CLASS SYLLABUS: Mindfulness In Law

Spring Semester 2022

Zoom: https://fiu.zoom.us/j/6345001079

Prof. Andrej Milic

Office Hours: By appointment

Email: amilic@fiu.edu

Required Texts:

Jon Kabat Zinn, Mindfulness for Beginners (Sounds True, 2012).

Supplemental Reading Materials (available in the class canvas modules)

Weekly Readings: --Law review articles, book chapters, video segments, and reading excerpts will be assigned in advance of each class. Course Description The role of mindfulness in law is becoming increasingly critical for lawyers, judges and those working in the legal industry.

Course Description and Purpose:

Legal organizations around the country are working to bring together, lawyers, judges, law professors and law students to explore mindfulness and its relationship to practice forms, including trial practice, mediation, negotiation, oral advocacy, and collaboration. The legal profession is benefiting from fundamental tools for effective practice that include listening skills, exercises in paying close attention, reflection practices, empathy, emotional regulation, and decision-making.

This course explores the role of mindfulness as a collection of tools of awareness that can enrich one’s skill set in relationship to the stimulating and challenging aspects of legal practice. Over the course of the semester, students will acquire a foundation level understanding of mindfulness practice, have the opportunity to integrate mindfulness into their professional and personal lives, and become aware of the role that mindfulness plays in the decision-making – by lawyers, judges, and legal industry professionals. Periodically a member of the judiciary, our faculty or the legal community with join in the conversation, offering their unique views of how mindfulness impacts their work. Woven into this conversation is the introduction and application of mindfulness insights and exercises as they relate to specific areas of practice. Neuroscience research findings will assist in understanding how decision-making and behavior are influenced by mindfulness.
Course Objectives:
- Identify various mindfulness practices that students are able to implement.
- Analyze the various ways that mindfulness influences the legal profession.
- Developing skills to improve listening, speaking and decision-making skills.
- Describe and evaluate case studies to assess the influence of mindfulness.

Class Participation:
You will have an opportunity throughout the semester to participate in class discussions and experiential exercises, commenting on legal and scientific writings, classroom demonstrations, and mindfulness practices.

Assignments:
Midterm Examination: 25%
Final Examination: 25%
Research Paper: 25%
Presentation: 25%
Total Grade: 100%

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Final Paper:
Topics: Topics for the final paper and presentation will be approved by the professor. Make sure to reach out to the professor for approval before starting your research. Most students will choose the same topic for the paper and the final presentation.

Form: Your final paper should be approximately 5-8 pages in length. The text of the paper, including the title, heading, and subheadings, must be double-spaced, submitted on 8-1/2 x 11-inch paper, and typed in Times New Roman 12-point font. APA or MLA format are appropriate formats.
**Weekly Topics:**

Module One: Introduction to Mindfulness
Module Two: Mindfulness in Law and Leadership
Module Three: Managing Attention and A-Tension
Module Four: Mindfulness and Relaxation
Module Five: Popular Writings on Mindfulness
Module Six: Mindfulness and Negotiation
Module Seven: Mindfulness and Awareness
Module Eight: Mindfulness and Self-Care
Module Nine: Connection and Creativity/Solitude
Module Eleven: Judgment and Practice
Module Twelve: Creativity/Solitude and Movement
Module Thirteen: Freedom
Module Fourteen: Wrapping Up

**Syllabus Modification:**

The course syllabus and assignments may be modified by the professor as needed. This is usually done to reduce, not increase, the workload on the students.

**Honors College Policies and Requirements**

**Academic Misconduct Procedures and Policies**

In The Honors College, the term “honor” refers both to academic accomplishment and character. Students in Honors should therefore adhere to and be held to the highest standards of personal academic accountability. Academic dishonesty in any form, including plagiarism, is antithetical to the very definition of being an Honors student at FIU. Consequently, an Honors College student found responsible for academic misconduct will be dismissed from the College.

An Honors faculty member may bring charges of academic misconduct against an Honors student if the faculty member suspects plagiarism or other forms of academic misconduct. The faculty member will decide whether to pursue informal resolution, file formal resolution charges, or take no further action, and will follow the procedures outlined in the Academic Misconduct Procedures available at [https://studentaffairs.fiu.edu/get-support/student-conduct-and-academic-integrity/academic-integrity/index.php](https://studentaffairs.fiu.edu/get-support/student-conduct-and-academic-integrity/academic-integrity/index.php). Please refer to the following documents for additional information:

**Student Portfolios**

The Honors College will be using a portfolio method to assess students’ learning outcomes. The portfolio allows for maximum flexibility in gauging student learning. Students decide (with instructor consultation) what “artifacts” or assignments to include for consideration in their portfolios to demonstrate successful achievement of each of five key student learning outcomes over the 4-year Honors experience. Portfolios provide a rich context for students to show what they have learned and to explain their learning process. Because the Honors curriculum is meant to be thought-provoking and reflective, student self-assessment through portfolios will facilitate learning and provide in-depth assessment. Each Honors College course includes at least one assignment that could potentially fit portfolio requirements. [http://honors.fiu.edu/current-students/portfolio/](http://honors.fiu.edu/current-students/portfolio/)

**Honors Education in the Arts (HEARTS)**

The HEARTS program is designed to give Honors College students opportunities to “explore and appreciate different artistic and cultural traditions and modes of artistic expression. HEARTS will also serve as a clearinghouse (and curatorial framework) for our students to experience the arts on campus and in the community by providing them with information about cultural activities and access to performances with free or discounted tickets. [http://honors.fiu.edu/current-students/hearts/](http://honors.fiu.edu/current-students/hearts/)

**Resources:**

**Panthers Care & Counseling & Psychological Services**

If you are looking for help for yourself or a fellow classmate, Panthers Care encourages you to express any concerns you may come across as it relates to any personal behavior concerns or worries you have, for the classmate’s well-being or yours; you are encouraged to share your concerns with FIU’s Panthers Care website.

Counseling and Psychological Services (CAPS) offers free and confidential help for anxiety, depression, stress, and other concerns that life brings. Learn more about CAPS at caps.fiu.edu. Professional counselors are available for same-day appointments. Don’t wait to call 305-348-2277 to set up a time to talk or visit the online self-help portal.