

# Mindfulness Skills for Students Timetable – 8 Week Programme

## Michaelmas 2018

	<b><u>Monday</u></b> 8 <sup>th</sup> October – 26 <sup>th</sup> November 2018 <a href="#">See Timetable on Page 2 for Dates &amp; Venues</a>	<b><u>TUESDAY</u></b> 9 <sup>th</sup> October – 27 <sup>th</sup> November 2018 <b>Christ's College</b> Lloyd Room <i>Disabled access</i>	<b><u>WEDNESDAY</u></b> 10 <sup>th</sup> October – 28 <sup>th</sup> November 2018 <b>Churchill College</b> Sixties Room <i>Disabled access</i>	<b><u>THURSDAY</u></b> 11 <sup>th</sup> October – 29 <sup>th</sup> November 2018 <b>St. Catharine's College</b> Rushmore Room <i>No disabled access</i>
LUNCH SESSIONS 12:00-1:30	<b><u>Mindfulness for Exams</u></b> <b>1:00-2:30</b> <i>Simon McKibbin</i> <a href="#">See Timetable on Page 2</a>	<b><u>MSS Course 1</u></b> Tuesdays at <b>12:00-1:30</b> <i>Simon McKibbin</i>		<b><u>MSS Course 5</u></b> Mondays at <b>12:00-1:30</b> <i>Elizabeth English</i>
MID AFTERNOON SESSIONS 3:00-4:30	<b><u>Mindfulness for Exams</u></b> <b>3:30-5:00</b> <i>Simon McKibbin</i> <a href="#">See Timetable on Page 2</a>	<b><u>MSS Course 2</u></b> Tuesdays at <b>3:00-4:30</b> <i>Simon McKibbin</i>	<b><u>MSS Course 4</u></b> Wednesday at <b>4:00-5:30</b> <i>Elizabeth English</i>	<b><u>MSS Course 6</u></b> Thursdays at <b>3:00 – 4:30</b> <i>Elizabeth English</i>
EARLY EVENING SESSIONS 5:30-7:00		<b><u>MSS Course 3</u></b> Tuesdays at <b>5:30-7:00</b> <i>Simon McKibbin</i>		<b><u>MSS Course 7</u></b> Thursdays at <b>5:30-7:00</b> <i>Elizabeth English</i>

**TUESDAY 6<sup>TH</sup> NOVEMBER 2018** – Sessions will be held in **Z Amenity Room** at **Christ's College** (located across the car park from the Lloyd room and down the stairs). Please note there is **no disabled access** to the Z Amenity Room

# Mindfulness for Exams Timetable – Individual Bookable Sessions

## Michaelmas 2018

	<p align="center"><b><u>Monday</u></b>            8<sup>th</sup> October 2018  <u>25 Trumpington Street</u>            Revans Room  <i>No disabled access</i></p>	<p align="center"><b><u>Monday</u></b>            15<sup>th</sup> October 2018  <u>25 Trumpington Street</u>            Revans Room  <i>No disabled access</i></p>	<p align="center"><b><u>Monday</u></b>            22<sup>nd</sup> October 2018  <u>25 Trumpington Street</u>            Revans Room  <i>No disabled access</i></p>	<p align="center"><b><u>Monday</u></b>            29<sup>th</sup> October 2018  <u>25 Trumpington Street</u>            Revans Room  <i>No disabled access</i></p>
<p align="center"><b>LUNCH SESSIONS 1:00-2:30</b></p>	<p align="center"><b><u>Mindfulness for Exams 1</u></b>            Keeping Calm</p>	<p align="center"><b><u>Mindfulness for Exams 2</u></b>            Improving Attention</p>	<p align="center"><b><u>Mindfulness for Exams 3</u></b>            Improving Sleep</p>	<p align="center"><b><u>Mindfulness for Exams 4</u></b>            Productive Decisions</p>
<p align="center"><b>MID AFTERNOON SESSIONS 3:30-5:00</b></p>	<p align="center"><b><u>Mindfulness for Exams 1</u></b>            Keeping Calm</p>	<p align="center"><b><u>Mindfulness for Exams 2</u></b>            Improving Attention</p>	<p align="center"><b><u>Mindfulness for Exams 3</u></b>            Improving Sleep</p>	<p align="center"><b><u>Mindfulness for Exams 4</u></b>            Productive Decisions</p>
	<p align="center"><b><u>Monday</u></b>            5<sup>th</sup> November 2018  <u>Pembroke College</u>            Nihon Room  <i>Disabled access</i></p>	<p align="center"><b><u>Monday</u></b>            12<sup>th</sup> November 2018  <u>Pembroke College</u>            Nihon Room  <i>Disabled access</i></p>	<p align="center"><b><u>Monday</u></b>            19<sup>th</sup> November 2018  <u>Pembroke College</u>            Nihon Room  <i>Disabled access</i></p>	<p align="center"><b><u>Monday</u></b>            26<sup>th</sup> November 2018  <u>Pembroke College</u>            Nihon Room  <i>Disabled access</i></p>
<p align="center"><b>LUNCH SESSIONS 1:00-2:30</b></p>	<p align="center"><b><u>Mindfulness for Exams 1</u></b>            Keeping Calm</p>	<p align="center"><b><u>Mindfulness for Exams 2</u></b>            Improving Attention</p>	<p align="center"><b><u>Mindfulness for Exams 3</u></b>            Improving Sleep</p>	<p align="center"><b><u>Mindfulness for Exams 4</u></b>            Productive Decisions</p>
<p align="center"><b>MID AFTERNOON SESSIONS 3:30-5:00</b></p>	<p align="center"><b><u>Mindfulness for Exams 1</u></b>            Keeping Calm</p>	<p align="center"><b><u>Mindfulness for Exams 2</u></b>            Improving Attention</p>	<p align="center"><b><u>Mindfulness for Exams 3</u></b>            Improving Sleep</p>	<p align="center"><b><u>Mindfulness for Exams 4</u></b>            Productive Decisions</p>