

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