

UCF STUDENT UNION

Reflection Room



Contemplation. Meditation. Practice.
Prayer. Reflection.

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A Space For Everyone

Inclusive. Purposeful. Inviting.

The Reflection Room is an inclusive and welcoming space for our campus community who are of diverse religious, secular, and spiritual identities. This room is available anytime the Student Union is open. It is a space for contemplation, meditation, practice, prayer, and reflection.

Fulfilling a Need

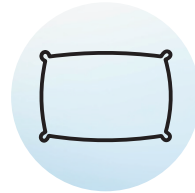
The research of Astin. et al, from the Higher Education Research Institute has shown that students benefit greatly from having opportunities to connect with their inner selves. These opportunities facilitate growth in academic and leadership skills; contribute to intellectual and psychological well-being, and self-confidence; and enhance satisfaction with college.



What We Offer

Peaceful. Functional. Central.

Equipment and amenities within the room are available for anyone to use. Features include reconfigurable options for sitting or kneeling, wash stations, storage for shoes, and privacy partitions.

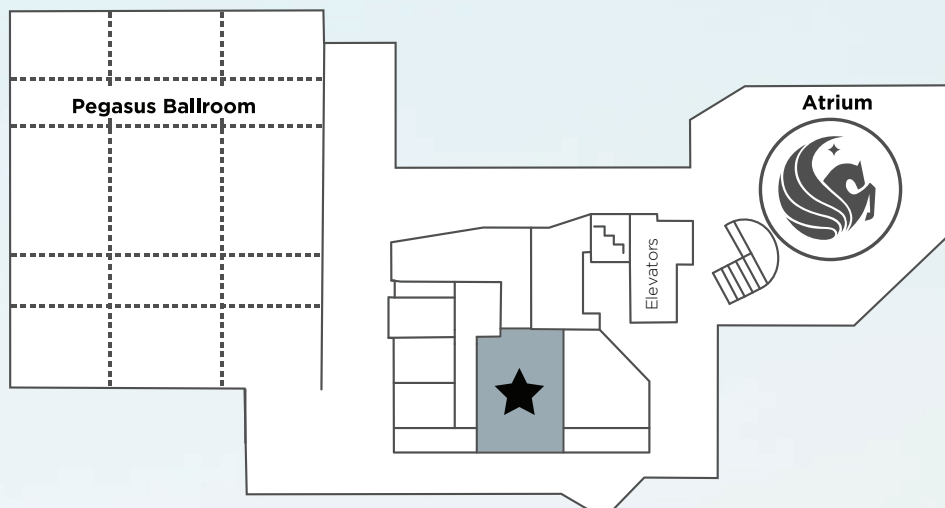


Accessibility and Guidelines

The room is non-reservable and may be used by any person when the building is open. To preserve the peaceful environment, we ask that conversations be held outside, that no food or drinks be brought in, and that the space not be used for studying or social gathering. Once you are done with your practice, feel free to use other locations in the Student Union to ensure this space is free for others to use. Additional guidelines are posted in the room and on the website.

Our Location

The space is located on the first floor of the Student Union, across from the HUB.



Questions?

We would be happy to answer any questions you may have about the Reflection Room.

PLEASE CONTACT

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Student Union