

## Reflections on Your Initial Mindful Communication Practices

**Assignment.** By Friday, February 20 at 9:00 am, submit a reflection paper (length below) on your mindful communication practices during the past two weeks. This paper asks you to reflect on those early experiences with the techniques we have been studying.

Your paper should address the following components:

1. Context information. (This information can be relatively brief.)

- Describe the contexts in which you practiced: with whom did you practice and in what settings (for example, personal, academic, professional, mixed)?
- Approximately how many separate occasions did you practice?

2. Subjective reflections

- What expectations, if any, did you have before you started? How did your actual experiences align with, differ from, or complicate those expectations?
- What challenges did you encounter while practicing? Be as specific as needed to convey what made these moments challenging.

If you did face some challenges during these sessions, was there a place in your body that you felt those? If so, what did that feel like?

- What, if anything, did you notice about how your mind works during these conversations?

A fully acceptable response here is that you did not yet notice anything clearly about your mind. If that feels true for you, spend some time reflecting on why that might be. Are there habits, assumptions, distractions, or other forms of resistance that may have limited what you were able to notice at this stage in your practice?

**Length:** Your paper should be between four and seven pages, double-spaced.

**Grade:** This assignment is one of the graded short reflection papers. Collectively, the short papers are worth 15% of your final grade.

**Evaluation Criteria:** Your reflection paper will be evaluated by how effectively and meaningfully it engages with the assignment. We use will the following criteria:

<b>Evaluation Criteria</b>	<b>Superior Papers</b>
<i>Required components</i>	A superior paper addresses all required components, is appropriately focused on the prompts, and meets or exceeds all stated requirements, including timely submission.
<i>Description and depth of reflection</i>	A superior paper offers an in-depth reflection on the assignment grounded in specific experiences.
<i>Writing</i>	A superior paper is clear, well organized, and as concise as clarity demands. The writing is free of spelling, grammar, and syntax errors.