



## Certificate of Achievement

# Matthias Giger

has completed the following course:

**MINDFULNESS: A FOCUS ON ADOLESCENTS**  
THE UNIVERSITY OF GLASGOW

The evidence base for mindfulness in education settings was considered. Simple mindfulness techniques were introduced and case studies of young people offered. The role of mindfulness in helping with anxiety, focus, exam stress, compassion and improving wellbeing was explored.

4 weeks, 4 hours per week



**Julie Griffin**  
The University of Glasgow



**Dr Dimitar Karadzov**  
The University of Glasgow



University  
of Glasgow

The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit [futurelearn.com/proof-of-learning/certificate-of-achievement](https://futurelearn.com/proof-of-learning/certificate-of-achievement).

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### **MINDFULNESS: A FOCUS ON ADOLESCENTS THE UNIVERSITY OF GLASGOW**

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#### **STUDY REQUIREMENT**

4 weeks, 4 hours per week

#### **LEARNING OUTCOMES**

- Learn about the skills for applying a variety of mindfulness techniques and practice that can be integrated into everyday life
- Become familiar with the growing evidence base relating to the application of mindfulness to support physical, emotional, and psychological wellbeing
- Cultivate an understanding of mindfulness skills to promote focused attention on thoughts, emotions, and physical sensations, and to have greater awareness of how these impact our actions and emotion regulation.
- Recognise the value of acceptance, empathy, and compassion in mindfulness practice

#### **SYLLABUS**

- The application and evidence base for mindfulness in education settings
- Case studies of young people who have used mindfulness, and how it helped them
- Basic introduction to simple mindfulness techniques
- The role of mindfulness in helping with anxiety, focus, exam stress, compassion and improving wellbeing