Offer a **new cross-disciplinary mindfulness-STEM suite of short courses** (e.g. "How mindfulness enhances your career in life sciences and engineering"). Students in STEM classes will need to select (1 add. credit) to be trained in mindfulness practices to "get their buy-in" and not impose a practice that they may find strange or do not like to cultivate. And we will include mindfulness practice in engineering freshman programs, which starts in the Summer B semester, and in a freshman design class that is taught at Santa Fe College (instructors will be trained in meditation and mindfulness which enables them to integrate mindfulness practice in the classroom).

The **web site** will synthesize resources on mindfulness (e.g., insight timer app, guided meditations, info on neuroscience-mindfulness) to raise awareness and make the program visible. A suite of **web communication tools** (e.g. UF Gator Mindfulness blog) will be utilized to build a community . **Leading national mindfulness experts**, such as Rick Hanson and Dan Siegel, will be invited to give a web-facilitated guest talk, guided meditation, or Q/A) [due to limited budget only online events can be organized]

Train-the-trainer workshops will facilitate instructors/faculty members to learn about mindfulness. They can then use mindfulness practices in their classes thereby creating a ripple effect of mindfulness transmuting the campus community and creating a mindful campus culture.

Mindfulness practices will be **infused in existing courses** (e.g. 5 minutes of contemplation, self-reflection, qigong) to become natural part of classes (specifically STEM and science classes).

Promotion, outreach and awareness building within and across colleges: e.g. Mindfulness sessions will be featured at the CALS Teaching Enhancement Symposium, Teaching Resource Center (TRC) series of experiential workshops as part of CALS TRC Program. A seminar series with talks and infused experiential mindfulness practices will target researchers interested in integral, inter- and transdisciplinary applications.

Expand the breath and depth will target classes (e.g. Mindful Living class ; classes offered by the Center for Spirituality and Health, Taming the Anxious Mind course) to engage students trained in mindfulness in campus-wide mindfulness practices (e.g. focal groups, student services)

We will connect with the on-campus **meditation student club** which has about 400+ students in Facebook participating.

We will use the **new meditation room** in the new wing of the Reitz Union . This room will provide space for sittings and workshops, and allow students to share their contemplative experiences. Physical space is important to provide a home (sacred space, sanctuary of silence).

The **mindfulness wave** activity will be a rotational meditation demonstration and sitting offered in different colleges across campus (every month the demo/sitting will take place in a different department/college; time requirement is 16 months).

UF gong: Once a month the UF gong, 5 min. of stillness, will invite the UF community to rest and be mindful (announcement via emails/UF alerts). A special "UF Day of Contemplation" will be introduced to become part of campus culture.

The **core group** (members of this proposal) will co-create with students, faculty and staff members the UF culture where mindfulness is not a separate thing, but an integral part of who we are.

Mindfulness teachers from Gainesville and Florida, such as certified and long-term practitioners /teachers in different contemplative practices, will be invited to enliven the UF Mindfulness Program. This will expose students to different wisdom traditions.

Mindfulness web site & blog

Train-the-trainer workshops

Infuse existing courses with mindfulness practices

Expand the breath and depth

Meditation Room

Engage local community & mindfulness teachers in Florida

Core UF Mindfulness group

UF Gong

Mindfulness wave

Link to meditation student club

Integration of mindfulness into teaching and research

STEM and mindfulness