### Mindfulness for Exams Workshops: Lent Term 2019

**Individual workshops with Simon McKibben**

| Week 1 | Wednesdays | Wolfson College  
|        |            | Seminar RM, Jack King Bldg  
|        |            | Disabled access  
|        |            |  
|        |            | **Wednesdays**  
|        |            | **Improving Attention**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Keeping Calm**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Fridays**  
|        |            | **Better Sleep**  
|        |            | 1:00-2:30  
|        |            |  
|        |            | **Productive Decisions**  
|        |            | 3:30-5:00  
|        |            |  
|        |            | **(except for Week 4 when the session will run on Tuesday)**  
|        |            |  
|        |            | **25 Trumpington Street, Revans Room**  
|        |            | **No Disabled access**  
|        |            |  
|        |            | **Week 1**  
|        |            | **Wednesday 23rd Jan**  
|        |            | **Keeping Calm**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 25th Jan**  
|        |            | **Improving Attention**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Fridays**  
|        |            | **Better Sleep**  
|        |            | 1:00-2:30  
|        |            |  
|        |            | **Productive Decisions**  
|        |            | 3:30-5:00  
|        |            | **(except for Week 4 when the session will run on Tuesday)**  
|        |            |  
|        |            | **25 Trumpington Street, Revans Room**  
|        |            | **No Disabled access**  
|        |            |  
|        |            | **Week 2**  
|        |            | **Wednesday 30th Jan**  
|        |            | **Improving Attention**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 1st Feb**  
|        |            | **Better Sleep**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 1st Feb**  
|        |            | **Productive Decisions**  
|        |            | 1:00-2:30  
|        |            |  
|        |            | **Friday 1st Feb**  
|        |            | **Keeping Calm**  
|        |            | 1:00-2:30  
|        |            |  
|        |            | **Friday 8th Feb**  
|        |            | **Productive Decisions**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 8th Feb**  
|        |            | **Better Sleep**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 8th Feb**  
|        |            | **Keeping Calm**  
|        |            | 1:00-2:30  
|        |            |  
|        |            | **Friday 8th Feb**  
|        |            | **Improving Attention**  
|        |            | 3:30-5:00  
|        |            |  
|        |            | **Week 3**  
|        |            | **Wednesday 6th Feb**  
|        |            | **Better Sleep**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 8th Feb**  
|        |            | **Productive Decisions**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 8th Feb**  
|        |            | **Better Sleep**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 8th Feb**  
|        |            | **Keeping Calm**  
|        |            | 1:00-2:30  
|        |            |  
|        |            | **Friday 8th Feb**  
|        |            | **Improving Attention**  
|        |            | 3:30-5:00  
|        |            |  
|        |            | **Week 4**  
|        |            | **Wednesday 13th Feb**  
|        |            | **Productive Decisions**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 22nd Feb**  
|        |            | **Keeping Calm**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 22nd Feb**  
|        |            | **Improving Attention**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 22nd Feb**  
|        |            | **Better Sleep**  
|        |            | 1:00-2:30  
|        |            |  
|        |            | **Friday 22nd Feb**  
|        |            | **Productive Decisions**  
|        |            | 3:30-5:00  
|        |            |  
|        |            | **Week 5**  
|        |            | **Wednesday 20th Feb**  
|        |            | **Keeping Calm**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 1st Mar**  
|        |            | **Improving Attention**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 1st Mar**  
|        |            | **Better Sleep**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 1st Mar**  
|        |            | **Productive Decisions**  
|        |            | 1:00-2:30  
|        |            |  
|        |            | **Friday 1st Mar**  
|        |            | **Keeping Calm**  
|        |            | 1:00-2:30  
|        |            |  
|        |            | **Friday 8th Mar**  
|        |            | **Improving Attention**  
|        |            | 3:30-5:00  
|        |            |  
|        |            | **Week 6**  
|        |            | **Wednesday 27th Feb**  
|        |            | **Improving Attention**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 8th Mar**  
|        |            | **Better Sleep**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 8th Mar**  
|        |            | **Productive Decisions**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 8th Mar**  
|        |            | **Keeping Calm**  
|        |            | 1:00-2:30  
|        |            |  
|        |            | **Friday 8th Mar**  
|        |            | **Improving Attention**  
|        |            | 3:30-5:00  
|        |            |  
|        |            | **Week 7**  
|        |            | **Wednesday 6th Mar**  
|        |            | **Better Sleep**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 8th Mar**  
|        |            | **Productive Decisions**  
|        |            | 10.30-12.00  
|        |            |  
|        |            | **Friday 8th Mar**  
|        |            | **Keeping Calm**  
|        |            | 1:00-2:30  
|        |            |  
|        |            | **Friday 8th Mar**  
|        |            | **Improving Attention**  
|        |            | 3:30-5:00  
|        |            |  

**Keeping calm:** mindfulness to help with exam nerves  
**Improving attention:** mindfulness for maintaining a healthy focus when you work  
**Better sleep:** mindfulness approaches to improving sleep and rest  
**Productive decisions:** making mindful choices that support your revision, deadlines & wellbeing