

Mindfulness Bulletin

Termly updates on Cambridge University's Mindfulness Pilot

Bulletin No.5, December 2015

For more information about Mindfulness at Cam
including our new Term timetable, see our webpages:

[Website pages - click here](#)



Recruiting students for the Mindful Student Study!

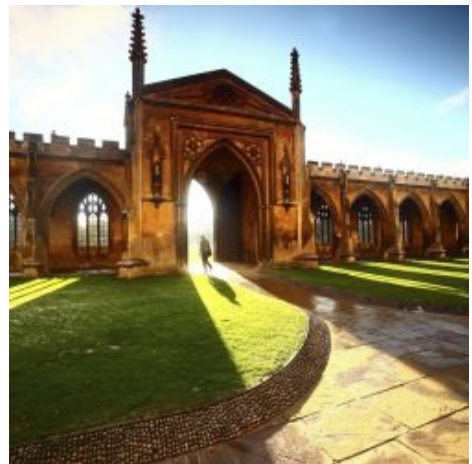
The research team is now recruiting students for mindfulness classes next term, Lent 2016.

Do you know anyone who might like to take part? It's a chance to learn mindfulness - and to contribute to this exciting piece of research at the same time.

Mindfulness Skills courses in Michaelmas and Lent terms (2015-2016) are all part of the research.

The study will explore the effectiveness of mindfulness provision to students:

[Mindful Student Study](#)



The new timetable for Mindfulness courses in Lent Term 2016 is now ready, along with information about the booking process:

[Click here for the Timetable and booking process](#)



Visit our website in the Student Gateway: [Click here](#)



Mindfulness research pilot

In Lent term, participants in the study will be offered a place in a mindfulness course, although courses will run in Lent 2016 term for some participants and in Lent 2017 for others. This is determined randomly. As the courses are oversubscribed random allocation is a fair process, as well as allowing us to evaluate their effects. Go to the [Mindful Student Study](#) pages to discover how take part.



MindSoc

MindSoc, [Cambridge University Mindfulness Society](#), is holding a welcome party, to welcome in students who have learned mindfulness this year.

**Monday 30th Nov
Pembroke College
7pm-8.30pm**

Sign up here: [MINDFULNESS PARTY](#)

Welcoming everyone with experience in mindfulness.

- Try some fun new ways to practise
- Meet others who enjoy mindfulness
- Discover the exciting events and groups that MindSoc have planned for next year!



Mindfulness Training

The eight week [Mindfulness Skills for Students](#) course will be hosted in Lent term by St Catharine's, Newnham and Downhan Colleges. We are grateful for their help in running the courses.

If you wish to learn mindfulness but **not** participate in the research study, there are 30 places available outside the study on a first-come-first-served basis, in each term. Please go to [Learning Mindfulness](#) to discover more.