



Mindfulness Bulletin

Termly updates on Cambridge University's Mindfulness Pilot

Bulletin No.3, June 2015

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

[Website pages •click here](#)

Ready, steady •••gol

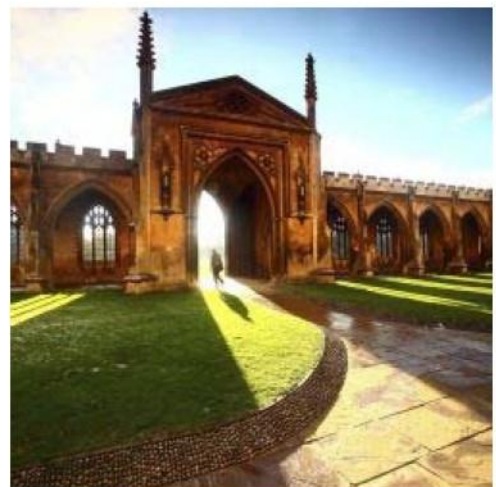
This term, we have been busy preparing for the mindfulness research project to begin, with the courses next academic year.

On the teaching front, we have been developing the Mindfulness Training for students, adapting the mindfulness teaching specifically to suit students at Cambridge University.

On the research front, we have been preparing the protocols ready to submit for ethical approval over the summer.

The new timetable for Mindfulness courses in Michaelmas term 2015 is now ready, along with information about the booking process, and can be found on our website here:

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



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



Mindfulness research pilot

Most of the mindfulness courses during next academic year will be part of an Innovative research project looking at whether and how mindfulness helps students thrive. As there are approximately twice as many interested students as course places, researchers will randomly allocate interested students to a place in a mindfulness course starting immediately or the following year. This way, researchers will be able to study the effects of mindfulness up to one year after receiving training. Studying mindfulness and its impact is a complex task. This type of study, a randomised evaluation, was selected for its ability to deliver highly reliable results.



MindSoc

Enterprising students from the courses taught in Lent term this year have set up **MindSoc, Cambridge University Mindfulness Society** - so that they can continue to learn mindfulness, and feel its benefits. These "Going Deeper.. sessions have been taught on Mondays at Pembroke College by Elizabeth English, the university's Mindfulness Practitioner, and by mindfulness teacher, Simon McKibbin.

The students also met with our researcher, Julieta Galante, and contributed ideas to the research project.

Last Friday (5th June), MindSoc invited students who have learned mindfulness since January to come along to a teatime social event. We were delighted also to be joined by Geraldine Dufour, who manages the Mindfulness project and **Prof David Spiegelhalter, OBE**, Senior Treasurer to MindSoc.

It was a chance to meet other students practising mindfulness, and for some, to say goodbye.



Mindfulness Training

The eight week **Mindfulness Training** course has been offered three times this term, with classes hosted by King's and StJohn's Colleges. Despite absences for exams, attendance has remained good for these courses, and students have told they've enjoyed and benefitted from the courses. An online feedback form will give us further information about how the courses went.

We have also offered six extra courses on **Mindfulness for Exams**, a two week course specifically for students suffering from exam stress. These classes were hosted by Jesus, Murray Edwards, Queens' and Wolsfon Colleges. Informal feedback from the sessions was positive.

We are grateful to the senior tutors, and all the organisers at the different colleges, for so generously supporting the mindfulness research project, and the provision of mindfulness for students across the University.

