

HD 205, Fall 2019
Stretch Application 4
20 points
Posting due in Blackboard by 11:59 pm on October 21

Intention: Increase awareness of how you are incorporating the communication and life skill concepts presented in class into your life, namely the observer self.

Mechanism: Choose a guided meditation to practice and reflect upon your experience.

Part 1 -- Stretches: The UCLA Mindful Awareness Research Center has a library of free guided meditations. You can access them online here: <http://marc.ucla.edu/mindful-meditations> Choose one of the 8 awareness practices by selecting the appropriate link and participating in the experience.

Part 2 -- Stretch Reflection: After engaging in a stretch it is important to reflect on the experience to assess its impact and increase personal awareness. Please spend time reflecting on the questions below and answer the following prompts. Including all three prompts, responses should be approximately 500 – 600 words in length.

Prompts:

1. What meditation did you do and what did you experience while engaging in it (i.e. what was easy for you and what was difficult for you)?
2. What is the observer self and what was your experience of the observer self during the stretch? What did your observer self notice?
Note: you may want to reread chapter 23 of the Happiness Trap to gain clarity about this concept.
3. How will you apply what this stretch taught you to future experiences? What will you take from this experience that you can apply to your life?

Submitting Your Reflection: Your stretch application reflections must be submitted on BlackboardLearn utilizing both the "Write Submission" text box and an attachment in the assignment drop box.

- Go to learn.wsu.edu and use your WSU ID to login and select the HD 205 Course Space.
- From the navigation window on the left:
 - Click "Assignments."
 - Click on the assignment that you wish to submit.
- Select "Write Submission"
 - Copy your written assignment into this box.
- Attach the assignment, by clicking "Browse My Computer."
 - Find your document and click "Open."
- To submit the assignment click "Submit."

Grading: This stretch application will be graded based on the following rubric:

	Struggling	Developing	Achieving
Prompt 1 (6 points)	<ul style="list-style-type: none"> Does not indicate which meditation was practiced. Provides a limited or confusing description of the experience of engaging in the stretch. <i>0-2 points</i>	<ul style="list-style-type: none"> Clearly indicates which meditation was practiced. Description of the experience of engaging in that stretch lacks detail or depth in explanation. The reader can understand what is easy and difficult about the stretch. <i>3-4 points</i>	<ul style="list-style-type: none"> Clearly indicates which meditation was practiced. Provides a detailed, in-depth description of the experience of engaging in that stretch. The reader can easily understand what is easy and difficult about the stretch. <i>5-6 points</i>
Prompt 2 (8 points)	<ul style="list-style-type: none"> Does not show clear understanding of observer self. Application of the course content is confusing or incorrect. <i>0-3 points</i>	<ul style="list-style-type: none"> Shows some understanding of observer self, but misses important aspects or details of the content. Application of the course content lacks some detail or depth. <i>4-6 points</i>	<ul style="list-style-type: none"> Shows clear understanding of observer self. Application of the course content is clear and described with detail and depth. <i>7-8 points</i>
Prompt 3 (6 points)	<ul style="list-style-type: none"> Description of the outcomes of the stretch experience is limited or confusing. <i>0-2 points</i>	<ul style="list-style-type: none"> Describes the outcomes of the stretch experience, including how the experience can be applied to future experiences, but lacks detail or depth in explanation. <i>3-4 points</i>	<ul style="list-style-type: none"> Clearly and accurately describes the outcomes of the stretch experience, including how the experience can be applied to future experiences. <i>5-6 points</i>