

Mindful Communication

Degree Type

Certificate

NHTI's Mindful Communication certificate program comprises four English and Social Sciences courses with the "MC" extension that infuse mindful communication and emotional intelligence into the teaching of core course content. When you take these courses as part of your degree program, you can graduate with both an associate degree and a Mindful Communication certificate.

Mindfulness has been linked with an increased ability to focus, improved working memory, improved problem solving, reduced reactivity, reduced stress, and improved health. NHTI's Mindful Communication courses and certificate program are part of the mindfulness-based approach to the study, application, and teaching of mindfulness as pioneered by leaders in the field at the Center for Mindfulness, Medicine, Health Care, and Society at the University of Massachusetts Medical School.

The certificate is financial aid-eligible only when the MC courses are completed as part of a degree program.

Do you have questions? Contact Alan Lindsay, department chair, at alindsay@ccsnh.edu or **603-271-6484 x4242**. You can also **[request more info here!](#)**

Career Information

This certificate makes students more marketable across a broad range of fields, including information technology, healthcare, business, education, and human services. Emotional intelligence (EI) is widely recognized as helping people succeed and move up in their careers. Studies suggest that those with high EI often earn higher salaries than those with low EI.

Admission Requirements

Apply for this program today on our [Admissions page](#) with step-by-step instructions and enrollment pathways built just for you!

Curriculum

Full Certificate

Item #	Title	Lecture Hours	Lab Hours	Credits
	ENGL120MC/COMM120MC	3	0	3
ENGL101MC	English Composition: Mindful	4	0	4
ENGL102MC	Introduction to Literature: Mindful	3	0	3
COMM294MC	Communicating Mindfully Capstone	1	0	1
PSYC105MC	Introduction to Psychology: Mindful	3		3
RADT151MC	Patient Care for the Radiographer	2	0	2
RDTH115MC	Patient Care	1	0	1
ORTH109MC	Introduction to Orthopaedics	2	1	2
Subtotal Credits		19	1	11-13
Total Credits				11-13

Additional Information

Program Learning Outcomes

- Use writing and reading for inquiry, learning, thinking, and communicating.
- Notice and let go of the impulse to be reactive.
- Reduce tendency to blame others during stressful situations.
- Determine and use effective communication strategies during stressful interactions that build cooperation.
- Demonstrate nonjudgment and patience when communicating.
- Demonstrate increased empathy.

Program Map

Please see the map below for information on how NHTI's Mindful Communications certificate can fit into your specific degree program

Course	Title	CL	LAB	CR	Requirements*
ENG120MC/COMM120MC	Communication: Mindful	3	0	3	Required for all students enrolled in this certificate.
ENGL101MC**	English Composition: Mindful	4	0	4	Required for all students enrolled in this certificate.
ENGL102MC	Introduction to Literature: Mindful	3	0	3	Required for IT**, Human Service, Addiction Counseling, Nursing, and Dental Hygiene students enrolled in this certificate.
PSYC105MC	Introduction to Psychology: Mindful	3	0	3	Required for Dental Hygiene and Assisting, Nursing, Radiologic Technology, Radiation Therapy, and Orthopaedic Technology students enrolled in this certificate program.
COMM294MC	Communicating Mindfully Capstone****	1	0	1	Required for all Information Technology, Human Service, and Addiction Counseling students enrolled in this certificate program.
TOTAL CREDITS					11-13 credits

**Students completing the certificate outside of a degree program and those matriculating in a program or major not listed above will need to complete a minimum of 11 of the credits listed above, which must include ENGL120MC (or COMM120MC) and ENGL101MC.*

***Students who have already completed a course without the MC designation (e.g., ENGL 101C) may be eligible to complete the MC portion of the work through independent study to allow that course to count toward the Mindful Communication certificate.*

****IT majors may substitute PSYC 105MC for ENGL 102MC if they wish.*

*****In lieu of the COMM294MC: Communicating Mindfully Capstone, RadTech majors will take RADT151C; RadTherapy majors will take RDTH115C; and Orthopaedic majors will take ORTHO 109C.*