

# **Mindfulness for Study Dyslexia Guild Conference June 28<sup>th</sup>, 2018**



**LITERACY SPECIALISTS • TEACHERS • ASSESSORS**

Tina Horsman and Karisa Krcmar

# What is mindfulness?





# Programme Development

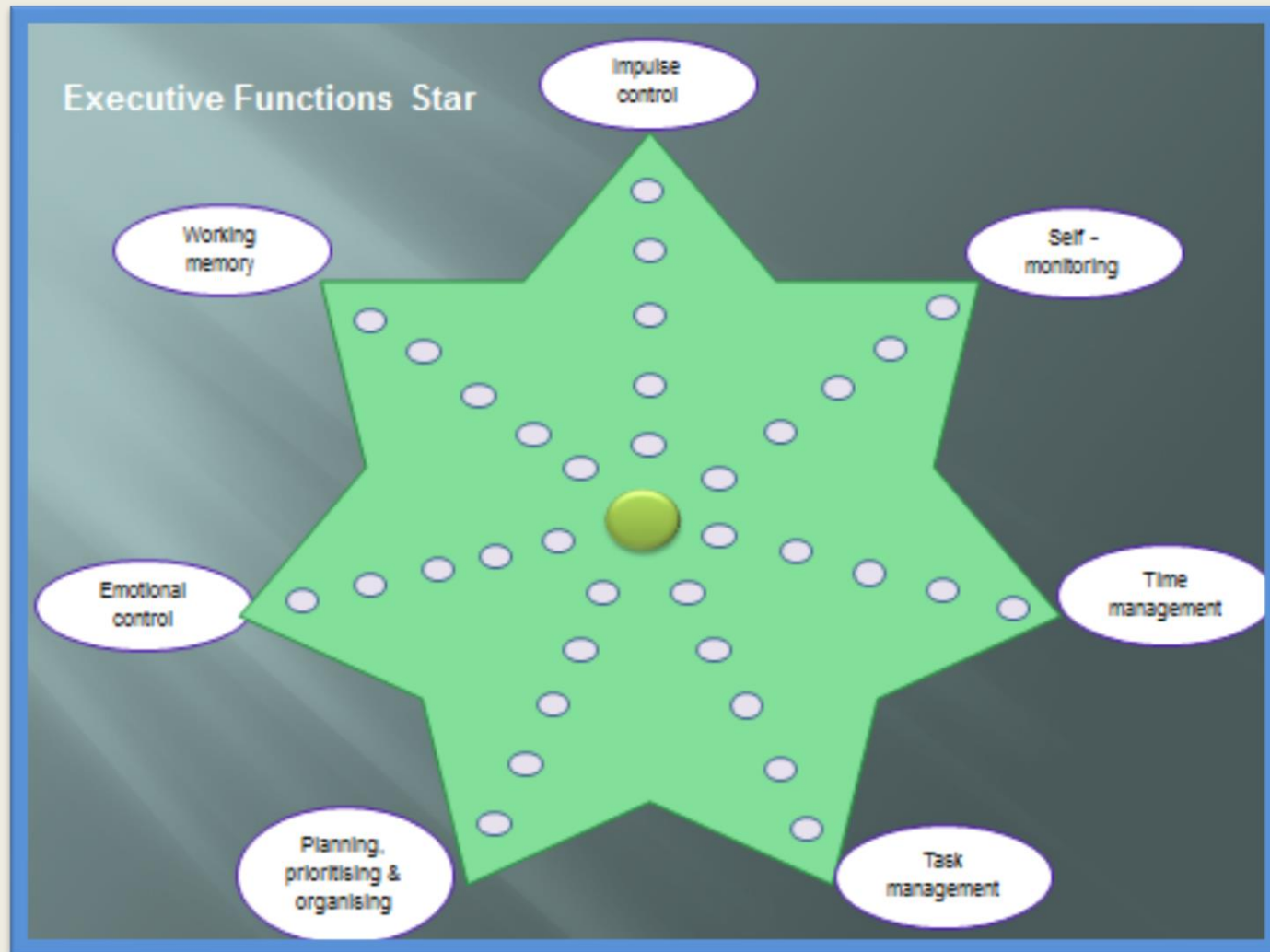
- 8 x 1 ½ hours sessions split over 2 terms
- 2 x 1 ½ hours sessions plus online material
- 5 x 1 hour sessions
- 1:1 study support sessions
- Independent use by students



# Mindful exercise: 5 senses



# Bring mindfulness to yourself





# SNACK



**S**top

**N**otice what you're doing/thinking

**A**adjust your actions/thoughts

**C**ontinue the way you want to

**K**keep checking in with your mind

**Distraction to Action Table** (see example on page 91)

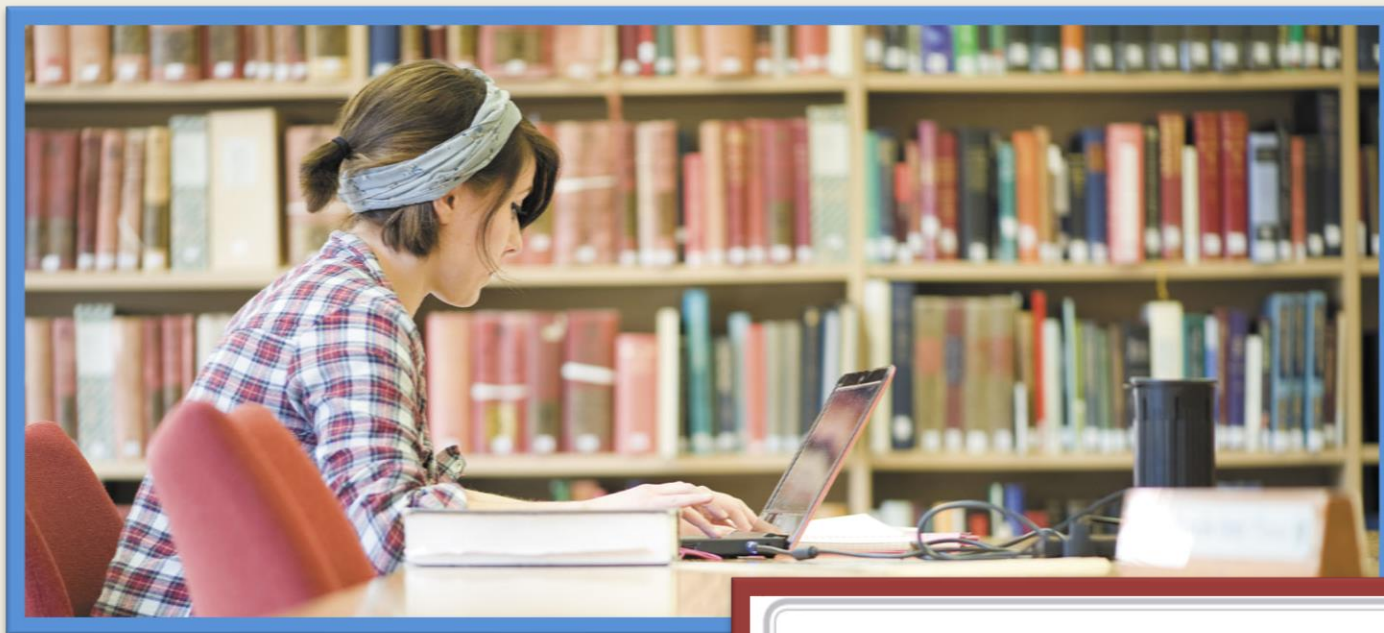
<b>Distraction</b>	<b>How distracting is it? – you can code this (see legend below)</b>	<b>What is my intention?</b>	<b>Why is my intention more important than the distraction?</b>	<b>What are my values?</b>	<b>Action</b>
1.					
2.					
3.					

**LEGEND for column 2, How distracting is it?**

1. I can easily ignore this
2. I think about it but not too much
3. This is totally distracting



# Bring mindfulness to reading & writing



*Using a mindfulness exercise  
before starting to read really  
helped my concentration.*



**3rd year  
Physics Student**



# Mindful exercise: breath





*Now you can start applying your favourite mindfulness exercises to move from procrastination to action.*



*I found using the anchor really helpful. It was there, in front of me, stuck up on my pinboard to remind me and sometimes just fiddling with the knots of the string helped me to focus.*



**2nd year**

**Geography student**





# Bring mindfulness to presentations & communication





- Expressing yourself clearly, without making it personal, helps with successful communication.



### **1. Non-judgemental observation**



### **2. Express feelings in a rational way**



### **3. Express your needs**



### **4. Make a specific (realistic) request**



# Mindful exercise: body





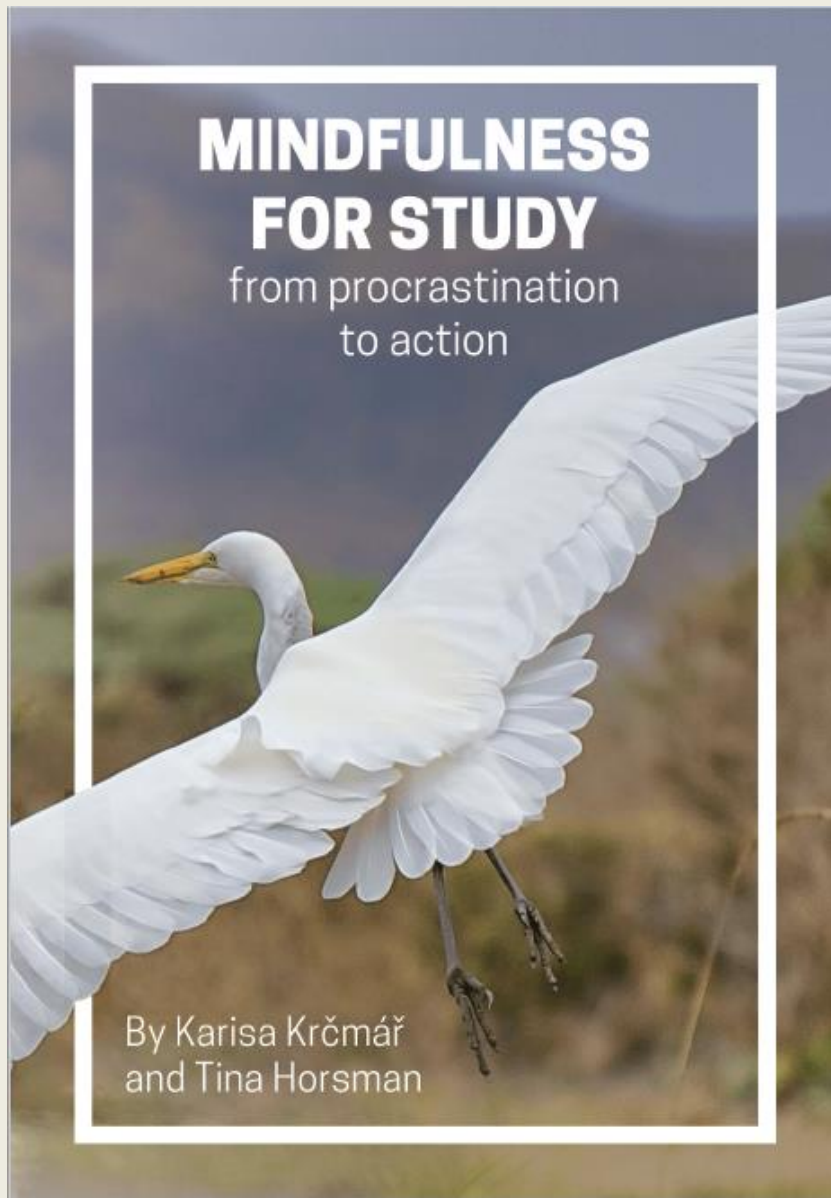
# Bring mindfulness to revision





Bring mindfulness to (exam)  
anxiety





- **Mirrors development of programme**
- **Teaches mindfulness strategies within an educational context**
- **Encourages student independence**
- **Develops transferable skills**
- **For tutor and students together or individually**
- **Downloadable structured mindfulness exercises**
- **Downloadable working documents**

[www.inspiredbylearning.eu/books](http://www.inspiredbylearning.eu/books)

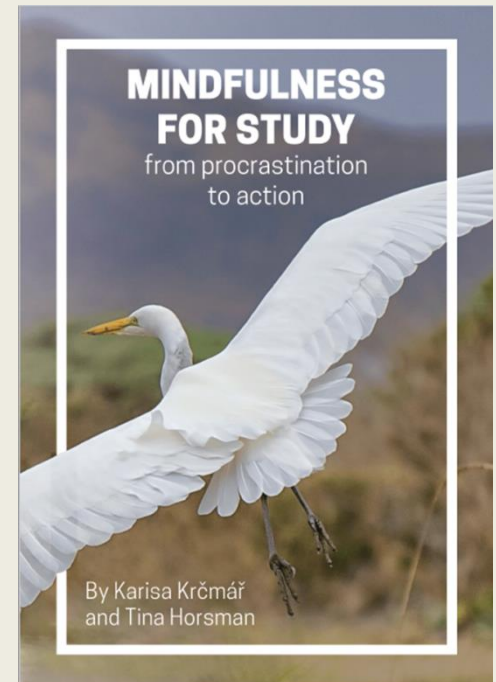
# Next steps ...

- **CPD for tutors**

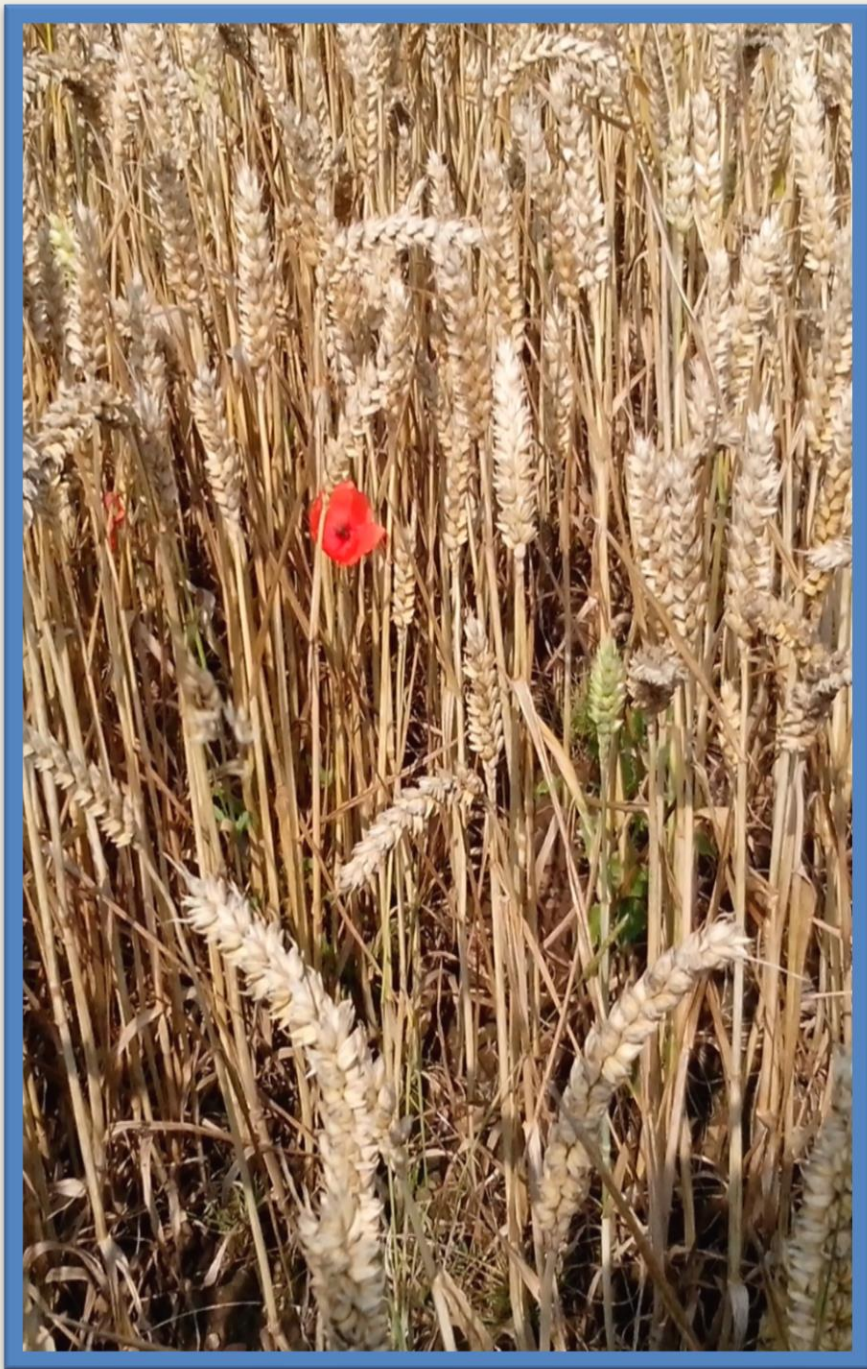
A one day course for tutors working in HE, FE or 6<sup>th</sup> Form.



Next date: September, East Midlands








# Higher Education Mindfulness Network

23<sup>rd</sup> January, 2019

Loughborough  
University

# Mapping Mindfulness in the UK



**PHASE 1**  
Survey and map the social landscape of mindfulness in the UK.

**PHASE 2**  
Interview key providers of mindfulness.

**PHASE 3**  
Ethnographic case studies of mindfulness provision in the sectors of health, education, business, politics and religion.

**FIND OUT MORE**  
For further information, please visit: [tinyurl.com/MappingMindfulness](https://tinyurl.com/MappingMindfulness) or email [mappingmindfulness@cardiff.ac.uk](mailto:mappingmindfulness@cardiff.ac.uk)

*This landmark social investigation of mindfulness will provide an important and much-needed evidence base for policymakers and stakeholders with an interest in the provision of mindfulness in society.*

This project is led by Dr Steven Stanley (Social Science) in collaboration with a multi-disciplinary research team including Dr Alp Arat (Sociology), Dr Peter Hemming (Sociology), and Professor Richard King (Buddhist and Asian Studies – University of Kent).

## Stakeholder Engagement Group

Are you involved with mindfulness?

To join the mailing list to take part in the study email:

[mappingmindfulness@Cardiff.ac.uk](mailto:mappingmindfulness@Cardiff.ac.uk)

# Mindfulness for Study



## **MINDFULNESS FOR STUDY**

from procrastination  
to action

By Karisa Krčmář  
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