

MINDFUL LIVING

Real Food and Holistic Living for Young Adults

COLL 131

Fall 2013

T 7:00 - 8:00 p.m.

Rayzor 205

Rice University

What is this course? • *Course Description*

This course will explore, from a young adult perspective, the effects of modern-day food, pharmaceutical drugs, and toxins on health. Going beyond conventional nutrition, we will use science, statistical evidence, biology, economics, and history to critically examine naturalistic approaches that use diet and lifestyle choices to cure disease and live optimally. While we primarily focus our discussion of each topic on its effects on individual health, we will also explore its relation to “the bigger picture” of larger issues such as agriculture, social equality, biodiversity, environmentalism, and sustainability. Students will analyze articles, engage in discussions and debates, learn holistic food preparation techniques, and apply material learned to the context of life as a student at Rice University.

Why should I be part of it? • *Motivation and Purpose*

This course is well-suited for all students interested in exploring and critiquing food and lifestyles characteristic of modern society. It is also applicable to those aspiring to maximize their physical fitness, energy levels, mental clarity, and general well-being through all-natural and affordable means. No background in nutrition is necessary. This course aims to provide students with a balanced perspective of various diet and lifestyle choices, and it equips students with the knowledge and resources to implement habits and practices to optimize personal wellness.

Contact Info:

Instructor:
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Sponsor:
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Jones College Associate

Course Website:
[http://msl5.web.rice.edu/
mindful_living](http://msl5.web.rice.edu/mindful_living)

What are we working towards? • Learning Objectives

By the end of this course, students will be able to:

- Explain the causes of widespread, preventable health problems facing young adults today and their relation to other major world issues
- Evaluate aspects of their own eating and lifestyle habits that affect individual and social well-being
- Identify common toxins in food and personal care products, and explore natural, affordable alternatives to such products
- Implement holistic lifestyle practices to avoid toxins, eat nutritiously, and live efficiently, all on a college student's budget
- Provide their own answer to the question: "*What is mindful living?*"



What do I have to do? • 3 Ways to Take This Course

"Tasting" – Fulfill course requirements and acquire basic knowledge.

- Complete weekly readings and assignments
- Participate in class discussions

"Cooking" – Experiment with "recipes" for your own learning and growth.

- Dabble in non-required readings and other resources
- Contribute outside findings to discuss in class, and bring class material to discuss with peers outside of class
- Try out simple food and lifestyle changes in your own life

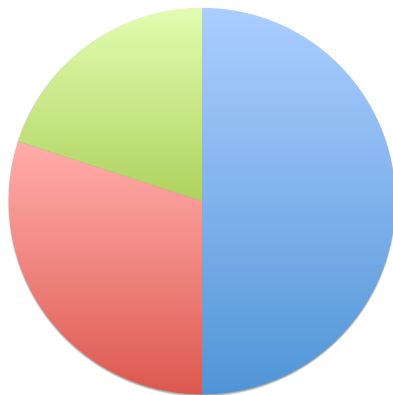
"Growing" – Cultivate a curiosity and passion to explore and learn more!

- Regularly seek out books, documentaries, and other outside sources
- Critically question products and systems beyond their immediate value
- Apply experience to enact real change in Rice or home community

How will I be graded? • Grading Rubric

20% Presentation

Students will give a short presentation (3-5 minutes) individually or in pairs to educate the rest of the class about a topic of their choosing. The presentation should incorporate both material discussed in class and outside research. The format may be a PowerPoint presentation, poster, video project, or other creative means. Students will sign up for presentations during the second class period, and presentation slots will be at the beginning of each subsequent class.

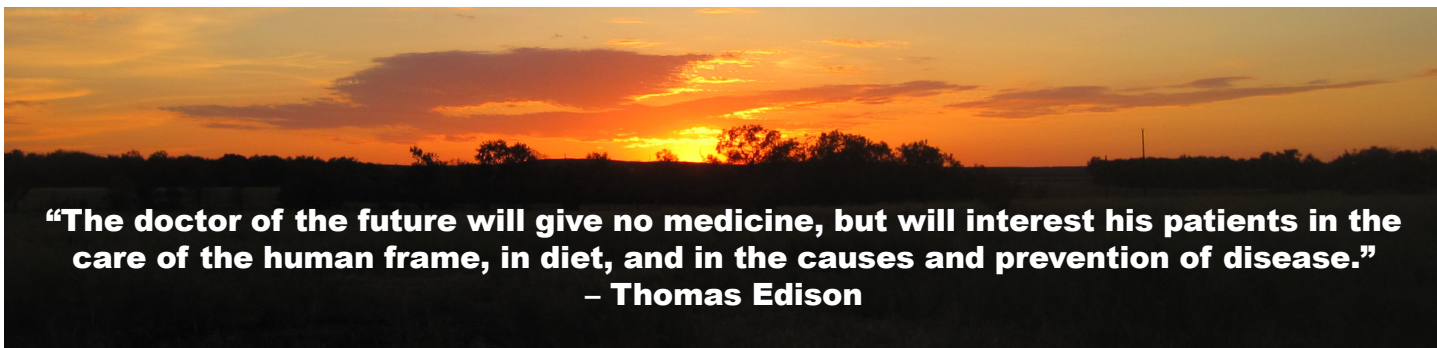


50% Class participation

Attendance at all classes is essential in order to learn and appreciate the material. Students are permitted one unexcused absence during the semester; afterwards, there will be a 5% grade deduction for every subsequent class missed. Students are also expected to actively contribute to class discussions and other activities.

30% Short written assignments

Students will submit several brief responses (a 3- to 5-sentence reaction, plus at least 1 discussion question) to an article posted on OwlSpace each week.



"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the causes and prevention of disease."
– Thomas Edison