

Teaching mindfulness to college students and other emerging adults.



THE CENTER FOR  
**KORU**  
mindfulness

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*Koru has been transformative for me and for those around me. And, it couldn't have come at a better time- we NEED this during these incredibly stressful and uncertain times.*



- Mary Ann Raghanti, Kent State University

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## INTRODUCTION

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*Koru Mindfulness* is a four-session introduction to mindfulness course.

Specifically designed to meet the developmental needs of college-aged adults.

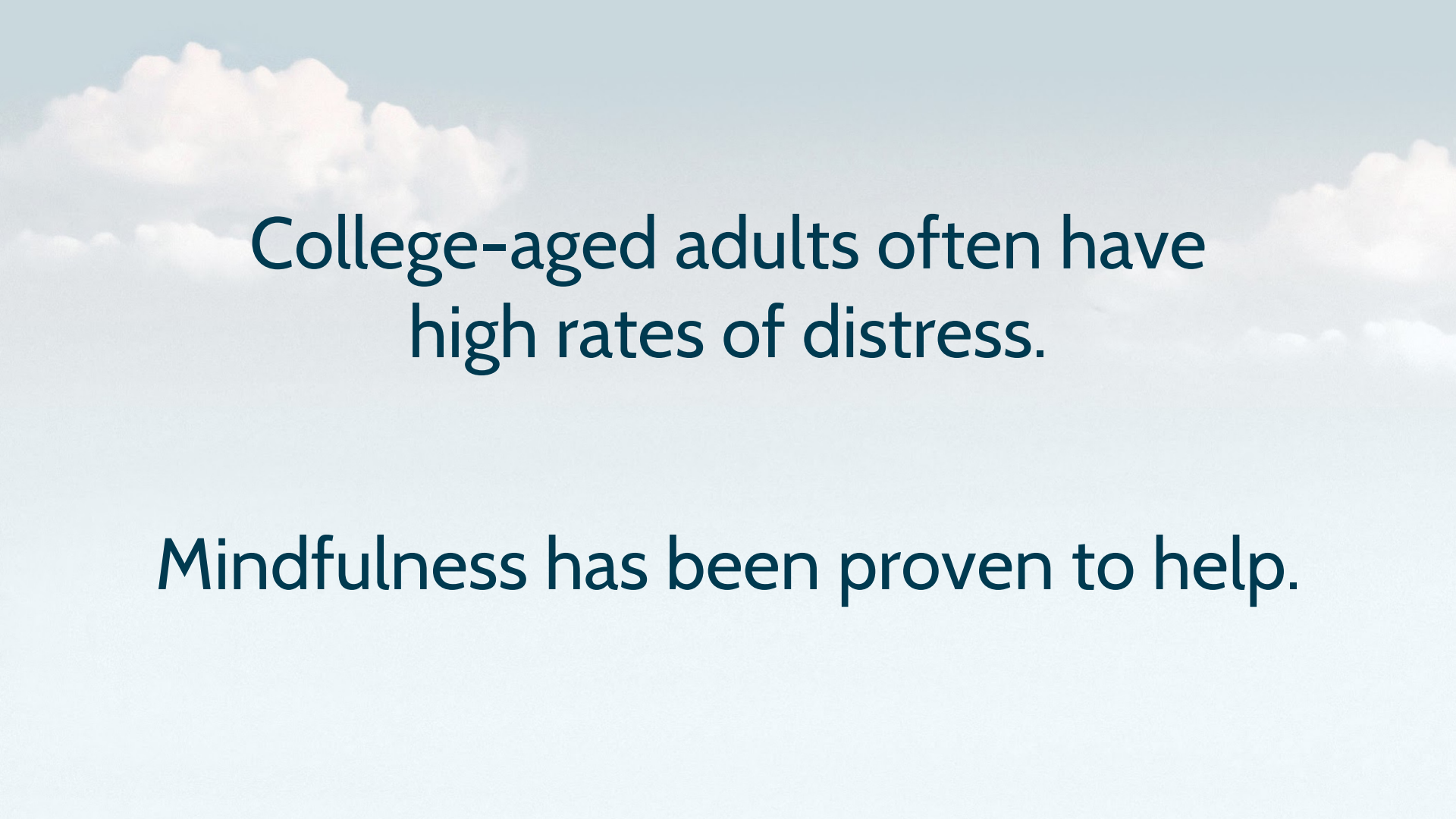


## INTRODUCTION

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The *Center for Koru Mindfulness* trains & certifies individuals to teach the Koru Mindfulness curriculum.





College-aged adults often have  
high rates of distress.

Mindfulness has been proven to help.

**Mindfulness** is the act of paying attention to your present-moment experience with an attitude of kindness and curiosity.

**Meditation** is an intentional way of maintaining and improving your ability to be mindful.



# The data behind mindfulness



2013 FINDINGS • UC Santa Barbara

- 3 Mindfulness improves working memory capacity and GRE performance

2012 FINDINGS • Kent University

- 2 Mindfulness reduces the negative outcomes of stereotype threat

2011 FINDINGS • Florida State University

- 1 Students with higher levels of mindfulness were better able to maintain confidence

College-aged adults are *particularly* suited to benefit from mindfulness training.

It is the age full of possibilities when people have an unparalleled opportunity to transform their lives.

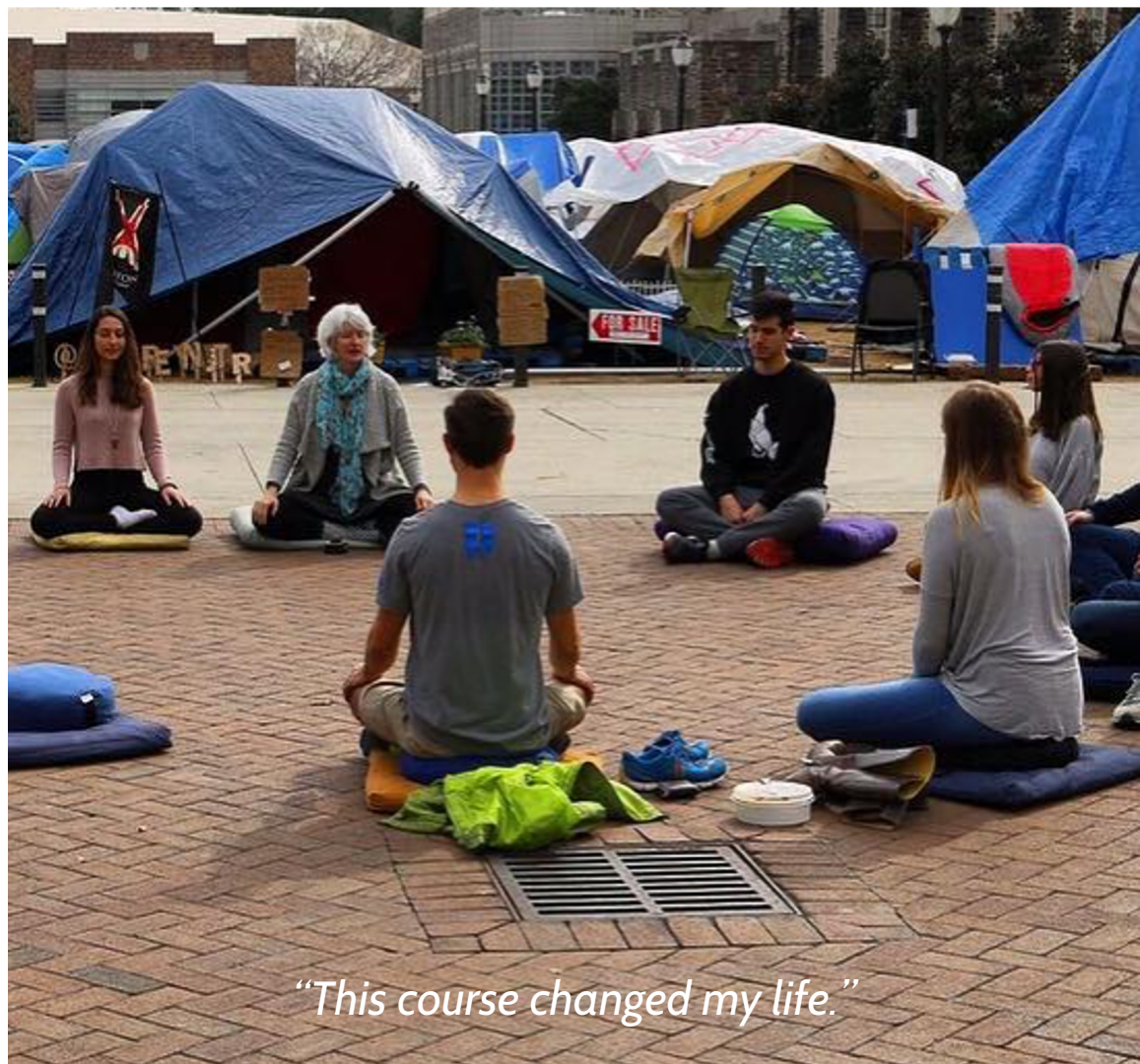
Typical methods for teaching mindfulness are **ineffective** for this population.

The developmental characteristics of 18 to 30-year-olds are not typically taken into account.



**Koru is uniquely positioned to address this opportunity:**

Over 10 years spent developing and testing a curriculum.



*"This course changed my life."*

## What makes Koru unique

- Developed by academic counseling center professionals with a deep mindfulness practice.
- Created specifically for 18 to 30-year-olds.
- Evidence-based with several randomized controlled trials.
- Combines personal mentorship, small group learning, and innovative technology.



## Koru curriculum is targeted

- Companion text written specifically for this population.
- Teaches mindfulness meditation and stress-management skills.
- Active teaching to address skepticism and build motivation.
- Taught as a brief model in small, diverse groups.
- Highly structured with accountability.



# Class Structure

75-minutes • Small, diverse groups • Highly structured format  
Experiential learning • Daily homework • Teacher support

CLASS

01

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Breathing,  
Body Scan

CLASS

02

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Walking Meditation,  
Gatha

CLASS

03

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Guided Imagery,  
Labeling Thoughts

CLASS

04

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Eating Meditation,  
Labeling Feelings

# The data backing Koru

2014 FINDINGS • Duke University

- 1 Koru was a very **effective** mindfulness intervention

2020 FINDINGS • Denison University

- 2 Koru students fared significantly better with the onset of the **pandemic**

2022 FINDINGS • Georgia Tech

- 3 Koru taught **online** helps students with stress, anxiety, and mood

# Koru was as effective as longer programs that are less accessible for young adults.

Koru's randomized, controlled trial at Duke University shows Koru as a very effective mindfulness intervention with students reporting significant improvement in the following:



Less stressed



More rested



Greater self-compassion



More mindful



RCT RESULTS

## Koru vs Wait-list

OUTCOME	P (SIGNIFICANCE)	D (EFFECT SIZE)
Mindfulness (CAMS-R)	< 0.001	0.95 (large)
Self-compassion (SCS)	< 0.001	0.75 (large)
Perceived stress (PSS)	< 0.05	0.45 (medium)
Sleep (MOS SLP9)	<0.05	0.52 (medium)

“A randomized controlled trial of Koru: A mindfulness training program for college students and other emerging adults.”  
Greeson, J.M., Juberg, M., Maytan, M., James, K., & Rogers, H (2014). Journal of American College Health.

# Koru students were more resilient with the onset of the pandemic.

A randomized controlled trial completed at Denison University looked at the impact of Koru on students dealing with the interruption of their studies at the onset of the pandemic. Compared to controls, Koru students were:



Less stressed



Better attention



More rested



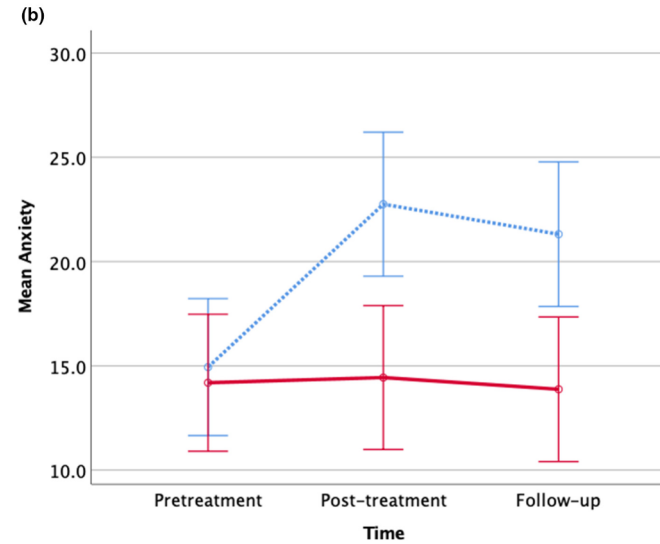
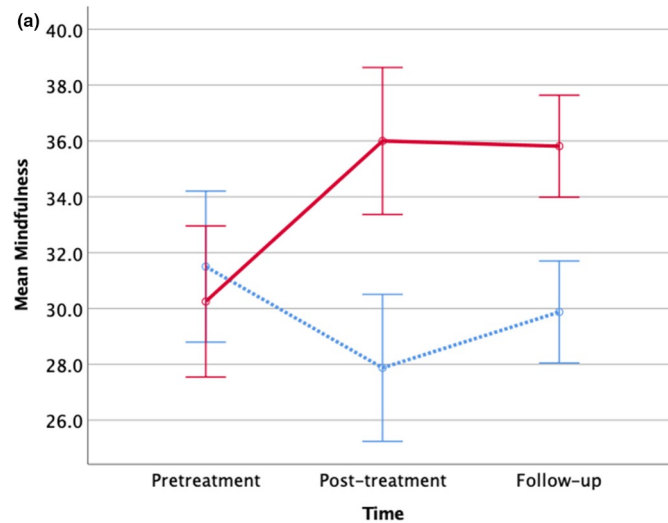
More mindful



Greater self-compassion



# Mindfulness as a way to cope with COVID-19-related stress and anxiety



## Koru taught online helps students with stress, anxiety, and mood.

A randomized controlled trial completed at Georgia Tech shows that Koru is effective when taught online and remotely. College students yielded the following benefits, even under the dire circumstances of a pandemic:

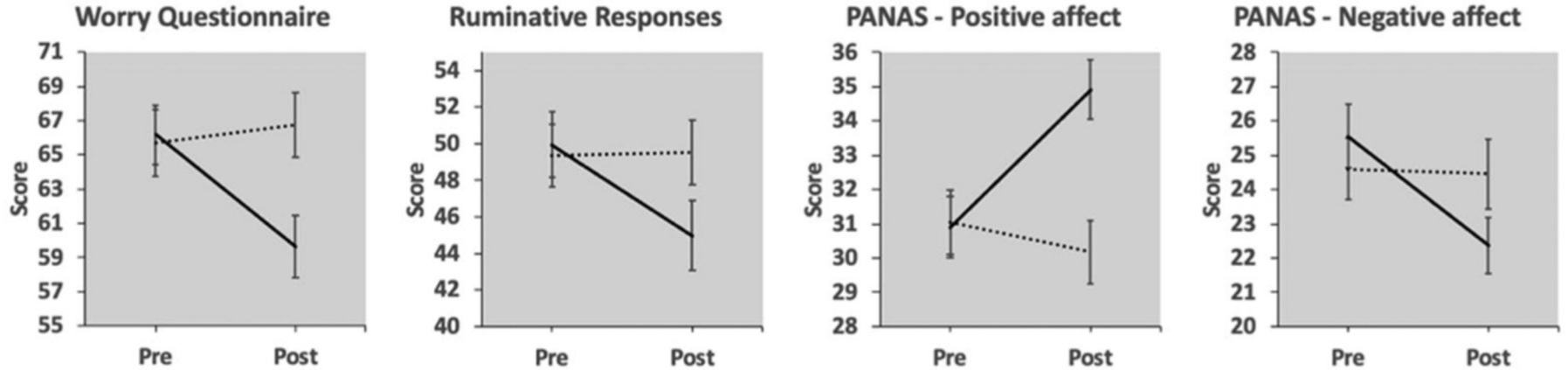


Less anxiety  
Less worry



Improved mood

# Remote delivery of Koru for college students during the pandemic



TEACHER CERTIFICATION

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# A robust teacher certification program.

The Center for Koru Mindfulness offers a 12-month training program for individuals to teach the Koru curriculum.

## TEACHER CERTIFICATION: PRE-REQS

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- Completion of our 5-week introductory course, Koru Fundamentals.
- An ongoing personal practice, most days, for at least 6 months.
- Experience facilitating groups and working with diverse populations of 18 to 30-year-olds is helpful.

## TEACHER CERTIFICATION: PROCESS

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➤ **Apply** (\$50 fee)

➤ **Pay tuition** (\$1,595 - \$1,895)

➤ **Attend training workshop**

➤ **Gain practical experience**

➤ **Receive support**

➤ **Submit Portfolio**

- Required readings
- Proficiency of guided meditations and skills
- Enrollment, attendance, and student evaluations from three Koru Basic classes
- Participation in a 3-day mindfulness meditation retreat
- Short, reflective essay

➤ **Annual Plan** (\$225)

- Teaching License
- Teacher Dashboard

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*I loved this training, I love this program,  
I love the teachers, and I am honored to  
be a part of this beautiful work!*



- Sarah Carlson, Duke Pratt School of Engineering

HELPING COLLEAGUES FIGHT BURNOUT

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The American College Health Association (ACHA) and the Centers for Disease Control and Prevention (CDC) partnered with Koru to fight staff burnout.

During the summer of 2022, 96 staff members from 48 campuses took Koru Fundamentals.



## Reported benefits of Koru Fundamentals for ACHA members

**97%**

will keep practicing mindfulness.

**92%**

are better able to advocate for mindfulness on campus.

**92%**

more likely to apply mindfulness in their work.

**84%**


feel more connected to a community of practice.

**80%**

more resilient amidst work-related stress.

**68%**

are better able to manage symptoms of burnout.



Koru is the leading mindfulness  
program for higher education.

**55,000+** students taught by over **1,200** teachers in  
almost **300** academic institutions across the globe.

Appalachian  
STATE UNIVERSITY

Duke  
UNIVERSITY

UF UNIVERSITY of  
FLORIDA

HARVARD  
UNIVERSITY

HOWARD  
UNIVERSITY  
1867

IOWA

JOHNS HOPKINS  
UNIVERSITY

KENT STATE  
UNIVERSITY

Susquehanna  
UNIVERSITY

MIT  
Massachusetts  
Institute of  
Technology

UAMS  
University of Arkansas for Medical Sciences

UNIVERSITY  
OF  
CALIFORNIA

University of  
Kentucky

UNIVERSITY OF  
LOUISVILLE

UNIVERSITY OF  
RICHMOND

UNIVERSITY of  
ROCHESTER

VIRGINIA  
TECH

Yale

MASSEY UNIVERSITY  
TE KUNENGA KI PŪREHUOA  
UNIVERSITY OF NEW ZEALAND

KOÇ  
UNIVERSITY

UCD  
DUBLIN

McMaster  
University

“

*We chose Koru because it was tailored specifically to the population we were serving.*

*This is what really stood out to us among other potential programs.*



– Penelope Wong, Berea College

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*Mindfulness has changed  
my life and I look forward  
to practicing every day.*

– Zachary Olivan, Exercise Science Major, Manhattan College



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*Since completing Koru, I have achieved more positive results in my **academics, personal, and professional** life and improved my **overall wellbeing and balance.***

- Arizona State University Koru student

Learn more about Koru's curriculum  
and certification program online.



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KORUMINDFULNESS.ORG