

# MIEA Intro to Mindfulness

## CONTACT

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**Open your mind. Manage your stress.  
Learn mindfulness and meditation.**

Mindfulness Institute for Emerging Adults (MIEA) is an evidence-based mindfulness curriculum\* designed for college-aged adults and appropriate for all. MIEA's randomized, controlled trial shows results:

- Students reported feeling more calm
- Students improved their mindfulness
- Students felt more rested
- Students had greater self-compassion

In this multi-week format, students learn practical skills that help them manage stress and open their minds.

WPI is excited to be part of the MIEA community of >10,000 students at over 100 institutions. To learn more about MIEA, [click here](#)

## **Undergraduate students can complete MIEA Intro to Mindfulness for WPE Credit by registering for WPE 1611 Koru Mindfulness Meditation**

### **Course Description:**

Mindfulness Institute for Emerging Adults (MIEA) is an evidence-based mindfulness curriculum designed for college-aged adults. During this course, you will learn useful, practical tools to help manage your stress and increase self-compassion. Students will practice a variety of meditation skills, engage with the MIEA Mobile App, read the companion book, and participate in class discussion. The course is offered each term.

Instructors: [Paula Fitzpatrick](#), [Robin Benoit](#), and [Diana Fiorentino](#)

## **MIEA Intro to Mindfulness is also offered as a 4-week program to graduate students, faculty and staff.**

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### **Interested in Learning Mindfulness Meditation in E25?**

MIEA Intro to Mindfulness is a four-week evidence-based mindfulness curriculum the Center for Well-Being is offering to WPI employees and graduate students. This summer, employees and graduate students are welcome to experience the program at no cost, either virtually or in-person.

This is a 75-minute class which meets once a week for 4 weeks.

### **E2-Term Dates**

- Instructor: [Robin Benoit](#)
- Meets weekly Tuesdays, 1:00 to 2:15 pm
- Runs July 15 to August 5
- Location: Center for Well-Being Programming Room
- Register [here](#)

There are 15 spaces available in each session, which provides opportunities for participants to share about their experience.

The Gordon Library has electronic and print copies of the book used in this class called, The Mindful Twenty-Something: Life Skills to Handle Stress . . . & Everything Else:



# Introduction to Mindfulness

Center for Well-Being

## Learn mindfulness & meditation

Registration is now open for Employees and Graduate Students

Participants who take this evidence-based class experience:



**Less Self Judgment**



**More Mindful**



**Less Stress**



**Better Sleep**

### In-Person

- Tuesdays, July 15 to August 5
- 1:00PM to 2:15PM
- Center for Well-Being Programming Room

### Registration Now Open



\*Greeson, J.M., Juberg, M., Maytan, M., James, K., & Rogers, H. (2014). Journal of American College Health.