

GENERAL EDUCATION, KMITL

COURSE SYLLABUS

Course ID	96642138	Course title	Meditation for Life Development				
Credit	3(3-0-6)	Semester/Year	1/2025	Group	102	Day - Time	Thursday 1.00 - 4.00 pm.
Course description	This course introduces the theory and practice of meditation including the meaning of meditation, objectives, methods, the beginning, process characteristics of reciting and meditating, benefits of meditation, meditation resistances and applying meditation in daily life, and meditation as related to education and working purposes, objectives, methods, characteristics of the states of absorption (Jhana) and insight knowledge (Nana), fundamental knowledge about insight meditation (Vipassana), differences between foundation meditation (Samata) and insight meditation (Vipassana), the layout of foundation meditation (Samata) and insight meditation (Vipassana), insight mediation as related to the world population.						
Corresponding Lecturer	Assoc. Prof. Dr. Sutapat Kwankaomeng and Assoc. Prof. Dr. Panya Kansuwan						
Instructors	Assoc. Prof. Dr. Sutapat Kwankaomeng and Assoc. Prof. Dr. Panya Kansuwan						
Teaching Assistant (if any)	-						
Contact and consulting hour	Line Group: 25/1 MLD Friday 9.00 am. - 12.00 pm.					Language	☐ Thai ☒ English ☐ Others
Website or online learning platform (if any)	Microsoft MS-Team						

Course Learning Outcome

1. Students have knowledge and understanding of proper meditation practices.
2. Students be able to reflect on their own strengths and weaknesses and analyze how meditation can help improve those weaknesses.
3. Students have good relationships with others.
4. Students develop both physical and mental health.

Learning Outcomes of the General Education Program (GE-LO)	
GE-LO	Weight
☒ GE-LO-1 Analytical and Critical Thinking	8.5
☐ GE-LO-2 Complex Problem Solving	
☐ GE-LO-3 Creativity	
☒ GE-LO-4 Interpersonal Skills	0.5
☒ GE-LO-5 Integrity and Perseverance	1.5
☐ GE-LO-6 Active Learning and Learning Strategies	
☒ GE-LO-7 Resilience, Stress Tolerance and Flexibility	3
☐ GE-LO-8 Leadership and Social Influence	
☒ GE-LO-9 Effective Communication	0.75
☐ GE-LO-10 Entrepreneurship and Startup skills	
☒ GE-LO-11 Digital Quotient Literacy and Digital Media Production	0.75
Total weighting	<u>15</u>
Career Readiness Modules	
☒ Employee ☐ Self-employed ☐ Business Owner ☒ Investor ☐ None	

Course Schedule

Week	Topics	Learning Methods / Class Activities	period (minutes)			GE-LO	Instructors	Remarks
			In-Class	Video Clip	Online			
1 Jul.3, 25	Introduction, Orientation	Course introduction & Orientation	180	30-50		-	all	
2 Jul.10,25 (holiday) Jul.17, 25	Chapter 1 Meditation and Virtues of Mankind	Lecture/ Listening to the audio clip /Quiz 1 & Discussion/ Meditation practice	180	30-50	30	1,4,5	all	MS-team assignment quiz & Active learning
3 Jul.24, 25	Chapter 2 Meditation, Silent Recitation, and the Four Positions	Lecture/ Listening to the audio clip /Quiz 2 & Discussion/ Meditation practice	180	30-50	30	1,4,5	all	MS-team assignment quiz & Active learning
4 Jul.31, 25	Chapter 3 Evaluation of Silent Recitation and Resistance Factors	Lecture/ Listening to the audio clip /Quiz 3 & Discussion/ Meditation practice	180	30-50	30	1,4,5	all	MS-team assignment quiz & Active learning
5 Aug.7, 25	Chapter 4 Characteristics of the Meditative Mind	Lecture/ Listening to the audio clip /Quiz 4 & Discussion/ Meditation practice	180	30-50	30	1,4,5	all	MS-team assignment quiz & Active learning
6 Aug.14, 25	Chapter 5 Benefits of Meditation, Meditation for Daily Use, Meditation for Study and Work	Lecture/ Listening to the audio clip /Quiz 5 & Discussion/ Meditation practice	180	30-50	30	1,4,5	all	MS-team assignment quiz & Active learning
7 Aug.21, 25	Chapter 6 Characteristics of Jhāna and Steps of Jhāna	Lecture/ Listening to the audio clip /Quiz 6 & Discussion/ Meditation practice	180	30-50	30	1,4,5	all	MS-team assignment quiz & Active learning
Midterm Examination (25-31 Aug.)			-	-	-	1	-	-
8 Sep.4,25	Chapter 7 Qualities of Jhāna and Benefits of Jhāna	Lecture/ Listening to the audio clip /Quiz 7 & Discussion/ Meditation practice	180	30-50	30	1,4,5	all	MS-team assignment quiz & Active learning

Week	Topics	Learning Methods / Class Activities	period (minutes)			GE-LO	Instructors	Remarks
			In-Class	Video Clip	Online			
9 Sep.11,25	Chapter 8 Characteristics of Ñāṇa and Steps of Ñāṇa	Lecture/ Listening to the audio clip /Quiz 8 & Discussion/ Meditation practice exam	180	30-50	30	1,4,5	all	MS-team assignment quiz & Active learning
10 Sep.18,25	Chapter 9 Qualities of Ñāṇa and Benefits of Ñāṇa	Lecture/ Listening to the audio clip /Quiz 9 & Discussion/ Meditation practice	180	30-50	30	1,4,5	all	MS-team assignment quiz & Active learning
11 Sep.25,25	Discipleship Ceremony & Auspicious Place Visiting	Attending the ceremony and visit auspicious place/feeling expression/ Meditation practice	180	-	-	4,5,7,9	all	Willpower Institute at Wat Dhammongk o/Srirattana thamaram
13 Oct.2,25	Chapter 10 Issues to Understand about Vipassanā, Objectives of Samatha and Vipassanā	Lecture/ Listening to the audio clip /Quiz 10 & Discussion/ Meditation practice	180	30-50	30	1,4,5	all	MS-team assignment quiz & Active learning
14 Oct.9,25	Chapter 11 Steps of Samatha and Vipassanā	Lecture/ Listening to the audio clip /Quiz 11 & Discussion/ Meditation practice	180	30-50	30	1,4,5	all	MS-team assignment quiz & Active learning
15 Oct.16,25	Chapter 12 Vipassanūpakilesa, Abhidhamma, and Vipassanā	Lecture/ Listening to the audio clip /Quiz 12 & Discussion/ Meditation practice exam	180	30-50	30	1,4,5	all	MS-team assignment quiz & Active learning
16	Final Exam	Final Exam			180	1, 4, 5,7,9, 11	all	MS-team assignment Final Exam
Final Exam (Oct,20 – Nov,3, 2025)			-	-	-	1	-	-

Assessment Plan

Assessment Activities	Weight	Maximum Score	Period	GE-LO	หมายเหตุ
Punctuality in Class Attendance Practical and Theoretical Sessions	1.5	6	entire semester	GE-LO-5	Class Attendance Score: 15 Sessions, 2 Points per Session (1 for Practical, 1 for Theory) If the student arrives late and misses the meditation practice, only 1 point will be given. Total: 30 points
Class activity, Quiz, Active learning with problem discussion	1.0 0.5	4 2	Weeks 2–7 and 9–14	GE-LO-1 GE-LO-4	Quiz and Problem discussion: Students must complete 12-chapter quizzes during class. Students must finish each quiz on the period in class before problem discussion and earn 2 points/quiz. Participation without Meditation practice can earn only 1 point. No attendance = 0 points. Total: 24 points
Homework (Meditation Practice)	1.5	6	ตลอดภาคการศึกษา	GE-LO-7	Meditation Practice Homework: Everyday, 4 Point per Day Students are required to practice meditation at least twice a week , Walking Meditation: 15 minutes=1 point, 30 minutes= 2 points Sitting Meditation: 15 minutes= 1 point, 30 minutes= 2 points No homework submission = 0 points for that day. Total: 120 Points(minimum)
Feeling expression / clip	0.75 0.75	3 3	Weeks 15	GE-LO-9 GE-LO-11	Students submit the feeling expression how they feel after taking the course and what they can improve to evaluate the satisfaction of the course, communication skill and digital media production.
Midterm and Final Examinations	7.5	30	Midterm and Final Exam Weeks	GE-LO-1	
Meditation Practice Exam	1.5	6	Weeks 8 and 15	GE-LO-7	
total	15	60			

Course Assessment Criteria

☐ Group-based								
☒ Criterion-based								
Grade (Based on Criteria Only)	A	B+	B	C+	C	D+	D	F
Score Range (Out of 100 points)	48-60	45-47.99	42-44.99	39-41.99	36-38.99	33-35.99	30-32.99	0-29.99
☐ Pass / Fail (S/U)								
Grade	S				U			
Grading Scale (total 60 points)	30-60				0-29.99			

Assessment Criteria Based on Learning Outcomes

Assessment Activities	Skills	weight	ระดับคะแนน			
			4 (Excellent)	3 (Good)	2 (Fair)	1 (Needs Improvement)
Punctuality in attending both practical and theoretical sessions	GE-LO-5	1.5	≥ 26 points (13+ attendances); (2 points per session: 1 practical + 1 theoretical)	≥ 22 points (11-12 attendances); (2 points per session: 1 practical + 1 theoretical)	≥ 18 points (9-10 attendances); (2 points per session: 1 practical + 1 theoretical)	< 14 points (< 8 attendances); (2 points per session: 1 practical + 1 theoretical)
Class activity, Quiz, Active learning with problem discussion	GE-LO-1	1.0	≥ 22 points (submitted in 11 quiz assignments)	≥ 16 points (participated in 8-10 quiz assignments)	≥ 10 points (participated in 5-7 quiz assignments)	< 10 points (< 5 quiz assignment submission)
	GE-LO-4	0.5	Demonstrated improvement in interpersonal relationships in at least 3 of the following areas: 1)Willingness to listen to others' opinions 2)Ability to manage emotions 3)Compassion 4)Responsibility 5)Rational thinking	Demonstrated improvement in interpersonal relationships in at least 2 of the following areas: 1)Willingness to listen to others' opinions 2)Ability to manage emotions 3)Compassion 4)Responsibility 5)Rational thinking	Demonstrated improvement in interpersonal relationships in at least 1 of the following areas: 1)Willingness to listen to others' opinions 2)Ability to manage emotions 3)Compassion 4)Responsibility 5)Rational thinking	Never participated problem discussion
Homework (Meditation Practice)	GE-LO-7	1.5	≥ 28 points (homework completed at least 14 weeks, 2 days per week)	≥ 18 points (homework completed 9-13 weeks, 2 days per week)	≥ 8 points (homework completed 4-8 weeks, 2 days per week)	< 8 points (homework completed fewer than 4 weeks, 2 days per week)
Feeling expression / clip	GE-LO-9	0.75	The student can express feelings during meditation, identifies strengths and weaknesses, analyzes problematic behaviors, and explains how meditation can help improve them.	The student demonstrates self-awareness by identifying their own strengths and weaknesses, recognizing specific problematic behaviors, and showing a willingness and intention to make positive changes to those behaviors.	The student is able to analyze themselves by identifying their strengths and weaknesses, and by clearly recognizing behaviors that are considered problematic.	The student demonstrates self-awareness by being able to identify their strengths, weaknesses, or at least one of the two.
	GE-LO-11	0.75	The student can create an excellent video clip of feeling expression about how meditation improves them.	The student can create a good video clip of feeling expression about how meditation improve them.	The student creates a fair video clip of expressions about how meditation improves them.	The student creates a poor video clip of feeling expression about how meditation improves them.
Midterm and Final Examinations	GE-LO-1	7.5	A score of not less than 80% (≥ 80%)	A score of not less than 70% (≥ 70%)	A score of not less than 60% (≥ 60%)	A score of not less than 50% (≥ 50%)

Assessment Activities	Skills	weight	ระดับคะแนน			
			4 (Excellent)	3 (Good)	2 (Fair)	1 (Needs Improvement)
Meditation Practice Exam	GE-LO-7	1.5	The student is able to chant and conduct walking and sitting meditation, correctly and accurately without any noticeable errors.	The student is able to chant and conduct walking meditation, and sitting meditation, with no more than two noticeable mistakes.	The student is able to chant and conduct walking meditation, and sitting meditation, with no more than three noticeable mistakes.	The student is able to chant and conduct walking meditation, and sitting meditation, with more than three noticeable mistakes

Midterm / Final Examination – Self-administered