9/14 Mindfulness Therapies and Physical Disorders. ***Due: Students send an email to Scienceofmindfulness@gmail.com with a brief explanation of the planned Midterm project and dates that mindfulness midterm project will be conducted.***
- 9/19 Mindfulness: Psychological Disorders: **Critical Research Analysis Paper 3 Due**
- 9/21 Mindfulness: Psychological Disorders.
- 9/26 Mindfulness and Neuroscience: **Critical Research Analysis Paper 4 Due**
- 9/28 Mindfulness and Neuroscience: ***Mindfulness or Research Activity 2 Due***
- 10/3 Mindfulness: Cognition and Emotion: **Comparison Contrast Analysis Paper 1 Due**
- 10/5 Mindfulness: Cognition and Emotion
- 10/10 Mindfulness and Youth: **High Quality Draft of Midterm Paper Due; Peer reviews in Class**
- 10/12 Mindfulness and Youth
- 10/17 Mindfulness and Couple Relationships: **Final version of Midterm is Due**
- 10/19 Mindfulness and Couple Relationships:
- 10/24 Mindfulness and Intergroup Relations: **Comparison Contrast Analysis Paper 2 Due**
- 10/26 Mindfulness and Intergroup Relations: ***Mindfulness or Research Activity 3 Due***
- 10/31 Mindfulness Practices for Veterans: **Comparison Contrast Analysis Paper 3 Due**
- 11/2 Mindfulness Practices for Veterans:
- 11/7 Mindfulness in the Work-Place: **Comparison Contrast Analysis Paper 4 Due**
- 11/9 Mindfulness in the Work-Place
- 11/14 **High Quality Draft of Final Paper Due; Peer reviews in Class**
- 11/16 Instructions on how to prepare paper presentation

11/28 Paper Presentations: *Mindfulness or Research Activity 4 Due*
11/30 Paper Presentations and **Final Paper Due**
12/5 Paper Presentations
12/7 Paper Presentations