Evans		Houstyn	A00281950		Junior
Student Last Name		Student First Name	Student ID		Class Standing
Winter 2013	evahou03@e	vergreen.edu	8		
Term	Email		Credits	Contract Title	

Sponsor(s)		
Sarah Williams	8676561	williasa@evergreen.edu
Name	Telephone	Fmail

Learning Objectives	Activities that will help me to attain this objective	What my sponsor will evaluate
Research theories of conciousness related to movement and meditation.	Extensive reading and research on meditation and movement, and how they affect our conciousness and awareness of our surroundings.  Books/Resources: <i>Grandmother's Secrets</i> by Rosina Al-Rawi, <i>Mindfulness</i> by Williams & Penman, <i>Awareness Through Movement</i> by Moshe Feldenkrais, etc	The activites and assignments outlined in the Moodle.
Engage my senses through actions, by practicing meditation, Tai Chi, bellydance, and the Feldenkrais method of Awareness Through Movement.	Practice of mindfulness meditation, bellydance, Tai Chi, and the Feldenkrais Method.  Resources: guided meditations, Datura Online Bellydance, Tai Chi classes at Breathe Yoga, books and video instruction on Awareness Through Movement, <i>Pain Free</i> by Pete Egoscue	The activites and assignments outlined in the Moodle.
Write about my experiences, both internal and external, as I learn to be present in the moment and in my environment.	Daily writing practice including "morning pages" freewriting and poetry prompts.  Resources for guidance and inspiration: the poetry of Pattian Rogers and Melissa Kwasny, The Chronology of Water by Lidia Yuknavitch	The activites and assignments outlined in the Moodle.

## **Related Experience**

As Poetry Recycles Neurons, Fall 2012 & Winter 2013, Holdrege paper, extensive reading on movement and meditation

## **Evergreen Faculty I have worked with**

#### **Student Collaborators**

Area of Study: Consciousness Studies Responsible Dean: Curriculum Dean, BR

# **Individual Learning Contract**

## The Evergreen State College

Evans		Houstyn	A00281950		Junior
Student Last Name		Student First Name	Student ID		Class Standing
Winter 2013	evahou03@e	vergreen.edu	8		
Term	Email		Credits	Contract Title	

### **Contract Description**

In this project, entitled P(r) is for Presence the student intends to explore the connection between the body and the mind and to put various theories on movement and meditation into practice in an effort to reconnect both to her physical self and the world around her. At the end of the project, the student will have amassed a collection of poetry and photographs, as well as a Holdrege-style research paper detailing her efforts and experiences during this project.

### **Sponsor and Field Supervisor Support**

Wordpress assignments and web seminars.

#### **Evaluation of Work**

- Narrative evaluation from sponsor
- · Narrative self-evaluation from student

#### **Student Conditions**

**No Study Abroad:** By signing this contract I understand that I cannot earn any credit for work in this contract that is developed while I am traveling outside of the United States.

**No Facilities/Resources:** I commit to the understanding that I will NOT be using special resources or facilities at Evergreen to support my work in the contract.

**No Human Subjects Review:** I commit to one of the following: 1) I have listed completing the Human Subjects Review Application as an assignment included in my Learning Activities, or 2) I will NOT be interviewing anyone or using information given to me for this contract by anyone that may put him/her at risk in this contract and that if it is realized by the College that I do use this type of information in my contract, I will not get credit for the work.

**General Condition of Contract:** I understand that I will be charged a late fee if the Academic Deans Office (or Graduate Director/Assistant Director for Graduate Students) receives my contract after 5 p.m. Friday of Week One for the quarter for which I am registering.

Student Signature:	Approved online by		
	Signature	Date	

### **Approval Signatures Needed**

Before your contract will be registered, you will need to get the approval signatures listed below. If your sponsor approves your contract online, their email will appear as the online approval on the signature line.

Contract Sponsor Signature: Approved online by

Signature Date

Academic Dean Signature: Approved online by

Signature Date

Area of Study: Consciousness Studies Responsible Dean: Curriculum Dean, BR