

Meditation at FSU

Student Report on Meditation Session for Extra-Credit for a course taught by Professor Mattox, subsequent sessions attended (not for use for first session)

Your name: _____; Class: _____; Points awarded: _____

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 form is for use for sessions following your first. Possible extra-credit points are 10 for session 2, 9 for session 3, 8 for session 4, 7 for session 5, 6 for session 6, 5 for session 7, 5 for session 8, etc. This page was last modified on 1/14/16.

Describe your previous experience with meditation:

Describe your expectations for this meditation session.

Signature (by instructor or meditation host): _____ (required – both sections above to be complete prior to signature).

Report on this session (to be complete after this session, before retiring for the night);

What was the date of the session? _____

How many FSU meditation sessions have you now participated in (including this one)? _____

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?