



MINDFUL UNIVERSITY PROJECT

Strategic Plan
2021-2025

Mission Statement

The Mindful University Project is an interdisciplinary collaboration with a mission to empower our campus community to build a culture of mindful presence and compassion in order to allow our students to:

- improve mental well-being;
- boost academic flourishing;
- increase resiliency to stress; and
- reduce levels of anxiety and depression.



What We Do

Our goal is to create a safe and inclusive space for all students, staff and faculty to learn and engage in mindfulness through:

- introductory and advanced learn-to-meditate classes;
- drop-in meditation sittings;
- half-day silent retreats;
- contemplative practices including yoga, walking meditation, and compassion programs;
- faculty and staff training; and
- educational workshops.



Strategic Priorities



Priority Areas 2021-2025

Sustainability

- Student-led Mindful University Advisory Committee
- Collaborations between U of R departments
- Community engagement and capacity-building
- Pursue strategies to gain permanent funding for programming

Accessibility

- All programs are free and accessible
- Live closed-captioning

Inclusivity & Cultural Competency

- Ensure all students and staff involved are trained to provide culturally competent, sensitive, and inclusive programs
- Education on the history of mindfulness, meditation, and yoga
- Tailored offerings for BIPOC, LGBTQIA+, AAPI students, and others

Trauma-Informed

- Trauma-Informed Continuing Education for all Koru meditation teachers
- Trauma-Informed training for student meditation leaders

Data Driven

- Utilizing student data and peer-reviewed literature*
- Gather qualitative and quantitative data to gather specific student population needs and identify gaps
- Prioritize evidence-based prevention-focused initiatives
- Program evaluation

Supporting Student Mental Health

- Centered on improving student mental well-being as well as the faculty and staff who support them
- Advocate for campus health and wellness related policy changes

**Utilizing student data including: National College Health Association data, Active Minds student mental health survey, and feedback from focus groups, PH 216 group projects, Mindful University Student Advisory Committee, and the JED Foundation's "Supporting Graduate Student Mental Health and Well-being" Annual Report*