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**FNDN 102 Personal Application Assignment** | Silence/Solitude

**INTRODUCTION**
In our fast-paced, technologically driven society, it is easy to neglect the cultivation of an interior life, or life of the soul. Consequently, even people who set aside time for meditation or reflection are still bombarded with the demands of a post-modern lifestyle, leaving their interior life depleted. Many of the early church fathers in the Christian tradition and mystics throughout the centuries have written of the essential role of silence and solitude in developing one’s spiritual life. Jesus himself drew away from the crowds to spend time with his Father on many occasions. Often, it is only when we practice the discipline of silence and solitude that we are able to reacquaint ourselves with our true selves, without hype, pressure, or expectation. Cultivating the interior life can be challenging at first, but the practice of silence and solitude will, in time, reveal spiritual richness unattainable when exposed to constant noise and social activity.

**PART 1 | Participate and record** your silence/solitude practice for one week (see weekly log sheet below). Choose one of the following practices, but if you have practiced mindfulness (breathing), for example, you should choose a different option:

**1. Spend 15-20 mins alone in silence *five days* this week** (No technology and no people. You may choose to be physically active, but this must be in complete silence and isolation; sleeping does not count. *TOTAL: 90 mins for the entire week.*

**2. Spend 15-20 minutes *alone* *with your breath* *five days* this week** (either sitting comfortably or lying down, inhale for a count of 4, hold for 4, and exhale for 4. Each time your mind wanders, simply bring it back to an awareness of your breath. This is to be practiced in complete silence and isolation (in other words, not with others around). You may wish to consider meditating on a verse or quote or a quality of God while doing so.

**3. Choose three whole days this week to refrain from *any* unnecessary digital communication** (no use of social media, or unnecessary texting/phone calls).

**PART 2 | Reflect on your week of silence/solitude practice**
After following a set plan for five days in the next week, submit your activity log (see below) and write a one-page reflection (typed, double-spaced, 1-inch margins, Times New Roman, size 12 font). This is due at the start of class on the date specified in the proposed course outline of your syllabus, and in the format indicated by your instructor. Below are the questions you should answer in your reflection (approximately 1/3 page each):

**1) Logistics:** what did you do, where, when, and why?

**2) Effects:** what was this experience like for you? Did you find it difficult? Why or why not? Do you think it enhanced your spiritual life (be specific)? Why or why not?

**3) Future:** Would you continue, adapt, or discontinue this practice? Why or why not?

**FORMATTING** Your reflection should be one page in length and APA format (typed, 12 point font size, New Roman Times font, double-spaced with one-inch margins). Include a title page (there is a template on the Moodle site) and save your file as "First Name\_Last Name\_Silence-Solitude." Submit in Word™ or .pdf format. If requested by your instructor, print off the entire assignment and submit a hard copy at the start of class on the due date specified in the syllabus. Otherwise, submit in digital format via Moodle before the start of class on the due date specified in the syllabus.

**RELATED READING**

Larson, R. W. (1997). The Emergence of Solitude as a Constructive Domain of Experience in Early Adolescence. *Child Development*, *68*(1), 80–93.

Maitland, Sara. (2014) *How to Be Alone*. London: MacMillan.

Roeters, Anne & Cloïn, Mariëlle, & van der Lippe, T. (2014). Solitary Time and Mental Health in the Netherlands. *Social Indicators Research*, *119*(2), 925–941.

Slicer, D. (2008). Quiet . . . Please. *Religion and Literature*, *40*(1), 59–80. Retrieved from https://www.jstor.org/stable/40059843

# Toyoshima, A. & Sato, S. (2019). Examination of the Effect of Preference for Solitude on Subjective Well-Being and Developmental Change. *Journal of Adult Development*, 26:139. https://doi.org/10.1007/s10804-018-9307-z

**RELATED RESOURCES**

**The Right to Quiet Society** <http://quiet.org/ideas.htm>

**FNDN 102 Silence/Solitude Log (1 Week)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Practice****Days of Week** | **Which Silence/Solitude Practice?** | **Duration** | **Location** | **Effect or impact** |
| #1 |  |  |  |  |
| #2 |  |  |  |  |
| #3 |  |  |  |  |
| #4 |  |  |  |  |
| #5 |  |  |  |  |

**MARKING RUBRIC**

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITY LOG** |  | **Value (10)** | **MARK (10)** |
| Log submitted (1) | 1 pt for including log in assignment  | **1** | 1 |
| Log completed (9) | Pts attributed based on activity related submission requirements | **9** | 9 |
|  |  | **10** | 10 |
|  |  |  |  |
| **REFLECTION** |  | **Value (35)** | **MARK (35)** |
| Questions answered | (3 x 1 pt each) | 3 | 3 |
| Length (full page) | 1 – less than half / 1.5 – three quarters / 2 - complete | 2 | 2 |
| 1. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate (these numbers are reference guides) | 10 | 10 |
| 2. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate (these numbers are reference guides) | 10 | 10 |
| 3. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate (these numbers are reference guides) | 10 | 10 |
|  |  | **35** | **35** |
|  |  |  |  |
| **PROFESSIONALISM / FORMATTING** |  | **Value (5)** | **MARK(5)** |
| Title Page | 0 – not included / 1 – not APA complete / 2 – APA complete | 2 | 2 |
| Grammar / Formatting | 1 = 4+ errors / 2 = 2-3 errors / 3 = no errors | 3 | 3 |
|  |  | **5** | **5** |
|  |  |  |  |
|  |  | **50** | **50** |
|  |  | **5** | **5** |
|  | DEDUCTIONS (if applicable) |  |  |
| **COMMENTS** |  |  |  |