

COMM 294MC : Communicating Mindfully Capstone

Reviews and builds upon key elements of mindful communication students have been studying throughout their degree program. Students practice applying mindful communication skills in the workplace and reflect on those experiences to improve interactions with colleagues, customers, clients, and others. In addition, students work in small groups in which each partner has a different major than the other (when possible). Through online discussion posts, students practice mindful communication techniques practice attending to others, confirming understanding, and providing feedback that is respectful, insightful, and useful. Students are encouraged and given the opportunity to engage in regular contemplative practices such as mindfulness meditation.

Credits 1

Lab/Practicum/Clinical Hours 0

Lecture Hours 1

Prerequisite Courses

ENGL 101MC

ENGL 102MC

COMM 120MC

Corequisite Courses

IST 294C

Corequisites

corequisite is for IT majors only