

## KSS 3725 - Mindfulness

Fall 2026 Syllabus, Section 01, CRN 43013,

Credit hours: 2

### Instructor

Maureen Lauer-Gatta

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### Public Instructor Information

**Instructor Title:** Adjunct Professor

**Instructor Professional Qualifications:** Certified yoga and mindfulness instructor, teaching since 2003. Training includes intensive study with Jon Kabat-Zinn and Saki Santorelli (founders of the Center for Mindfulness / MBSR), and Mindful Schools certification. B.S., Civil Engineering.

**Instructor Office Location:** Beeghly Center 307 (I am there very infrequently.)

**Instructor Office Phone:** 330.941.6354

### Course Description

3725. Mindfulness. Mindfulness is a state of active, open attention on the present and the practice of being aware moment-to-moment. Students will learn techniques of mindfulness. Topics include breath awareness, sitting meditation, body scanning, walking meditation, eating meditation, yoga, loving kindness and yoga nidra. Prereq.: PSYC 1560 or KSS 1590. 2 s.h.

This course is responsive to the needs of the students, and the focus may shift throughout the semester. For example, in response to current events or issues happening locally or globally. Depending on class interest, we may spend additional time on topics like empathy and emotional intelligence as tools for better communication, as well as any questions students may bring to the table.

### Course Readings

| Group    | Title | Author | ISBN |
|----------|-------|--------|------|
| Optional |       |        |      |

No course readings required

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

### Schedule of Topics and Assignments

| Day | Date | Proposed Topic                                                                                                                                                                                                           | Due/To Prepare for Class |
|-----|------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| Tue | 8/25 | Course launch & foundations • Introduction • Mindfulness agreement • Why “devices-down” • What mindfulness is/isn’t • Breath awareness practice • Course structure • Attendance, MIN Report, & Mastermind overview • Q&A |                          |
| Tue | 9/1  | Intention & responsibility • Getting Started • Taking “100% responsibility” • Mastermind planning • MIN Reports – Science of Meditation • Self-Compassion • Snacking on Mindfulness • Breath awareness practice          |                          |



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| Tue | 9/8   | Perception & reappraisal • Mastermind week 1 • Perception, check-in (goal # first tiny habit/action) • Habit creation • Einstein matrix, future planning, time blocking, estimating time • How stories shape stress • Guided meditation + suggestion for journaling from Sharon Salzberg • MIN how-to: source quality, credibility checks, citations • Seated body scan |
| Tue | 9/15  | Releasing the brakes • MIN Presentations begin (2–3 students) • Mastermind week 2 • Obstacles: emotions, stories, & inner critic • Mindful meditation practice + reflection • Practice using meditation cushion                                                                                                                                                         |
| Tue | 9/22  | Sustaining action • MIN Presentations continue • Mastermind week 3 • Habit loops & environmental cues • Metta, a.k.a. loving-kindness practice • Taking/sustaining action • Quieting inner critic • Accountability check-ins                                                                                                                                            |
| Tue | 9/29  | Beginning again • MIN Presentations continue • Mastermind week 4 • Beginning again • Change • Everyday moments • Mindful meditation: walking, transitions, email                                                                                                                                                                                                        |
| Tue | 10/6  | Relational mindfulness • MIN Presentations continue • Mastermind week 5 • Presence in conversation, self-esteem & relationships • Points of meditation • Simplicity & concentration • Active listening / mindful listening (SWAN)                                                                                                                                       |
| Tue | 10/13 | Technique refinement • MIN Presentations continue • Mastermind week 6 • Sitting posture • Coming out of meditation • What does it really mean to get “My Way”? • Karma: values # actions                                                                                                                                                                                |
| Tue | 10/20 | Mind mechanics • MIN Presentations continue • Mastermind week 7 • Reactivity vs. response • Loving-kindness refresh                                                                                                                                                                                                                                                     |
| Tue | 10/27 | Ethics in action • MIN presentations final day • Mastermind week 8 • Interconnectedness • Non-harming (Ahimsa) • Mindful meditation                                                                                                                                                                                                                                     |
| Tue | 11/3  | Gratitude & integration • Mastermind week 9 • Gratitude • Extended practice • Mastermind mid-course review (progress/blockers/next steps)                                                                                                                                                                                                                               |
| Tue | 11/10 | Working with difficulty • Mastermind week 10 • Karma • Anger • Pitfalls along the path • Mindful meditation • Mastermind assessment opens in Blackboard                                                                                                                                                                                                                 |
| Tue | 11/17 | Mastermind Presentations begin • 10–15 min + Q&A • Timing signals                                                                                                                                                                                                                                                                                                       |

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| Tue | 11/24 | Mastermind Presentations continue •<br>Debrief: what landed, what to refine • Quick<br>energy-reset practice [EDITOR NOTE: Falls<br>the day before Thanksgiving break begins<br>(Nov 25–29)] |
| Tue | 12/1  | Mastermind Presentations conclude •<br>Discussion & course wrap-up • Mindful<br>meditation                                                                                                   |
| Tue | 12/8  | Final Make-Up Session Only                                                                                                                                                                   |

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.