

Committee Title	Student Voice													
Date of Meeting	22 nd October 2018													
Item Number and Title/Subject	Ideas													
Paper Presenter	Charlie Kelly, Acting Chair of Student Voice													
Brief Summary of Issues/Topic	<p>These are the Ideas eligible for discussion by Student Voice.</p> <table border="1"> <thead> <tr> <th>Idea</th><th># of Likes</th><th># of Dislikes</th><th>Proposer</th></tr> </thead> <tbody> <tr> <td>Short mindfulness sessions during exam period</td><td>71</td><td>0</td><td>Keir Thomson</td></tr> </tbody> </table>						Idea	# of Likes	# of Dislikes	Proposer	Short mindfulness sessions during exam period	71	0	Keir Thomson
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Recommendation(s)	Information		Discussion		Approval	X								
	<p><i>Any member can ask a question by raising their voting card and being recognised by the Chair to speak.</i></p> <p>Student Voice is asked to discuss and decide whether to approve Ideas.</p>													
Who have you consulted when developing the paper?	<p>Unknown</p> <p>The Ideas were presented at the Executive Committee meeting on the 15th October 2018.</p>													
Staff/Student Protocol	Yes		No	X	N/A									
Will any decision approved directly affect the work of staff?														
Should the paper be submitted to any other committee following its consideration/approval at this meeting?	<p>Any approved Ideas will be presented at the next meeting of the Trustee Board for consideration.</p> <p>Ideas are available on the Students' Association website at www.GCUstudents.co.uk/ideas.</p>													
If yes, please state the committee and proposed date of submission.														




Short mindfulness sessions during exam period

by Keir Thomson 26 March 2018, 14:33

Category: Wellbeing

Voting closed

Proposal	During exam period offer short morning and afternoon mindfulness sessions.
Rationale	Mental health has been identified as one of the biggest challenges that students can face during their studies. The university experience is often a stressful one and stress can cause mental health issues or exacerbate existing conditions. Exam time is, for many, a peak in university generated stress levels and students can feel overwhelmed during long revision days or approaching a tough exam
Approach	The solution I would recommend is that during the exam period the SA organises a twice daily short meditation/mindfulness class at the ARC. The sessions would be 10 minutes long, from 8.40-8.50 and 5.10-5.20. The timings would be to allow students to start their day in a positive and calming manner and ending their day with positive reflection. Alternatively, the later session could be used to break up an afternoon – evening revision timetable.
Costs	To be identified if proposal is accepted.
Benefits	This brief introduction to mindfulness has the potential for immediate and long-term benefits. A study showed that 10 minutes of mindfulness reduced stress and insomnia. It has been shown that mindfulness can enhance student performance, increase resilience and reduce anxiety over a longer period.

 17	 0
LIKES	DISLIKES

Submitted by: Keir Thomson