

Mindfulness Workshops: Lent Term 2020 (Page 1 of 2)

Individual workshops with Simon McKibben at the Student Services Centre (SSC) from January to March 2020

			Wednesday 29 January	Thursday 30 January			
<u>Week 1</u>	M O N D A Y		2.30-4.00pm <u>Improving Attention</u> SSC, Exam Hall, Room AG03a	2.30-4.00pm <u>Better Sleep</u> SSC, USC, Room A330	F R I D A Y		
			4.30-6.00pm <u>Keeping Calm</u> SSC Exam Hall, Room AG03a	4.30-6.00pm <u>Productive Decisions</u> SSC, USC, Room A330			
		Tuesday 4 February	Wednesday 5 February				
<u>Week 2</u>			2.30-4.00pm <u>Keeping Calm</u> SSC, USC, Room A329	2.30-4.00pm <u>Productive Decisions</u> SSC, USC, Room A330			
			4.30-6.00pm <u>Improving Attention</u> SSC, USC, Room A329	4.30-6.00pm <u>Better Sleep</u> SSC, USC, Room A330			
			Wednesday 12 February	Thursday 13 February			
<u>Week 3</u>				2.30-4.00pm <u>Improving Attention</u> SSC, Exam Hall, Room AG03b		2.30-4.00pm <u>Productive Decisions</u> SSC, USC, Room A329	
				4.30-6.00pm <u>Keeping Calm</u> SSC, Exam Hall, Room AG03b		4.30-6.00pm <u>Better Sleep</u> SSC, USC, Room A329	
			Wednesday 19 February	Thursday 20 February			
<u>Week 4</u>				2.30-4.00pm <u>Better Sleep</u> SSC, Exam Hall, Room AG03b		2.30-4.00pm <u>Keeping Calm</u> SSC, Exam Hall, Room AG03a	
			4.30-6.00pm <u>Productive Decisions</u> SSC, Exam Hall, Room AG03b	4.30-6.00pm <u>Improving Attention</u> SSC, Exam Hall, Room AG03a			

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			Wednesday 26 February	Thursday 27 February	
<u>Week 5</u>	M O N D A Y		2.30-4.00pm <u>Improving Attention</u> SSC, Exam Hall Room AG03a	2.30-4.00pm <u>Productive Decisions</u> SSC, Exam Hall Room AG03a	F R I D A Y
			4.30-6.00pm <u>Keeping Calm</u> SSC, Exam Hall Room AG03a	4.30-6.00pm <u>Better Sleep</u> SSC, Exam Hall Room AG03a	
<u>Week 6</u>			Wednesday 4 March	Thursday 5 March	
			2.30-4.00pm <u>Better Sleep</u> SSC, USC, Room A330	2.30-4.00pm <u>Keeping Calm</u> SSC, Exam Hall Room AG03a	
			4.30-6.00pm <u>Productive Decisions</u> SSC, USC, Room A330	4.30-6.00pm <u>Improving Attention</u> SSC, Exam Hall Room AG03a	

	Keeping calm: mindfulness to help with nerves	<p style="text-align: center;"><u>Course Location & Map:</u></p> <p style="text-align: center;">Student Services Centre Arts School, Bene't Street, Cambridge https://map.cam.ac.uk/Student+Services+Centre#52.203814,0.119073,18</p> <p style="text-align: center;">Exam Rooms are located on the Ground Floor</p> <p style="text-align: center;">University Counselling Service (USC) is located on the Third Floor</p>
	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	