

Mindfulness for Exams Workshops: Michaelmas Term 2019 (Page 1 of 2)

Individual workshops with Simon McKibben at the Student Services Centre from October to December 2019

		Tuesday	Wednesday	Thursday	
Week 1 15 - 17 October	M O N D A Y	Tuesday 15 October Keeping Calm 3.30-5.00pm USC, Room A330	Wednesday 16 October Improving Attention 2.00-3.30pm Exam Hall Room AG03a	Thursday 17 October Better Sleep 3.30-5.00pm USC, Room A330	F R I D A Y
		Tuesday 15 October Productive Decisions 5.30-7.00pm USC, Room A330	Wednesday 16 October Keeping Calm 4.30-6.00pm Exam Hall Room AG03a	Thursday 17 October Improving Attention 5.30-7.00pm USC, Room A330	
Week 2 22 – 24 October		Tuesday 22 October Better Sleep 3.30-5.00pm USC, Room A330	Wednesday 23 October Productive Decisions 2.00-3.30pm Exam Hall Room AG03c	Thursday 24 October Keeping Calm 3.30-5.00pm Exam Hall Room AG03b	
Tuesday 22 October Improving Attention 5.30-7.00pm USC, Room A330		Wednesday 23 October Better Sleep 4.30-6.00pm Exam Hall Room AG03c	Thursday 24 October Productive Decisions 5.30-7.00pm Exam Hall Room AG03b		
Week 3 29 – 31 October		Tuesday 29 October Keeping Calm 3.30-5.00pm USC, Room A329	Wednesday 30 October Improving Attention 2.00-3.30pm USC, Room A329	Thursday 31 October Better Sleep 3.30-5.00pm USC, Room A329	
Tuesday 29 October Productive Decisions 5.30-7.00pm USC, Room A329		Wednesday 30 October Keeping Calm 4.30-6.00pm USC, Room A329	Thursday 31 October Improving Attention 5.30-7.00pm USC, Room A329		
Week 4 5 – 7 November		Tuesday 5 November Better Sleep 3.30-5.00pm USC, Room A329	Wednesday 6 November Productive Decisions 2.00-3.30pm USC, Room A329	Thursday 7 November Keeping Calm 3.30-5.00pm USC, Room A330	
Tuesday 5 November Improving Attention 5.30-7.00pm USC, Room A329		Wednesday 6 November Better Sleep 4.30-6.00pm USC, Room A329	Thursday 7 November Productive Decisions 5.30-7.00pm USC, Room A330		

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		Tuesday	Wednesday	Thursday			
Week 5 12 – 13 November	M O N D A Y	Tuesday 12 November Keeping Calm 1.00-2.30pm USC, Room A329	Wednesday 13 November Improving Attention 11.30-1.00pm USC, Room A329	X	F R I D A Y		
		Tuesday 12 November Better Sleep 3.30-5.00pm USC, Room A329	Wednesday 13 November Productive Decisions 2.00-3.30pm USC, Room A329				
		Tuesday 12 November Keeping Calm 5.30-7.00pm USC, Room A329	Wednesday 13 November Improving Attention 4.30-6.00pm USC, Room A329				
Week 6 19 – 21 November		Tuesday 19 November Better Sleep 3.30-5.00pm Exam Hall Room AG03b	Wednesday 20 November Productive Decisions 2.00-3.30pm Exam Hall Room AG03b	Thursday 21 November Keeping Calm 3.30-5.00pm Exam Hall Room AG03b			
		Tuesday 19 November Improving Attention 5.30-7.00pm Exam Hall Room AG03b	Wednesday 20 November Better Sleep 4.30-6.00pm Exam Hall Room AG03b	Thursday 21 November Productive Decisions 5.30-7.00pm Exam Hall Room AG03b			
Week 7 3 – 5 December		Tuesday 3 December Keeping Calm 3.30-5.00pm Exam Hall Room AG03d	Wednesday 4 December Improving Attention 2.00-3.30pm Exam Hall Room AG03b	Thursday 5 December Better Sleep 3.30-5.00pm Exam Hall Room AG03a			
		Tuesday 3 December Productive Decisions 5.30-7.00pm Exam Hall Room AG03d	Wednesday 4 December Keeping Calm 4.30-6.00pm Exam Hall Room AG03b	Thursday 5 December Improving Attention 5.30-7.00pm Exam Hall Room AG03a			

Keeping calm: mindfulness to help with exam nerves	Course Location & Map: Student Services Centre Arts School, Bene't Street, Cambridge https://map.cam.ac.uk/Student+Services+Centre#52.203814,0.119073,18
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	