# MindFIT Module 2 Attendance Record

You must attend 6 live via Zoom/Teams MindFIT Lectures (these range between 30 minutes and 1 hour) between September and March of any one academic year. Find the schedule at [uoft.me/mindfit](https://uoft.me/mindfit).

Record your participation on the table below. Once completed respond to the following reflection questions.

| **Lecturer Name** | **Date** | **Time** | **Lecture Title** |
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## **Reflection Questions**

What skills and knowledge did you learn by participating in the MindFIT Lecture Series?

How will you use what you learned in the future, both in your personal and/or professional life? Reflect on whether the program helped you meet your learning goals.

Submit to laurena.brown@utoronto.ca via email. Include your UTORID and U of T email for CCR credit.