Cultivating Personal Health & Wellness through Mindfulness

A Co-Curricular Credit Opportunity for Students

The Cultivating Personal Health & Wellness through Mindfulness program is an opportunity for students to become aware of, develop knowledge about, and practice mindfulness for their overall health and well being. The program is intended to improve one's general well-being to impact both their academic and personal lives. Successful students will have attended or viewed 10 or more of the available OISE Wellness sessions throughout the year. Sessions can include Mindful Moments, Lunch & Learn sessions, yoga or any other activities listed on the OISE Wellness website. There is no time limit to complete the program as long as you are a registered student.

This opportunity is available to all OISE students.

Register for the CCR online
- Login to the U of T Co-Curricular Record website (https://clnx.utoronto.ca/myAccount/CCR/welcome.htm)
- Go to “Manage Co-Curricular Record” tab
- Select “Add position to My Record”
- Select “2021-2022”
- Scroll to find the activity name “add activity name” or type in “Cultivating Health & Wellness through Mindfulness”
- Look at the positions listed, and select “Cultivating Health & Wellness through Mindfulness”

Complete the program
To complete the program, students will have attended 10 or more of the available OISE Wellness sessions throughout the year. Due to the Co-Vid 19 pandemic, students can view up to 5 recorded sessions as part of the 10-session requirement. Attendance will be verified using Zoom attendance reports. Students must submit the Attendance Record along with the required reflection document to OISE Wellness (oise.wellness@utoronto.ca).

- Download the Attendance Record at www.oise.utoronto.ca/wellness/UserFiles/File/2020_Attendance_Record.docx.
- For every session you attend, fill out the session information. Ensure you indicate your Zoom name that was logged into the meeting as attendance will be verified using Zoom attendance reports.
- After 10 sessions, submit the completed Attendance Record along with a Reflection (about a paragraph or two) that responds to the following prompts:
  - Describe key learning from your participation within the wellness program (i.e. knowledge, skills, practices etc.)
  - How will what you learned and practiced impact your personal and professional lives in the future?

You are encouraged to set two or three goals at the beginning of the year and reflect on whether the program helped them meet your goals in your reflection document.

Submit the completed forms to OISE Wellness by email: oise.wellness@utoronto.ca.
Questions? Contact OISE Wellness group at oise.wellness@utoronto.ca

For a list of all OISE Wellness activities, presenter bios and to register for events, visit: www.oise.utoronto.ca/wellness