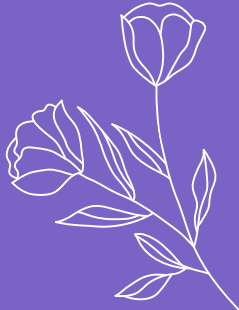




# AAC



## mindfulness booklet



ACADEMIC  
ACHIEVEMENT  
CENTER

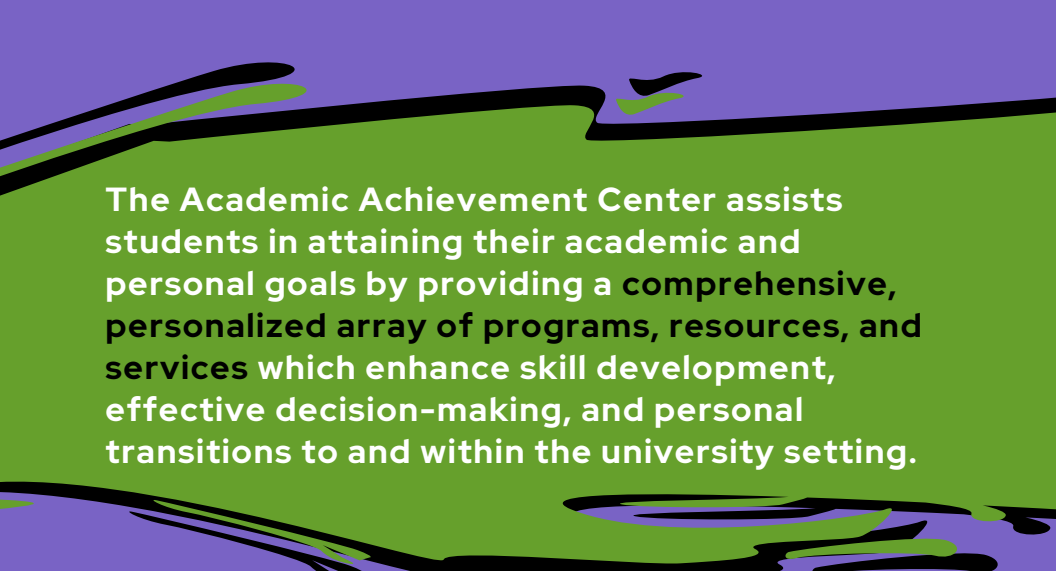


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The Academic Achievement Center assists students in attaining their academic and personal goals by providing a comprehensive, personalized array of programs, resources, and services which enhance skill development, effective decision-making, and personal transitions to and within the university setting.

The purpose of this booklet is to promote mindfulness, which is the **"basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us."**

Mental Health is just one reason why students struggle, but it can become a big barrier to academic and personal success and fulfillment.

We invite you to take a moment to breathe, read some affirmations, try some activities, and live in the present moment.

Remember that you are always whole no matter what you are going through, and that there are always people who are willing and able to support you. **You are not alone.**



**I AM LOVED.**

**I AM STRONG.**

**I AM ENOUGH.**

**I AM WORTHY.**



# Mindfulness

## NON-JUDGING

*ARE YOU RULED BY PREFERENCES  
AND PREDILECTIONS?*

It's a matter of survival that human beings make judgments. Our habitual response is to avoid or fight against things that we deem undesirable and to chase after or cling to things that we desire. One problem occurs when we are unaware of what is happening inside us and our reflexive responses create suffering for ourselves and others.

## PATIENCE

*LETTING THINGS UNFOLD  
THEMSELVES.*

"The two most powerful warriors are patience and time. – Leo Tolstoy"  
Impatience is low tolerance for people (including ourselves) or things that get in the way of our desires. This leads to feelings of frustration and restlessness – even anger. Allowing things to unfold in their own time, we often find that our interference only serves to increase suffering and obscure reality.

## BEGINNER'S MIND

*EMBRACING BEGINNERSHIP*

"In the beginner's mind there are many possibilities, in the expert's mind there are few. – Shunryu Suzuki"  
Much like a scientist who observes without bias, beginner's mind allows us to collect raw data. This opens us up to new opportunities, rather than being chained to habits and conditioning. We begin to rely more on curiosity and asking questions, rather than on speculation and assumptions.





# ACCEPTANCE

*OPENING TO WHAT IS*

"For after all, the best thing one can do when it is raining is let it rain." Acceptance is acknowledging what is already here without intention to change; however, it is interesting that acceptance often eventually leads to the most profound and lasting type of change human beings can experience - a shift in our very perceptions, fundamental beliefs, and approach to living, which can result in a complete resolution of suffering.

# LETTING GO

*LETTING GO AND LETTING BE*

When we stop holding onto things and instead allow experience to arise and pass on its own, we free up energy to attend to how things really are. We make space to consider wisely rather than getting caught up and acting purely out of emotion or blind habit. In this way, letting go is not giving in or giving up, it is letting be.

# GRATITUDE

*PAYING OUR DEBT OF THANKS*



It's a skill that doesn't come easily for many of us because survival instincts predispose us to be vigilant to danger and difficulty. Being grateful does not mean ignoring difficulty or insisting on positive thinking even when we are suffering. Instead, cultivating gratitude helps us have a more balanced perspective. We transcend the default mode of attending overwhelmingly to threats to happiness by also including what has been beneficial to us.

# Meditation

## *Body Scan*

Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.

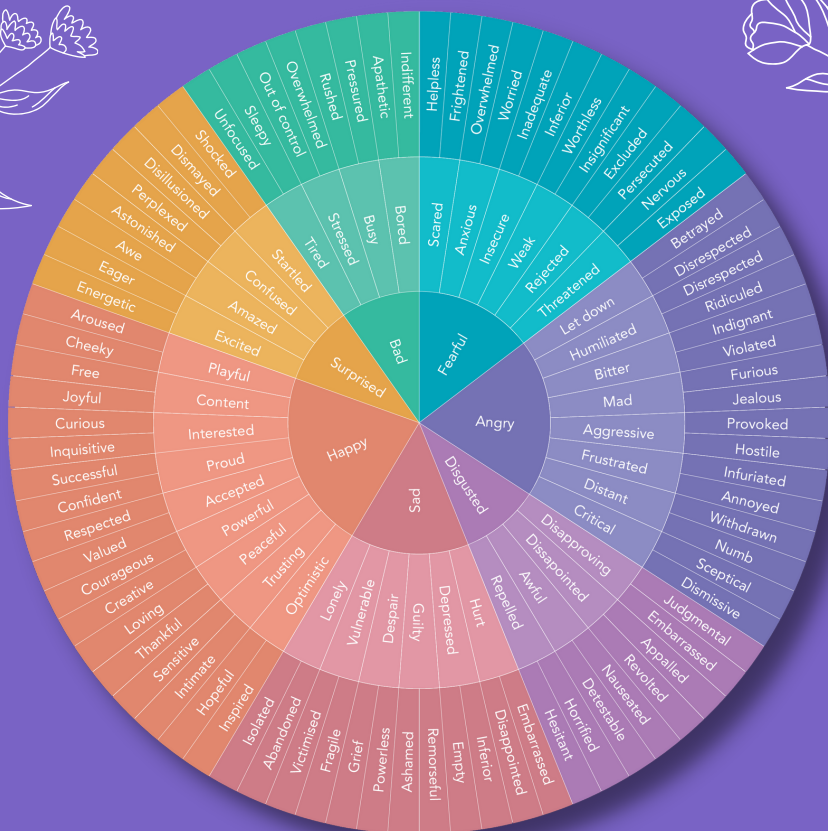
## *Sitting*

Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.

## *Walking*

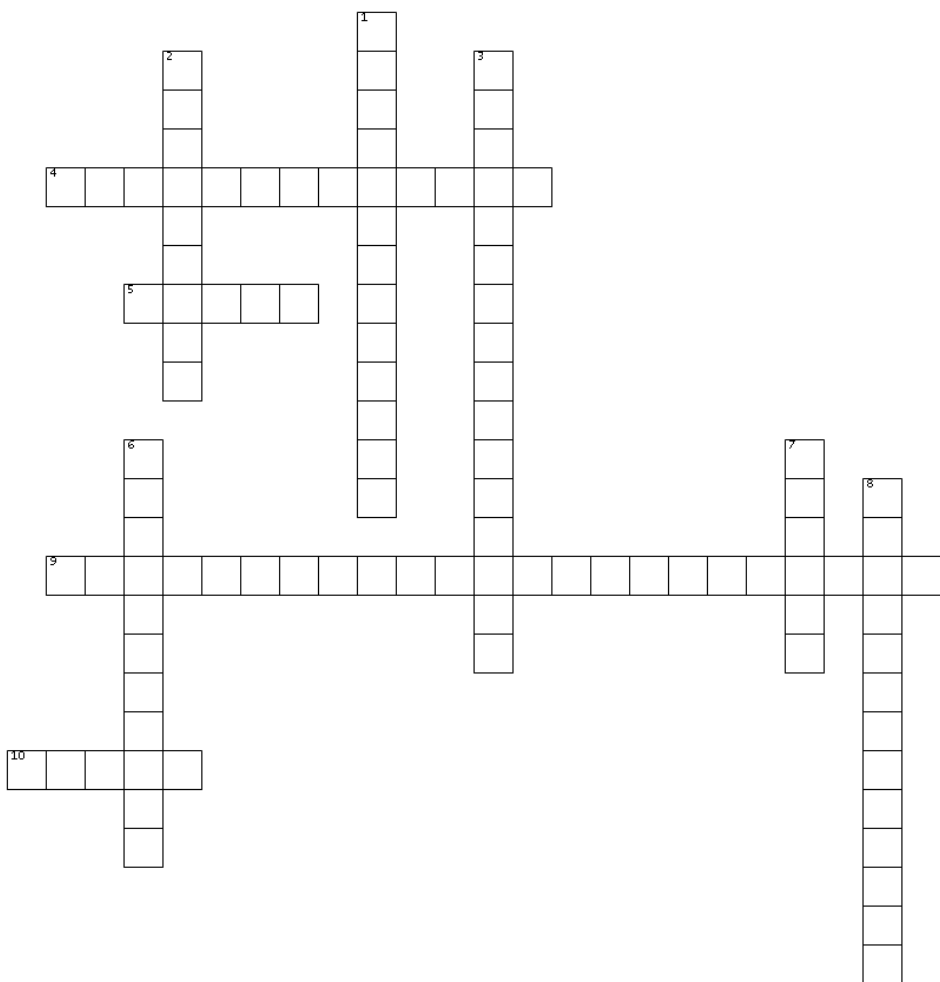
Find a quiet place 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

We invite you to take a moment to reflect on how you are currently feeling by using this wheel. Understanding our feelings provides us with insight and clarity about ourselves, and allows us to better communicate and respond to those around us.





**MY ABILITY TO  
CONQUER ANY  
CHALLENGE IS  
LIMITLESS AND  
MY POTENTIAL  
TO SUCCEED  
IS INFINITE.**



### ACROSS

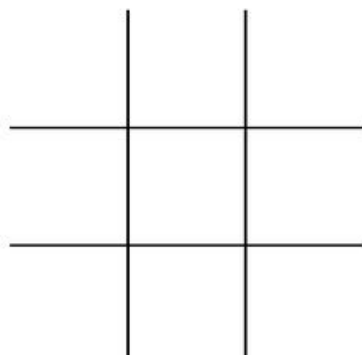
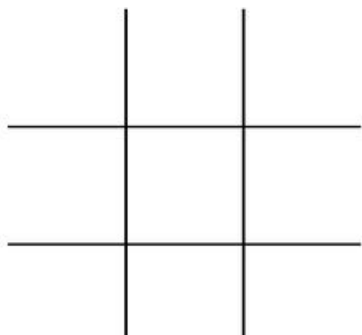
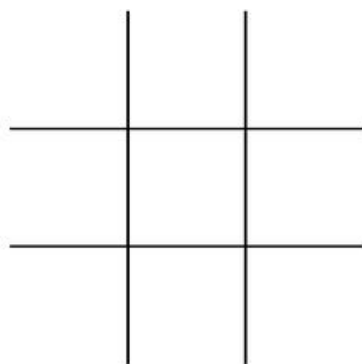
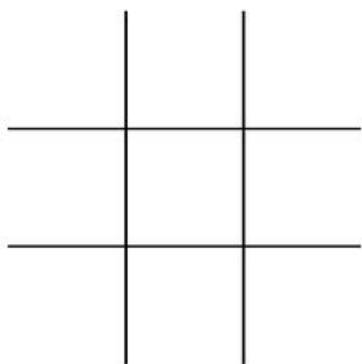
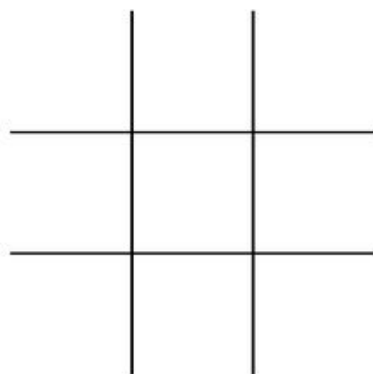
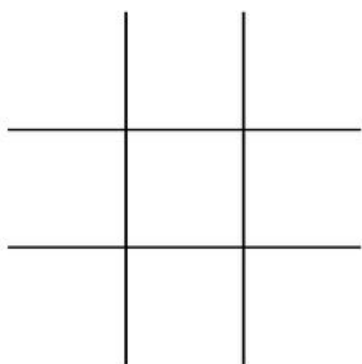
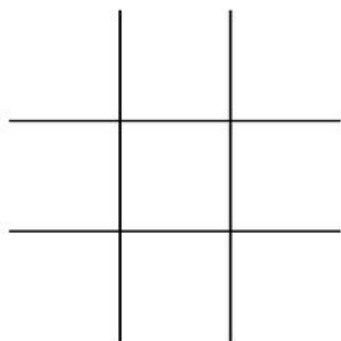
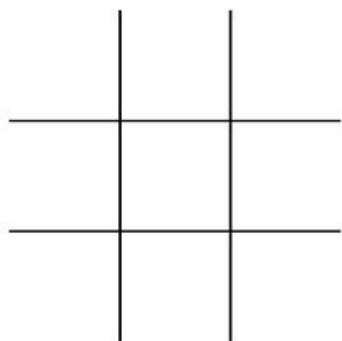
4. ORGANIZE THE PLAN OF THE WEEK
5. TRAINED STUDENT STAFF THAT OFFERING HELP IN THE AAC
9. SESSIONS THAT HELP COURSE WORK
10. A SYSTEM WEBSITE FOR APPOINTMENTS, STUDY GROUP, CONNECTION ETC.

### DOWN

1. CALCULATING ESTIMATED GRADES
2. PRESENTATIONS ABOUT CERTAIN TOPICS FROM TRAINED COACHES
3. PLANNER FOR FIVE DAYS TO STUDY BEFORE EXAM OR TEST
6. A TIME THAT CAN SIGN IN TO AAC FOR HELP FROM COACHES OR PRO-STAFF
7. VOLUNTEER OF THE PROGRAM
8. LARGEST MENTORING PROGRAM AT UCONN









**I AM RESILIENT.**

**I AM CONFIDENT.**

**I AM INTELLIGENT.**

**I AM SUPPORTED.**

# Resources

## SHAW Mental Health

**Location: Arjona 4th floor**

**Therapy Appointments**

**Let's Talk: Free support**

**Introduction to Mindfulness**

**Yoga and Meditation**

**[studenthealth.uconn.edu/mental-health](http://studenthealth.uconn.edu/mental-health)**

## Cultural Centers

**Location: Student Union 1st /4th floor**

**African American Cultural Center**

**Asian American Cultural Center**

**Puerto Rican Latin American Cultural Center**

**Native American Cultural Programs**

**Middle Eastern Cultural Programs**

**Rainbow Center**

**Women's Center**

**[office.diversity.uconn.edu/cultural-centers](http://office.diversity.uconn.edu/cultural-centers)**



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# Resources

## Center for Career Development

**Location: Wilbur Cross 202**

Career Coaching Assistance  
Resume/ Cover Letter Guidance

**[career.uconn.edu](https://career.uconn.edu)**

## Center for Students with Disabilities

**Location: Wilbur Cross 204**

Accommodations and services for  
students with disabilities

**[csd.uconn.edu](https://csd.uconn.edu)**

# Academic Resources

## Q Center

**Location: Homer Babbidge Library, 3rd floor**

Tutoring sessions for quantitative courses

[qcenter.uconn.edu](http://qcenter.uconn.edu)

## W Center

**Location: Homer Babbidge Library, 2nd floor**

Tutoring for any writing assignment

[writingcenter.uconn.edu](http://writingcenter.uconn.edu)

## TAs/Office Hours

**Location: varies by professor**

Look on the course syllabus for office hours  
to answer any questions

# Academic Resources

## Academic Achievement Center

**Location: Rowe 217**

**Drop in coaching**

*Strategic academic counseling*

**Supplemental Instruction**

*Strategies for specific professors*

**Presentations and Workshops**

*Academic success strategies*

**UConn Connects**

*Peer mentorship program*

**<https://achieve.uconn.edu/>**



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