

Form Name:	The Florida Bar Young Lawyers Division Law School Affiliate 2020 Health & Wellness Grant Application
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Deadline August 3, 2020

Name of Law School Affiliate	Florida International University College of Law
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Individual Contact Name	Angelique Fridman
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Contact Email	angelique.ortega@fiu.edu
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Contact Address (the address where The Florida Bar will send your Grant Award)	11200 SW 8th Street RDB 1045 Miami, FL 33134
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Proposed Date of Project	Oct 01, 2020
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Proposed Location of Project	virtual
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Expected Number of Students Attending	150
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Description/Agenda (Please include a brief description/agenda for your event)

Over the summer, the Student Bar Association dedicated funding to provide 250 of our FIU Law students with an annual subscription for the app, Headspace, during the 2020-2021 school year.

Headspace is a global leader in mindfulness and meditation through its app and online content offerings. We believe that mindfulness should encompass every aspect of life, not just when you're sitting to meditate. We provide unique tools and resources to mindfulness rooted in authentic expertise dating back 2,000 years and backed by proven scientific research. We offer inspiration, guidance, and support to living a mindful life in the pursuit of improving the health and happiness of the world. "Most people are likely familiar with the positive side effects of meditation associated with mental health: increased awareness, clarity, compassion, and a sense of calm. Improved focus is another benefit commonly associated with meditation. In fact, one study showed that 4 weeks of using the Headspace app can increase focus by 14%, while another showed that just a single session cuts mind-wandering by 22%."

- Provided by Headspace Website

We believe our students will benefit tremendously by introducing meditation to their busy lives. We hope the free subscriptions will encourage students to take mental health breaks during studying, finals, bar preparation and adopt it to their everyday routine.

Joining the SBA's efforts for student health and wellness – FIU College of Law would like to create a challenge for our students to meditate for as many days as they can for the Fall semester.

All students, faculty and staff are invited to participate in this challenge. Many of our faculty and professors already urge the use of meditation applications, and many of the applications are able to track participation of its members. Our challenge will be communicated through campus-wide emails, as well as our very active Facebook Group page and social media accounts. Members will be able to submit their meditation journey statistics with screenshots of their app. Headspace also allows members to share their streaks on personal social media accounts! Also, with respect to the Headspace business account – the University will be able to see the participation from our users. The grant funding would be utilized to provide prizes, 40 entrance tickets to the local Fairchild Tropical Botanic Gardens, at the end of the challenge.

Grant Budget

Headspace App \$2,400 Paid for by SBA

Marketing \$0 Online Marketing
Challenge Prizes \$500 Grant Request

Marketing Timeline

August Introduce the Headspace App and upcoming challenge in Campus Wide Email.

- Start of the 2020-2021 School Year
 - Meeting with SBA and Mindfulness to promote event
 - Speak with the PR and Ethics Classes about promotion as well
- September - Create a Google Form sign up for student, faculty and professors who plan to participate so we are able to gauge interest.
- Include the Library's meditation sessions in the challenge and encourage those as well.

October Challenge Begins!

- Posting on Social Media
- Possible extra credit for ethics classes
- End of challenge Zoom session: reflections on how meditation has helped their mental health.

Describe how you will recognize The Florida Bar YLD for its support of your event

The event organizers will recognize the YLD in all promotional material and in the awards presentation.

Budget

https://s3.amazonaws.com/files.formstack.com/uploads/3943241/94732189/642960054/94732189_health_and_wellness_grant.docx

Signature of the LSL Law School Administrator


