

HCOL 40033-670:
Mindfulness and Millennials
TCU
Spring 2017
Syllabus



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1) Course meetings: [HEADING](#)

Wednesday: 2:00-3:50 p.m. Scharbauer Hall 3003

2) Instructor information: HEADING

Mark Dennis

Office: Beasley 309

Office phone: 817-257-6441

E-mail: m.dennis@tcu.edu

Office Hours:

Monday: 1:00-2:00 p.m.

Tuesday: 10:00 a.m.-11:00 a.m.

Friday: 10:00 a.m.-11:00 a.m.

3) Course Description: HEADING



If in one class, one student lives in mindfulness,
the entire class is influenced.

Vietnamese Zen Buddhist monk Thich Nhat Hanh
The Miracle of Mindfulness

This course examines the intersection of mindfulness, a practice that emerges from Buddhist teachings, and the millennial generation: 1982 to 2004. Simply put, mindfulness is cultivating an active awareness of your mental and physical environment. It is to be present, alert, engaged. That is, alert to the thinking “I” and the variety of stimuli that constantly bombard our consciousness, often diverting that “I” from being present.

As we shall see, Buddhist thought suggests the “I” that we use in speech and thought is a fictitious unity created by our minds; even so, we cling to it tightly. Very tightly. Buddhist practices like mindfulness and meditation are meant to help us develop sustained awareness through which we can investigate more fully this “I,” often understood as representing an enduring *self*. Much of the colloquium will be devoted to these practices and to that investigative activity.

After beginning most classes with a 15- to 20-minute meditation, we will discuss the day's reading material. We'll end with a "circle of affirmation." We will also have guest speakers in some classes.

4) Grading: HEADING



For each class period you will be required to write a 250-350 word reflection on the reading and a 250-350 word reflection on your experience with our weekly mindfulness and meditation practices. Those reflections will be due in the appropriate dropbox on D2L Brightspace before class. You will lose 10% from your score for each 24-hour period a reflection is submitted late. Make sure to follow the Rules for Formatting and Written Work posted on Brightspace. We will discuss those rules in class.

You will also write a "This I Believe" and an "I am That" essay. In addition, you will be asked to complete four outside activities during the semester, which include a film review, fake mindfulness ads, attendance at a Contemplative Studies event (I have recently taken over as director of TCU's Contemplative Studies group that was started by Andy Fort, one of our guest speakers), and a fourth that will be open. You will also write a short essay reflecting on the course as a final exam. I will provide further instructions in class on each of these assignments.

a) **Grading scale: HEADING**

I will assign grades according to the scale and weighting system listed below.

A	93-100	C:	73-76.99
A-	90-92.99	C-:	70-72.99
B+	87-89.99	D+:	67-69.99
B	83-86.99	D:	63-66.99
B-	80-82.99	D-:	60-62.99
C+	77-79.99	F:	59.99 & below

Weekly reading reflections 14 x 2%	28%
Weekly mindfulness reflections 14 x 2%	28%
<i>This I Believe</i> paper	10%
<i>I am That</i> paper	10%
Outside activities: 4 x 3.5%	14%
i) Outside activity #1: movie review: 3.5%	
ii) Outside activity #2: fake mindfulness ads (group): 3.5%	
iii) Outside activities #3: John Dunne and Cliff Saron talk: 3.5%	
iv) Outside activity #4: open: 3.5%	
Final exam	10%

Attendance policy: Please note: You will lose four percentage points from your final grade for each absence after the first. Coming late counts as half an absence.

5) Texts: HEADING

Hahn, Thich Nhat. *The Miracle of Mindfulness: An Introduction to the Practice of Meditation* (Beacon Press, May 1, 1999). ISBN: 978-0807012390.

Kabat-Zinn, Jon. *Wherever You Go, There You Are* (Hachette Books, 2005). ISBN: 978-1401307783.

Prothero, Stephen. *God is Not One: The Eight Rival Religions that Run the World* (HarperOne 2011). ISBN: 978-0061571282.

Suzuki, Shunryu. *Zen Mind, Beginner's Mind* Edition (Shambhala Publications, 2011). ISBN: 978-1590308493.

Wilson, Jeff. *Mindful America: The Mutual Transformation of Buddhist Meditation and American Culture* (Oxford University Press, 2014). ISBN: 9780199827817.

Winograd, Morley and Michael Hais. *Millennial Momentum: How a New Generation Is Remaking America* (Rutgers University Press, 2011). ISBN: 978-0813551500.

iv) There are a number of shorter readings that appear with a web address that can be found on the internet, while those listed as “Doc Sharing” can be found on D2L Brightspace.

6) Disability Statement approved Fall 2007 by the Undergraduate Council and Revised Summer 2011:

HEADING

Disabilities Statement:

Texas Christian University complies with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973 regarding students with disabilities. Eligible students seeking accommodations should contact the Coordinator of

Student Disabilities Services in the Center for Academic Services located in Sadler Hall, 1010. Accommodations are not retroactive, therefore, students should contact the Coordinator as soon as possible in the term for which they are seeking accommodations. Further information can be obtained from the Center for Academic Services, TCU Box 297710, Fort Worth, TX 76129, or at (817) 257-6567.

Adequate time must be allowed to arrange accommodations and accommodations are not retroactive; therefore, students should contact the Coordinator as soon as possible in the academic term for which they are seeking accommodations. *Each eligible student is responsible for presenting relevant, verifiable, professional documentation and/or assessment reports to the Coordinator.* Guidelines for documentation may be found at:

[HTTP://WWW.ACS.TCU.EDU/DISABILITY_DOCUMENTATION.ASP](http://www.acs.tcu.edu/disability_documentation.asp)

Students with emergency medical information or needing special arrangements in case a building must be evacuated should discuss this information with their instructor/professor as soon as possible.

7) D2L BrightSpace: [HEADING](#)

This semester we will be using TCU's new online course management system called "TCU Online" or "Brightspace by D2L." Below you will find useful information from the Koehler Center for Teaching Excellent for accessing the course web site and getting help if you experience difficulties.

Access via [MY.TCU.EDU](http://my.tcu.edu) > Student Quick Links > TCU Online
or login at the following website: [D2L.TCU.EDU](http://d2l.tcu.edu) (your username and password will be your TCU network information—the same username and password that you use when you login into [MY.TCU.EDU](http://my.tcu.edu)).

For information about logging into TCU Online, view these instructions:
[HTTP://TCUONLINE.TCU.EDU/KB/HOW-DO-I-LOG-IN/](http://tcuonline.tcu.edu/kb/how-do-i-log-in/)

If you have not yet taken the TCU Online Student Tutorial, please do so immediately. To access it, click on the "TCU Online Student Tutorial" on your home page. Follow the instructions. Good luck!

Technical requirements for using the system:
[HTTP://TCUONLINE.TCU.EDU/KB/PLATFORM-REQUIREMENTS/](http://tcuonline.tcu.edu/kb/platform-requirements/)

If you experience any technical problems while using TCU Online, please do not hesitate to contact the HELP DESK (at D2L). They can be reached by email, phone, or chat 24 hours a day, 7 days a week, 365 days a year.

email: HELPDESK@D2L.COM
phone: 1-877-325-7778

chat: [CHAT](#) is available within [TCU ONLINE](#).

8) Course schedule: [HEADING](#)

WEEK 1:	JANUARY 18
WEEK 2:	JANUARY 25
WEEK 3:	FEBRUARY 1
WEEK 4:	FEBRUARY 8
WEEK 5:	FEBRUARY 15
WEEK 6:	FEBRUARY 22
WEEK 7:	MARCH 1
WEEK 8:	MARCH 8
WEEK 9:	MARCH 15
WEEK 10:	MARCH 22
WEEK 11:	MARCH 29
WEEK 12:	APRIL 5
WEEK 13:	APRIL 12
WEEK 14:	APRIL 19
WEEK 15:	APRIL 26
WEEK 16:	MAY 3
WEEK 17:	MAY 10

Week 1: [HEADING](#)

Wednesday, January 18 [SCHEDULE](#)

- self-introductions
- discuss course docs, first meditation exercise, and homework
- introduction to circle: first topic: *freedom*

Week 2: [HEADING](#)

Wednesday, January 25 [SCHEDULE](#)

Read: *Millennial Momentum: How a New Generation Is Remaking America*

- Introduction
- Part I: Change Creates Fear, Uncertainty, and Doubt; Chapters 1-3
- Part III: Changing the Way Americans Work and Learn; Chapters 9 & 10
- Part IV: Changing the Way Americans Live; Chapters 13-15

Watch video clip from PBS Newshour with authors of Millennial Momentum:
[HTTP://WWW.PBS.ORG/NEWSHOUR/BB/SOCIAL_ISSUES-JULY-DEC11-MILLENNIALS_09-26/](http://www.pbs.org/newshour/bb/social_issues-july-dec11-millennials_09-26/)

Read syllabus, rules for formatting and written work, and two critical thinking articles

The following is a caricature of the millennial generation we'll watch in class:
Millennial International: Sponsor a Millennial Today
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=RQVRMLTFMRA](https://www.youtube.com/watch?v=RQVRMLTFMRA)

Introduction to breathing meditation

Each week we'll have the circle. I will introduce a topic in class so you don't spend a lot of time thinking about it ahead of time.

Week 3: HEADING

Wednesday, February 1 SCHEDULE

Discuss "This I Believe" assignment. Due in Dropbox labeled "This I Believe" before class **Wednesday, February 15.**

"The 'C' in TCU," Betsy Flowers and Darren Middleton:
[HTTPS://TCUADMISSION.WORDPRESS.COM/2014/10/28/FACULTY-FEATURE-THE-C-IN-TCU/](https://tcuadmission.wordpress.com/2014/10/28/faculty-feature-the-c-in-tcu/)

Stephen Prothero, *God is Not One*: Introduction, Christianity, Hinduism, Buddhism, and Daoism

Guest speaker: Andy Fort
[HTTP://LINK.SPRINGER.COM/ARTICLE/10.1186/S40613-016-0039-3](http://link.springer.com/article/10.1186/s40613-016-0039-3)

Introduction to *zazen* meditation. For the rest of the semester, with the exception of the "I am That" meditation, you should select one of the three meditation methods we've studied and do 20 minutes each day.

Week 4: HEADING

Wednesday, February 8 SCHEDULE

Guest speaker: Alejandro Chaoul

We will be meeting at the Center for Instructional Services building. It's a small building; so just go in and look for the studio. Our speaker will be Alejandro Chaoul who has a Ph.D. in Religious Studies from Rice University and is an advanced practitioner of Tibetan Buddhism. He and Lorenzo Cohen, his partner

at MD Anderson Cancer Center, have been studying the effects that their workshops on Tibetan yoga have had with cancer patients. It's fascinating work.

Please read the following materials:

Alejandro Chaoul, Kira Taniguchi, and Lorenzo Cohen, "Yoga for Body and Mind Health," June 10, 2015.

[HTTP://WWW.HUFFINGTONPOST.COM/LORRENZO-COHEN-PHD/YOGA-FOR-BODY-AND-MIND-HEALTH_7021130.HTML](http://www.huffingtonpost.com/lorenzo-cohen-phd/yoga-for-body-and-mind-health_7021130.html)

Karen Chen, "Meditation Leader Helps Conquer Cancer Fear," December 31, 2014.

[HTTP://WWW.HOUSTONCHRONICLE.COM/NEWS/HOUSTON-TEXAS/HOUSTON/ARTICLE/MEDITATION-LEADER-HELPS-CONQUER-CANCER-FEAR-5988590.PHP](http://www.houstonchronicle.com/news/houston-texas/houston/article/meditation-leader-helps-conquer-cancer-fear-5988590.php)

Week 5: HEADING

Wednesday, February 15 SCHEDULE

This I Believe assignment due in Dropbox labeled "This I Believe."

Discuss first outside activity: Buddhism precepts and mindfulness exercises. Due in "Buddhism exercises" dropbox on **March 1, 2017**.

Shunryu, Suzuki, *Zen Mind, Beginner's Mind*

Week 6: HEADING

Wednesday, February 22 SCHEDULE

Guest speaker: Bill Barnard (3:00-3:50)

[HTTP://BILLMOYERS.COM/CONTENT/HEALING-FROM-WITHIN/](http://billmoyers.com/content/healing-from-within/)

"The Spirituality of Addiction and Recovery"

[HTTP://WWW.ONBEING.ORG/PROGRAM/SPIRITUALITY-ADDICTION-AND-RECOVERY/229](http://www.onbeing.org/program/spirituality-addiction-and-recovery/229)

Watch: "Doing Time, Doing Vipassana":

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=WKXSYV5RISQ](https://www.youtube.com/watch?v=WKXSYV5RISQ)

Read excerpts from Sri Nigarsadatta Maharaja's "I am That." Available on D2L

Discuss "I am That" meditation and paper. Due **March 22** in "I am That" dropbox.

Week 7: HEADING

Wednesday, March 1 SCHEDULE

The Miracle of Mindfulness

Listen to the podcast “Brother Thay” on NPR’s “On Being” (the program was called "Speaking of Faith"). The podcast is available at:

[HTTPS://SOUNDCLOUD.COM/ONBEING/BROTHER-THAY-A-RADIO-2](https://soundcloud.com/onbeing/brother-thay-a-radio-2) .

Week 8: HEADING

Wednesday, March 8 SCHEDULE

John Kabat-Zinn Part One

Discuss remaining outside activities assignment (instructions for each are available on D2L):

- i) Outside activity #2: movie review, due March 22
- ii) Outside activity #3: fake mindfulness ads (group), due April 12
- iii) Outside activities #4: John Dunne and Cliff Saron talk, due April

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Extended meditation

Week 9: HEADING

Wednesday, March 15 SCHEDULE

Spring Break

Week 10: HEADING

Wednesday, March 22 SCHEDULE

“I am That” paper due in “I am That” dropbox.

John Kabat-Zinn Part Two

Second outside activity due. Movie review.

Week 11: HEADING

Wednesday, March 29 SCHEDULE

guest speaker: Dave Aftandilian

Try animals exercise. See instructions on D2L

John Kabat-Zinn Part Three

Week 12: HEADING

Wednesday, April 5 SCHEDULE

John Kabat-Zinn Part Three

Week 13: HEADING

Wednesday, April 12 SCHEDULE

Mindful America: Introduction and Chapters 1-3

fake mindfulness ads due in “Fake mindfulness ads” dropbox.

Week 14: HEADING

Wednesday, April 19 SCHEDULE

guest speakers: John Dunne and Cliff Saron:

Please watch: [HTTPS://WWW.YOUTUBE.COM/WATCH?V=D88Q-15W_AI](https://www.youtube.com/watch?v=D88Q-15W_AI)

Mindful America: Chapters 4-6 and Postscript

Week 15 HEADING

Wednesday, April 26 SCHEDULE

Fourth outside activity due; reflection on Dunne and Saron talks

guest speaker: Dr. Jane Torgerson

Dr. Jane Torgerson ([HTTPS://HEALTHCENTER.TCU.EDU/OUR-STAFF/MEDICAL-PROVIDERS/](https://healthcenter.tcu.edu/our-staff/medical-providers/)) is the Medical Director of the Brown-Lupton Health Center. She is in the middle of a two-year University of Arizona program in integrative medicine started by Dr. Andrew Weil. She returned in December 2016 from training in Arizona as part of that program.

I was first introduced to Dr. Weil’s work about twenty years ago and have followed him since—he’s a prolific author and has an excellent web site ([HTTP://WWW.DRWEIL.COM](http://www.drweil.com)). Trained as an M.D. at Harvard University, Dr. Weil has been interested in finding a harmonious balance of Western, allopathic medicine and other healing modalities, including those found in China, India, and elsewhere. This approach, called "integrative medicine," includes some of the practices we have discussed this semester (This link to his web site describes three breathing practices, including the 4-7-8: [HTTP://WWW.DRWEIL.COM/HEALTH-WELLNESS/BODY-MIND-SPIRIT/STRESS-ANXIETY/BREATHING-THREE-EXERCISES/](http://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/)). Alejandro Chaoul, who visited us earlier in the semester, is part of this broader movement.

Before class, please read the short bit on the University of Arizona's Center for Integrative Medicine listed below and watch the two YouTube clips of Dr. Weil. Those clips will give you a broad sense of his approach to healing. Please also listen to the podcasts from the People's Pharmacy on NPR. One is a recent interview by Joe and Terry Graydon (he's a pharmacologist and she's a medical anthropologist) of Dr. Tierona Low Dog, who has worked with Dr. Weil. The second is with Dr. Weil himself discussing his recent book *Fast Food, Good Food*.

University of Arizona: Center for Integrative Medicine:

[HTTPS://INTEGRATIVEMEDICINE.ARIZONA.EDU/ABOUT/INDEX.HTML](https://integrativemedicine.arizona.edu/about/index.html)

Dr. Weil:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=VOVFBT4XIHK](https://www.youtube.com/watch?v=VOVFBT4XIHK)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=NRTKGP5NZI8](https://www.youtube.com/watch?v=NRTKGP5NZI8)

People's Pharmacy: Dr. Low Dog:

[HTTPS://OVERCAST.FM/+FQQS8JRW](https://overcast.fm/+FQQS8JRW)

The People's Pharmacy: 1014: Dr. Andrew Weil on Good Food Fast

[HTTPS://OVERCAST.FM/+FQSR7DRM](https://overcast.fm/+FQSR7DRM)

Week 16 HEADING

Wednesday, May 3 SCHEDULE

Discuss final exam.

Circle of Affirmation.

Week 17

Wednesday, May 10 SCHEDULE

Final exam due by **2:00 p.m., Wednesday, May 10**. Note: graduating seniors' final exams will be due by **5:00 p.m. on Monday, May 8**.