

Mindfulness

at The Sixth Form College

What is Mindfulness?

Mindfulness is a form of psychological training that allows individuals to develop cognitive skills to be more effective both in and outside of the classroom.



"I feel that I will be much more able to prepare effectively for my examinations & future aspirations."

"Since under-taking these sessions, I've been able to recognise when I'm feeling stressed or anxious. I'm able to apply what I've learnt effectively & feel more relaxed & focused."

Why are we doing Mindfulness training?

The Sixth Form College - Birkenhead is offering Mindfulness training to students and staff as part of a wider Independence and Resilience project aimed to support students to meet the demands of higher level academic study in today's educational system.

What are the benefits of Mindfulness?

Mindfulness training has been shown to be:

- ▶ Beneficial in helping individuals cope with a variety of psychological problems including high stress and anxiety levels.
- ▶ Capable of contributing directly to the development of cognitive and performance skills in the young.

Evidence shows that when students learn to be more 'present', they develop a greater ability to pay attention and improve the quality of their performance both inside and outside of the classroom for example on the sports field or in the performing arts.

What our students and staff say?

'I feel I can cope better with my workload and am worrying less'

'There is a marked difference in my reactions to stressful situations'

'I'm calmer when faced with certain situations that would usually have caused me anxiety'

Want to find out more?

Email **Roy Owen**, Teacher of Psychology and Mindfulness Trainer at ro@bsfc.ac.uk

Discover more online:

bsfc.ac.uk



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