

# KORU MINDFULNESS

Koru Mindfulness is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and stress management to college students. The Koru Mindfulness program ties to the Holistic Well-Being goal of the Division of Student Life Strategic Plan to “Lead a campus-wide movement to enhance holistic well-being.”

The Koru Mindfulness program began in April 2020. It is free for students, offers in-person and virtual options, and is available during the semester and over breaks. Mindfulness programming includes Koru Basic, Koru 2.0, 3-Hour Silent Retreat, and Mid-Day Mindfulness. Below is an overview of pre and post survey differences of participants.

### Pre and Post Differences

In the last month, how often have I...	Pre	Post
felt confident about my ability to handle my personal problems	2.3	2.7
been able to notice thoughts without judgement	1.9	2.3
been able to focus on the present moment	2.0	2.6
gotten enough sleep to feel rested	2.0	2.5
felt nervous and stressed	3.1	2.0
found that I could not cope with all the things that I had to do	2.3	1.8
been angered because of things that happened that were outside of my control	2.0	1.7
felt difficulties were piling up so high that I could not overcome them	2.2	1.8

## 21

18 Koru Basic Workshops, 1 Koru 2.0 Workshop, and 3 Silent Retreats

## 118

Number of students that participated in 4-week workshops

## 13

Number of students that participated in silent retreats

## 96.1%

Percentage of students that would recommend the workshop to a friend