MindMAP: The Influences of the Mindfulness Ambassador Program on Graduate Students

Varsha Vasudevan
vvasude@uwo.ca

Follow this and additional works at: https://ir.lib.uwo.ca/inspiringminds

Citation of this paper:
Vasudevan, Varsha, "MindMAP: The Influences of the Mindfulness Ambassador Program on Graduate Students" (2022). Inspiring Minds – A Digital Collection of Western's Graduate Research, Scholarship and Creative Activity. 288.
https://ir.lib.uwo.ca/inspiringminds/288
Canada’s graduate students face numerous demands. The Mindfulness Ambassador Program (MAP) uses an evidence-based, holistic curriculum that teaches mindfulness strategies to promote well-being. Stress is often central to graduate students’ experiences, which can negatively impact their well-being, self-awareness, and interpersonal relationships. However, to date, no formal research has been conducted using the MAP for graduate students.

My research will: 1) qualitatively explore graduate students’ perspectives of the MAP’s influence on their experiences of stress and their relationships with themselves and meaningful others; and 2) quantitatively assess if MAP participation elicits changes in graduate students’ levels of stress, self-awareness, and/or interpersonal skills.

Twelve graduate students will participate in a Zoom-based, six-week MAP. I will be collecting data at two time points (baseline and immediate post-intervention), and then use thematic analysis and paired t-tests to evaluate the data. Findings will help determine the applicability and potential of the MAP for graduate students.