The Mindful College Student
ARTSSCI 1138.31-0010 (27423)

1 Semester-Hour Credit, 2nd 7-week session

- A Freshman Seminar designed to help students create the college experience they want to have!
- College seniors will speak about how mindfulness shaped their experiences here at Ohio State
- Mindful studying, mindful eating, mindful communicating will be covered

When:
Autumn 2019
Mondays:
10:05-11:50 am
18 spots available

WHERE: McPherson Chemical Laboratory 1046
When: Oct 14–Dec 2, 2019
Come and Experience some new ways to enjoy life in a less stressed manner! Taught by Maryanna Klatt, PhD

Any Questions: Please contact Maryanna.klatt@osumc.edu