CATALOG YEARS: 2026-2027 **TOTAL UNITS = 17**

MINDFULNESS MINOR

- This worksheet is intended for supplemental use only. The University will use your Academic Requirements Report (ARR) to track your graduation requirements, including those for your minor. Please continue to check your ARR for accuracy.
- If your ARR requires a correction, please submit an ARR Correction Form at www.csusm.edu/academicadvising
- Your Degree Planner (in mycsusm.edu) will display the following requirements in the University's recommended sequence.
- All courses used for the minor must be completed with a grade of C (2.0) or higher.
- All non-articulated courses MUST be reviewed and approved by a faculty advisor.
- At least 7 units must be unique to the minor, i.e., not double-counted for other requirements.

REQUIRED COURSEWORK (17 UNITS)

✓	Course	Units
	KINE 150: Foundations in Mindfulness	1
	PSYC 100: Introduction to Psychology	3
	KINE 310: Social and Emotional Health	3
	PSYC 344: Positive Psychology (*PSYC 100)	3
	SOC 425: Sociological Mindfulness	4
	UNIV 495C: University-Wide Internship (*instructor consent; recommended prep: KINE 150)	3

**prerequisite*