Teaching mindfulness to college students and other emerging adults.
“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
Koru Mindfulness is a four-session introduction to mindfulness course. Specifically designed to meet the developmental needs of college-aged adults.
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

1. Students with higher levels of mindfulness were better able to maintain confidence
   - 2011 FINDINGS • Florida State University

2. Mindfulness reduces the negative outcomes of stereotype threat
   - 2012 FINDINGS • Kent University

3. Mindfulness improves working memory capacity and GRE performance
   - 2013 FINDINGS • UC Santa Barbara
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
Breathing, Body Scan

CLASS 02
Walking Meditation, Gatha

CLASS 03
Guided Imagery, Labeling Thoughts

CLASS 04
Eating Meditation, Labeling Feelings
The data backing Koru

1. 2014 FINDINGS • Duke University
   Koru was a very effective mindfulness intervention

2. 2020 FINDINGS • Denison University
   Koru students fared significantly better with the onset of the pandemic

3. 2022 FINDINGS • Georgia Tech
   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

Most downloaded article in *Journal of American College Health* in 2014.
RCT RESULTS
Koru vs Wait-list

<table>
<thead>
<tr>
<th>OUTCOME</th>
<th>P (SIGNIFICANCE)</th>
<th>D (EFFECT SIZE)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mindfulness (CAMS-R)</td>
<td>&lt; 0.001</td>
<td>0.95 (large)</td>
</tr>
<tr>
<td>Self-compassion (SCS)</td>
<td>&lt; 0.001</td>
<td>0.75 (large)</td>
</tr>
<tr>
<td>Perceived stress (PSS)</td>
<td>&lt; 0.05</td>
<td>0.45 (medium)</td>
</tr>
<tr>
<td>Sleep (MOS SLP9)</td>
<td>&lt; 0.05</td>
<td>0.52 (medium)</td>
</tr>
</tbody>
</table>

“A randomized controlled trial of Koru: A mindfulness training program for college students and other emerging adults.”
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

“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

“Remote delivery of a Koru Mindfulness intervention for college students during the COVID-19 pandemic.”
A robust teacher certification program.

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

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

– Zachary Olivan, Exercise Science Major, Manhattan College
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.