

# Mindfulness for Exams Workshops: Lent Term 2019

## Individual workshops with Simon McKibben

			<u>Wednesdays</u> <b>Wolfson College</b> Seminar RM, Jack King Bldg <i>Disabled access</i>	<u>Fridays</u> (except for <b>Week 4</b> when the session will run on <b>Tuesday</b> ) 25 Trumpington Street, Revans Room <i>No Disabled access</i>		
<b>Week 1</b>	M O N D A Y S	T U E S D A Y S	Wednesday 23rd Jan <b>Keeping Calm</b> 10.30-12.00	Friday 25th Jan <b>Improving Attention</b> 10.30-12.00	Friday 25th Jan <b>Better Sleep</b> 1:00-2:30	Friday 25th Jan <b>Productive Decisions</b> 3:30-5:00
<b>Week 2</b>			Wednesday 30th Jan <b>Improving Attention</b> 10.30-12.00	Friday 1st Feb <b>Better Sleep</b> 10.30-12.00	Friday 1st Feb <b>Productive Decisions</b> 1:00-2:30	Friday 1st Feb <b>Keeping Calm</b> 3:30-5:00
<b>Week 3</b>			Wednesday 6th Feb <b>Better Sleep</b> 10.30-12.00	Friday 8th Feb <b>Productive Decisions</b> 10.30-12.00	Friday 8th Feb <b>Keeping Calm</b> 1:00-2:30	Friday 8th Feb <b>Improving Attention</b> 3:30-5:00
<b>Week 4</b>			Wednesday 13th Feb <b>Productive Decisions</b> 10.30-12.00	* <b>Tuesday 12th February*</b> <b>Keeping Calm</b> 10.30-12.00	* <b>Tuesday 12th February*</b> <b>Improving Attention</b> 1:00-2:30	* <b>Tuesday 12th February*</b> <b>Better Sleep</b> 3:30-5:00
<b>Week 5</b>			Wednesday 20th Feb <b>Keeping Calm</b> 10.30-12.00	Friday 22nd Feb <b>Improving Attention</b> 10.30-12.00	Friday 22nd Feb <b>Better Sleep</b> 1:00-2:30	Friday 22nd Feb <b>Productive Decisions</b> 3:30-5:00
<b>Week 6</b>			Wednesday 27th Feb <b>Improving Attention</b> 10.30-12.00	Friday 1st Mar <b>Better Sleep</b> 10.30-12.00	Friday 1st Mar <b>Productive Decisions</b> 1:00-2:30	Friday 1st Mar <b>Keeping Calm</b> 3:30-5:00
<b>Week 7</b>			Wednesday 6th Mar <b>Better Sleep</b> 10.30-12.00	Friday 8th Mar <b>Productive Decisions</b> 10.30-12.00 <i>In Fawcett Room</i>	Friday 8th Mar <b>Keeping Calm</b> 1:00-2:30 <i>In Fawcett Room</i>	Friday 8th Mar <b>Improving Attention</b> 3:30-5:00 <i>In Fawcett Room</i>

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