Sample Recruiting Script: (used with permission)

Members of this class have the opportunity to contribute to my research. I am interested in learning more about how incorporating mindfulness exercises into the Field Seminar will impact students' connection with aspects of mindfulness. Participation is totally voluntary and will not impact your grade or evaluation in this course whatsoever. Participation consists of completing a short pre- and post-test survey, estimated to take no more than 10 minutes to complete. No assignments will differ for those electing to participate, and participation will not be considered in the evaluation of any aspect of this course, including participation. If you decide to participate in the study, please know that you may change our mind at any point and then your materials would not be included as data. If you have questions about any aspect of the study or your involvement, please let me know. I have passed around consent forms; my contact information is on that form. There is a manila envelope at the front of the room for completed consent forms and another for completed surveys-I will exit for a few minutes so that you all may decide whether you would like to participate and complete your survey. Thank you!