PSYC 4960 / PHIL 4960  MINDFULNESS

Mindfulness means maintaining a moment-to-moment awareness of our thoughts, feelings, bodily sensations, and environment without judgment or reactivity. Medical research confirms the many health benefits of mindfulness meditation, including the potential to produce fundamental changes in brain structure and epigenetic change. In this class, we will discuss the historical and psychological foundations of mindfulness and empirical findings supporting its positive effects. Students will participate in structured exercises from evidence-based mindfulness instruction programs informed by research.

Summer Term 1 (12 weeks from May 23 - August 12)
Instructor: Kalsher
Weeks 1-8:  M, T, Th 8 - 9:50 (48 hrs)
Weeks 9-12:  T 8 - 9:50 a.m. (8 hrs)

COMM-2960 "Films Every Game Designer Should See"

This course explores a number of cinematic concepts (using excerpts and entire films) that can be of use to game designers. The concepts range from the purely technical (camera, lenses, lighting, composition) to narrative (storytelling conventions, handling of time and space, etc.). The objective of the course is to allow game designers to gain insights into techniques for telling a broader range of stories than have traditionally been found in video games.

Summer Term 2
Instructor: Lynch
Weeks 1-8:  M, T, W, R 1 - 3:20
Enrollment Cap: 20