

# Meditation at FSU

**Student Report on Meditation Session for Extra-Credit for a course taught by Professor Mattox, this form to be used for first session only**

Your name: \_\_\_\_\_; Class: \_\_\_\_\_; Points awarded: \_\_\_\_\_ (15 possible)

As of 1/13/16, Meditation sessions are offered during the Spring semester on Wednesdays from noon until 12:50. This document provides a report form for extra-credit for Professor Mattox's students who participate in meditation at FSU. This page was last modified on 1/14/16.

**Research on meditation**, to be completed prior to your first session; up to 10 points.

From which ancient language does the word meditation come from?

What does its root there, *meditari*, mean?

List at least 10 different types of meditation practice, and describe each briefly:

Describe your previous experience with meditation (if any):

Describe your expectations for this meditation session.

**Signature** (by instructor or meditation host): \_\_\_\_\_ (required – all sections above to be complete prior to signature).

**Report on this session** (to be complete after this session, before retiring for the night, for up to 5 points).

What was the date of the session? \_\_\_\_\_

Write about the following on the back of this page (or attach). At least three paragraphs are required.

What was going on for you on this day just prior to this session?

What was your experience during this session?

What was your experience for the rest of the day following the session?

Anything else you wish to add?

