Mindfulness, Quality of Life, and the Impact of COVID in CSD Programs
SIG 10

INTRODUCTION
This SIG 10 activity includes four articles exploring mindfulness, quality of life, and the impact of COVID in CSD programs. In the first article, outcomes are studied when graduate SLP students engage in a remote synchronous mindfulness program (RSMP). In the second article, a tutorial for contemplative pedagogy in CSD classrooms is introduced. Next, the quality of life and sleep among Brazilian SLP students during the COVID-19 pandemic is explored. The last article describes an exploratory study characterizing CSD doctoral students’ experiences during the COVID-19 pandemic.

LEARNING OUTCOMES
You will be able to:
• identify three expected benefits of participating in a RSMP
• define contemplative pedagogy
• describe the correlation between quality of life and quality of sleep in SLP students during the pandemic
• explain how the pandemic may have negatively impacted PhD students’ progress through their PhD program in CSD

CONTENTS
Impact of the COVID-19 Pandemic on PhD Students in Communication Sciences and Disorders by Natalie V. Covington and Larissa M. Jordan

Quality of Life and Sleep Among Brazilian Speech-Language Pathology Students During the COVID-19 Pandemic by Kelly da Silva, Raphaella Barroso Guedes-Granzotti, Vanessa Veis Ribeiro, Rodrigo Dornelas, Pablo Jordão Alcântara Cruz, and Carla Patrícia Hernandez Alves Ribeiro César

Contemplative Pedagogy: Creating Mindful Educators and Classrooms by Laura Roche Chapman

Implementing a Remote Synchronous Mindfulness Program for Master of Science in Speech-Language Pathology Students: Preliminary Findings by Angela M. Medina, Jean S. Mead, Patrycja A. Prokopowicz, Fiaza Ahmed, Milena Basanez, Daniela Medellin, and Chelsea L. Sommer

PROGRAM HISTORY and IMPORTANT INFORMATION
Start date: March 15, 2023
End date: March 15, 2028
To earn continuing education credit, you must complete the learning assessment on or before March 15, 2028.

This course is offered for 0.45 ASHA CEUs (Intermediate level, Related area).