

ENGL 101MC : English Composition: Mindful

Designed to teach students to write clear, vigorous prose. This course takes students through all stages of the writing process. Essay topics range from personal narratives to logical arguments. All students learn the resources of the NHTI library and write at least one documented research paper. Features the study of mindfulness and incorporates mindfulness meditation as an instructional method while exploring aspects of emotional intelligence as they relate to effective communication. Students who have received credit for this course cannot also receive credit for ENGL 101C, ENGL 101FC, or ENGL 101XC.

Credits 4

Lab/Practicum/Clinical Hours 0

Lecture Hours 4