

# COMM 120MC : Communication: Mindful

Focuses on the application of communication principles and theories. Students develop public speaking, interpersonal, intrapersonal, and group communication skills. Through an in-depth look at self concept, and verbal and nonverbal language and listening skills, students gain an increased awareness of the way they perceive themselves and others as well as the cultural and ethical implications of behavior. Coursework includes speeches, exercises and writing assignments. Sections identified as MC (Communicating Mindfully) feature the study of mindfulness and incorporate mindfulness meditation as an instructional method while exploring aspects of contemplative neuroscience and emotional intelligence as they relate to effective communication. (Students who have received credit for this course cannot also receive credit for ENGL 120MC.)

**Credits** 3

**Lab/Practicum/Clinical Hours** 0

**Lecture Hours** 3