

## COURSE OUTLINE



TERM:	FALL 2012	COURSE NAME:	MEDITATION IN LAW AND BUSINESS
INSTRUCTOR:		COURSE NO:	LAW 318
E-MAIL:		SECTION NO:	
PHONE:		COURSE CREDITS:	3
OFFICE:			
INSTRUCTIONAL HRS PER WEEK:	4	LABORATORY HRS PER WEEK:	0

### COURSE PREREQUISITES

LAW 101, LAW 110, LAW 210 and LAW 200 or LAW 300 OR  
45 credits of 100 level or higher coursework

### REQUIRED TEXTS AND MATERIALS

Deborah Calloway, *The Skillful and Joyful Lawyer: A Manual on Training the Mind*  
(Storrs: University of Connecticut, 2011)

Scott L Rodgers, *Mindfulness for Law Students: Using the Power of Mindfulness to Achieve Balance and Success in Law School* (Miami Beach: Mindful Living Press, 2009)

Selected videos and papers from "The Mindful Lawyer" conference, University of California Berkeley School of Law, Oct 2010

Supplementary Materials

### COURSE FORMAT AND EXPECTATIONS

In addition to work done in the classroom or online, it is expected that students will do required reading and some assignments at home and will use online resources and materials provided through Moodle. Three of the four weekly instructional hours will be in the classroom or online and the fourth hour will be a combination of online and other activities. The semester is 15 weeks and includes two weeks for final exams.

### COURSE DESCRIPTION

This course introduces students to the theory and practice of mindfulness meditation and its applications in the practice of law and in business and professional life generally. Students will learn about techniques for calming the mind, reducing stress, and achieving greater mental clarity in making intelligent and informed decisions as a professional or as part of a business career. Students will also be introduced to medical evidence regarding the effects of meditation and the significance of meditation in a wider cultural context.

## COURSE OUTCOME

### General Outcomes

In this course students are introduced to the practice of meditation and its applications in the practice of law and in business and professional life generally. Students will learn about techniques for calming the mind, reducing stress, and achieving greater mental clarity in making intelligent and informed decisions as a professional or as part of a business career.

This course is based on similar courses offered at the University of California Berkeley School of Law, University of Baltimore School of Law, Northwestern University School of Law, and elsewhere. However, the course will be of interest to students in the Legal Studies program, in the Faculty of Business, and throughout Capilano University, as the techniques and skills taught are equally applicable to law, business, scholarship, and to many other fields.

### Specific Student Learning Outcomes

Upon successful completion of this course, students should be able to demonstrate competence in the following abilities and skills:

ABILITIES*	[Please insert course specific CAPabilities – example below]	LEVELS
<b>COMMUNICATION</b>	<b>C1</b> Use communication skills to explain the theory and practice of meditation and mindfulness skills.	1→6
	<b>C2</b> Use communication skills to discuss and examine experiences of meditation both orally and in writing	1→6
	<b>C3</b> Integrate mindfulness techniques to improve clarity and conciseness in oral and written communication	1→6
<b>ANALYSIS AND DECISION MAKING</b>	<b>A1</b> Determine the appropriate use of mindfulness and stress reduction skills in student and in professional life	1→6
	<b>A2</b> Apply mindfulness and meditation tools and make recommendations for others to apply those tools in order to reduce stress and enhance productivity and decision-making	1→4
	<b>A3</b> Apply mindfulness and meditation techniques to assist in professional decision-making and analysis and to help clients resolve legal and other professional issues	1→4
<b>SOCIAL INTERACTION</b>	<b>S1</b> Participate in classroom discussion groups to discuss meditation and mindfulness theory and technique	1→6
	<b>S2</b> Integrate mindfulness techniques to improve teamwork abilities	1→6
<b>CITIZENSHIP AND GLOBAL PERSPECTIVES</b>	<b>G1</b> Understand the actual and potential impact of mindfulness and meditation on professional and legal culture in Canada and abroad	1→4
	<b>G2</b> Understand the origins of meditation and its impact on many cultures and societies around the world	1→2

\*See Faculty of Business – Our Commitment to Skills and Abilities and to Assessment and Constructive Feedback for a description of CAPabilities and the six Levels of Comprehension.

## EVALUATION PROFILE

Assessment			CAPabilities Assessed			
Method	%	Ind/Grp	C	A	S	G
Weekly Journal	30%	I	C1, C2	A1-A3		G1, G2
In-Class Role Play	30%	I and G	C1, C2	A1-A3	S1, S2	G1, G2
Term Paper	30%	I	C1, C2	A1-A3		G1, G2
In-Class Assignments and Structured Discussions	10%	I and G	C1, C2	A2, A3	S1, S2	G1, G2
<b>TOTAL</b>	<b>100%</b>					

## COURSE CONTENT/SCHEDULE

WEEKLY COURSE CONTENT	
WEEK	CONTENT
1-2	<p><b>INTRODUCTION TO MEDITATION AND MINDFULNESS PRACTICE</b>            Effect of meditation on the mind and body            Relation of thoughts, attention, and emotional awareness            Introduction to and exploration of several different mindfulness and meditation techniques, to be used throughout the course</p> <hr/> <p><b>Required Readings</b>            Calloway text, pages 1-58</p>
3	<p><b>MEDITATION AND CULTURE</b>            Review of meditative and contemplative traditions in Eastern and Western cultures            Recent impacts of meditation in the professional and economic spheres in the West</p> <hr/> <p><b>Required Readings</b>            Calloway text, pages 59-75, 84-93</p>
4	<p><b>CURRENT FINDINGS IN NEUROSCIENCE AND RELATED FIELDS</b>            Studies on meditation and structural changes in the brain            Studies on mindfulness and impacts on attention and decision-making</p> <hr/> <p><b>Required Readings</b>            Rodgers text, pages 21-29, 57-71</p>

5-6	<p><b>MEDITATION AND THE PROFESSIONAL</b> Impact and insights arising from mindfulness practices in serving clients and developing business and career strategies Meditation and the classroom – impacts on study ability and attention</p> <hr/> <p><b>Required Readings</b> Calloway text, pages 183-202 Rodgers text, pages 41-57</p>
7	<b>MID TERM WEEK</b>
8	<p><b>MEDITATION AND EMOTIONAL LIFE</b> Ability of meditation to bring emotions into balance and provide insight into personal issues</p> <hr/> <p><b>Required Readings</b> Calloway text, pages 275-325 Rodgers text, pages 79-89</p>
9	<p><b>ETHICAL ISSUES AND MEDITATION</b> Professional ethics overview Meditation and “doing the right thing” – long-term stability and reputation over short-term gain</p> <hr/> <p><b>Required Readings</b> Calloway text, pages 203-227 Rodgers text, pages 71-79</p>
10	<p><b>MEDITATION AND BUSINESS</b> Using meditation techniques to assist decision making in the face of uncertainty Equanimity and business/market cycles</p> <hr/> <p><b>Required Readings</b> Calloway text, pages 228-249</p>
11-13	<p><b>ROLE-PLAY ASSESSMENTS</b> Each student in turn will be presented with an ethical dilemma and/or a problematic client, customer, or party to a business deal, and will be required to demonstrate use of mindfulness techniques and self-awareness to analyze the situation clearly and adopt an appropriate response</p>
14-15	<p><b>DISCUSSION, REVIEW, AND INTEGRATION INTO DAILY LIFE</b> Review and discussion of role-play assessments Feedback on journals and final discussion of term papers</p>