

# MINDFULNESS CERTIFICATE

PROGRAM CODE: 2C44707

The **Mindfulness Certificate** provides students, prospective employers, and others with documented evidence of competency, skillfulness, and expertise in the area of secular mindfulness and self-compassion. The certificate program recognizes conceptual knowledge of mindfulness and self-compassion as well as dexterity with meditative awareness practices, such as concentration, mindful movement, open awareness and relational practices. This certificate requires a total of 9-11 units. A grade of C or better is required in each course taken.

**Outcome 3:** Apply the research, theory, and practice of mindfulness and compassion to academic and professional realms.

[https://www.curricunet.com/fullerton/reports/program\\_report.cfm?programs\\_id=1406](https://www.curricunet.com/fullerton/reports/program_report.cfm?programs_id=1406)

Code	Title	Units
<b>Required Courses (6 units):</b>		
MIND 101 F	The Practice of Mindfulness and Self-Compassion	3
MIND 105 F	Mindfulness in Everyday Life	3
<b>Restricted Electives (3-5 units):</b>		<b>3-5</b>
AJ 100 F	Introduction to Criminal Justice (formerly Introduction to Law Enforcement)	3
CDES 115 F	Introduction to Early Childhood Education Curriculum	3
CDES 120 F	Child Development	3
CDES 122 F	Principles of Early Childhood Education	3
CDES 201 F	Child in the Home and Community	3
COUN 101 F	The College Experience	2
COUN 148 F	Human Potential	1
COUN 163 F	Personal Growth and Life Success	3
ETHS 101 F	American Ethnic Studies	3
	or ETHS 101HF Honors American Ethnic Studies	
PE 102 F	Yoga	1
PE 109 F	Intermediate Yoga	2
PE 230 F	Yoga Teaching Training Fundamentals	2
PE 231 F	Yoga Teaching Training Development	2
PE 234 F	Yoga Teaching Training Integration	2
PSYC C1000	Introduction to Psychology Formerly: PSY 101 F General Psychology	
	or PSYC C1000H Introduction to Psychology - Honors Formerly: Honors General Psychology	
PSY 139 F	Developmental Psychology: Life Cycle	3
PSY 251 F	Social Psychology	3
WELL 230 F	The Body-Mind Connection	3
WELL 242 F	Stress Management and Relaxation Training	2
<b>Total Units</b>		<b>9-11</b>

Program Level Student Learning Outcomes

**Outcome 1:** Demonstrate an understanding of key principles and practices of mindfulness and self-compassion.

**Outcome 2:** Develop and refine a personal meditation practice to enhance capacity for presence, connection, openness, grounding, and focus.