

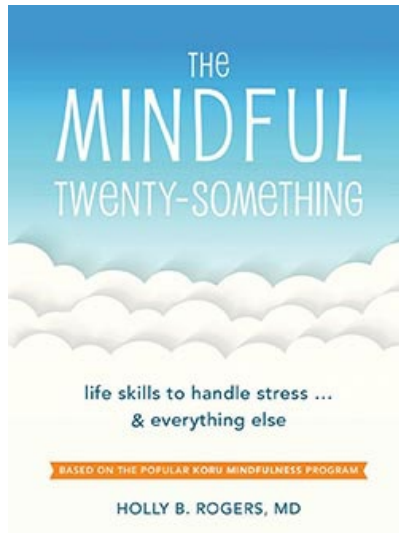
Minding Their Balance

Book helps Class of 2022 prepare for rigors of UNH

Monday, October 1, 2018



The class of 2022 should be well prepped for the rigors of UNH — they all were assigned homework before the semester even began. It wasn't your typical summer reading assignment, however; "The Mindful Twenty-Something," by Dr. Holly Rogers, is used as a tool to help students maintain balance during the rigors of college life. Ted Kirkpatrick, senior vice provost for student life and dean of students, along with many UNH faculty and staff members, heard the psychiatrist speak at UNH in 2017. Rogers, who teaches mindfulness at Duke University, is one of the developers of Koru Mindfulness, an evidence-based mindfulness training program for college-age adults.



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The stories are written by the staff of **UNH Communications and Public Affairs**.

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