

CSUF Faculty Student Performances/Presentations

**** Special Date and Time ****

Friday, October 24 • 3:15 to 4:30 pm

Mackey Auditorium

This presentation is Open to the Public

OLLI Coordinator: Ellie Monroe • Tech Coordinator: Jim Monroe

Zoom link: <https://fullerton.zoom.us/j/88312401045>

Streaming: <https://olli.fullerton.edu/classes/live/fall2025/F2025FacStuPerformances.php>



Presenter: Lisa Long, Vice Chair and Professor of Theater and Dance

Topic: Mindful Rigor

Our CSUF dance program is the only one in the nation based in Mindful Rigor. Professor Lisa Long's research has proven that students experience 14-18% gains in metacognition, sensory awareness, critical thinking, multiple intelligences, and emotional intelligence by implementing four simple mindfulness-based practices in dance classes. These practices are not just for dancers – come see what they can do for you, too!

We will learn four practices to help us focus on the present moment so that we can better enjoy our lives.

Want a preview? Check out Mindful Mondays Podcast on Titan Radio at 8am and 8:30 every Monday or find it on Mixcloud <https://dlongdance.com/mindful-monday-podcast>