

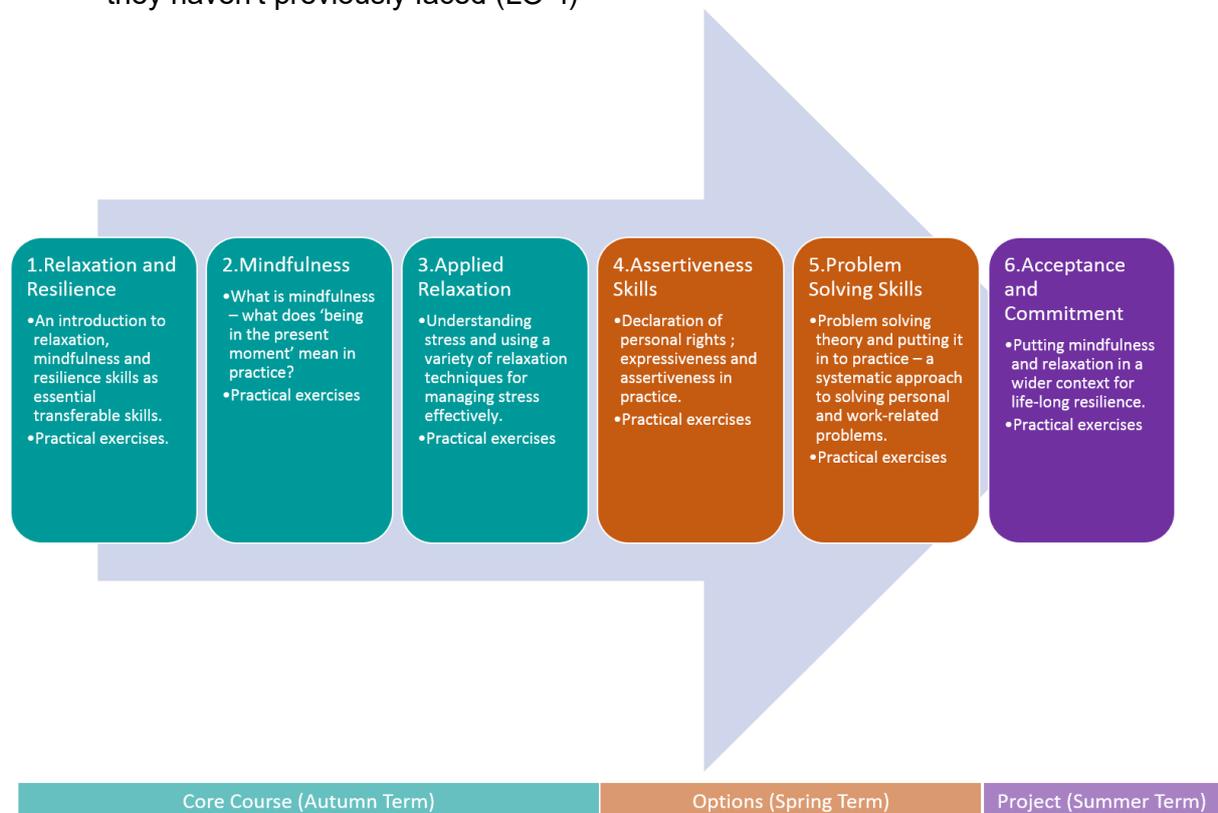
**MSc Environmental Technology Course
Imperial College London Centre for Environmental Policy**

**Relaxation and Resilience Programme (R&R)
as part of the Becoming an Independent Learner Module**

Learning outcomes:

At the end of the R&R programme students will be able to:

- Use and apply key relaxation and mindfulness skills and so be more resilient to potentially stressful events, situations (LO 10, 11)
- Be more aware of their own thoughts, feelings and behaviours, and able to be a detached observer of them when necessary (LO 10, 11)
- Be more confident in themselves and assertive when they need to be (LO 4)
- Be better able to problem solve when faced with personal and professional situations they haven't previously faced (LO 4)



Six 1.5 to 2 hour sessions – 10 hours in total over the course of the year

Feedback from students:

"..... the R&R sessions were an incredible addition to the course."

"Relaxation and Resilience sessions [were] particularly helpful"

"Super cool idea to do this and the students as a whole really enjoyed it!"

"R+R really helpful, not just for this term but for life!"

"I love the emphasis on mental health and management of stress. Thank you so much for including this in the MSc. I think it is a really enlightened approach."