

In support of Resilience and Grit: Integrating Consciously Resting Meditation into College Orientation Programming

Students by design are routinely exposed to stress in their personal and academic lives. Coupled with common academic challenges, many students are faced with isolation, economic challenges, and various negative peer pressures. The sum of these and other stressors often contributes to lower grade point averages, decreased retention rates, increased health care utilization, and decreased resiliency. Efforts continue to reduce the effects of social stress, however, little is done to improve students' resiliencies to stressors or to prevent stress no matter the source.

Consciously Resting MeditationSM (CRM) is a simple, natural, technique in support of resilience and grit that is taught by a trained instructor in two one-hour group sessions, approximately one week apart. For example, from 2012-2014, CRM was taught to 1500 incoming students in the Georgia State University (GSU) Orientation program. Qualitative and quantitative results from the CRM program suggest that faculty and students appreciate the advantages of Consciously Resting MeditationSM and report:

1. More focus and alertness in the classroom;
2. Improved quality of sleep and rest;
3. A desire and willingness to continue the twice-daily practice.

Longitudinal research will continue to assess GPA, retention, student satisfaction and health care utilization rates of the Consciously Resting Meditation (CRM) intervention group compared to a matched control. Implications of consistent findings will support the expanded use of CRM in academic settings to improve student resiliency towards an increase retention and graduation rate.

For additional information regarding bringing Consciously Resting Meditation programming to your campus, please contact:

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