Down, Sad, Distressed?

You may be eligible for an 8-week Mindfulness Meditation study.

Supported Mindful Learning: SMiLe!

About the Intervention

Students will participate in an 8-week mindfulness meditation intervention using a phone app. Random assignment will sort start times into this or next semester. Some students will be placed into peer groups to share goals, successes, progress, and encouragement with each other.

Study Details

Participants will complete surveys at 4 time-points, and non-invasive EEG twice, receiving up to $70 or 10 Sona credits (for PSYC 100/101). **Fall 2018 launches late Sept. / early Oct. – contact us ASAP!**

To participate, contact headspace@luc.edu, (773)508-3020

Mindfulness Study
headspace @luc.edu
(773) 508-3020