

The Honors Certificate of Mindfulness Based Emotional and Social Intelligence (MESI)

The new MESI Certificate offers a transformational program combining academic coursework, mindfulness practice and volunteer service to prepare students for a life of personal and professional integrity and engagement.

To earn this 15-credit certificate, students will participate in classes examining how to engage successfully with the world from multiple disciplinary angles, in the humanities, social sciences, and natural sciences, including interdisciplinary approaches. They will also participate in workshops and retreats, and, in what we are calling “compassion in action,” engage with the local and global community through service learning. Leaders in business and industry, as well as community leaders and researchers in the field, will engage with our MESI cohort to discuss what they have learned about the value of Emotional and Social Intelligence, the ability to be fully present, and the importance of community engagement, in their own work and life. We expect that some of the students will pursue an original research project related to our certificate for their Honors thesis.

Components of the Certificate

- **Honors Classes in Social Sciences, Humanities, Natural Sciences with a MESI focus (9-10 credits)**
Currently taught, or in development: UH 198 sections; UH 280 The Good Life (Shier); UH 290 The Science of Leading a Richer Life (Gerber); UH 390 the Practice, Science and History of Mindfulness (Gerber); this list will be expanded.
- **Community Engagement “Compassion in Action” (3 credits)**
Examples: Service trips to foreign countries, local community service opportunities with the Center for Civic Engagement.
- **Workshops / Retreats (2-3 credits)**
Experts in MESI Research and Practice (including Honors alumni and friends), along with WSU faculty, challenge students to deepen their understanding of the evolving research on MESI, and inspire students by sharing their own experiences of practicing Compassion in Action in professional settings and in their personal lives.
- **Student Capstone Project / Honors Thesis (optional)**
- **Continued Self-Reflection**
This can take the form of journaling and reflection papers and will be a shared characteristic for all components of the MESI certificate.

Interested in learning more?

Please contact

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Honors College

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