

From: noreply@formstack.com
To: [Campa, Jose](#); [Miller, Thomas V](#); [Dorn, Celia](#)
Subject: The Florida Bar Young Lawyers Division Law School Affiliate 2021-22 Health & Wellness Challenge Grant Application
Date: Friday, December 3, 2021 5:15:21 PM
Attachments: [TheFloridaBarYoungLawyersDivisionLawSchoolAffiliate202122HealthWellnessGrantApplication_Submission_895687226.pdf](#)
[113237713_Health and Wellness Grant.pdf](#)
[Signature_113237715.png](#)



Formstack Submission For: **The Florida Bar Young Lawyers Division Law School Affiliate 2021-22 Health & Wellness Grant Application**

Submitted at 12/03/21 5:15 PM

Name of Law School Affiliate:	FIU College of Law
Individual Contact Name:	Angelique Ortega
Contact Email:	afridman@fiu.edu
Contact Address (the address where The Florida Bar will send your Grant Award):	11200 SW 8th Street RDB 1045 Miami, FL 33134
Proposed Date of Project :	Oct 01, 2021
Proposed Location of Project:	11200 SW 8th Street RDB 1045 Miami, FL 33134
Expected Number of Students Attending:	250
Since the summer of 2020, the Student Bar	

Florida International University College of Law

Young Lawyers Division Grant Application

Health and Wellness

Fall 2021

Since the summer of 2020, the Student Bar Association dedicated funding to provide 250 of our FIU Law students with an annual subscription for the app mindfulness application, Headspace, so that students could have it during the 2020-2021 school year. We decided to renew the headspace subscription because of the many benefits that Headspace provides for our students.

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%."

We believe our students will benefit tremendously by having a meditation and wellbeing app in their busy lives in this stressful environment. 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.

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. We plan to continue a challenge that we started when we just subscribed to the application where the students would compete to see who could have the longest streak for meditation days. 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	\$2,500	Paid for by SBA
Marketing	\$0	Online Marketing
Challenge Prizes	\$500	Grant Request

Marketing Timeline

October	- Reintroduce the Headspace App - 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
November	- 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. - Get mindfulness and wellness org involved and get them to incorporate yoga.
December	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.

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Submission Time:	December 3, 2021 5:15 pm
Browser:	Chrome 96.0.4664.55 / Windows
IP Address:	104.53.187.205
Unique ID:	895687226

Deadline Friday, December 3, 2021

Name of Law School Affiliate	FIU College of Law
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Individual Contact Name	Angelique Ortega
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Description/Agenda (Please include a brief description/agenda for your event)

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

The YLD is recognized on all of our flyers encouraging students to join the Headspace App. The YLD will also be recognized when we provide students with the prizes for meditation challenges. As with last year, we will post the awards on our social media accounts and use the YLD hashtags.

Budget

https://s3.amazonaws.com/files.formstack.com/uploads/4469504/113237713/895687226/113237713_health_and_wellness_grant.pdf

**Signature of the LSL Law School
Administrator**



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