**June 28th Start Date**

**(Treatment)**

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| **June**  |
| **NOTES: You have been allocated to the ‘Treatment’ group and will therefore take part in a 12-week research study and will be offered a ‘Taking it Further’ course weekly on Mondays from June 28th.** |
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| **13** | **14****Registration deadline**Survey deadline by Midnight, UK Time | **15** | **16** | **17** | **18** | **19** |
| **20** | **21****Orientation deadline**Survey deadline by Midnight, UK Time | **22** | **23** | **24** | **25** | **26** |
| **27**Survey deadline by Midnight, UK Time  | **28*****Session 1; 10:00-12:15 UK Time*** | **29** | **30** |  |  |  |

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| **July**  |
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| **4** | **5*****Session 2; 10:00-12:15 UK Time*** | **6** | **7** | **8** | **9** | **10** |
| **11** | **12*****Session 3; 10:00-12:15 UK Time*** | **13** | **14** | **15** | **16** | **17** |
| **18** | **19*****Session 4; 10:00-12:15 UK Time*** | **20**Survey deadline by Midnight, UK Time | **21** | **22** | **23** | **24** |
| **25** | **26*****Session 5; 10:00-12:15 UK Time*** | **27** | **28** | **29** | **30** | **31** |

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| **August**  |
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| **1** | **2*****Session 6; 10:00-12:15 UK Time*** | **3** | **4** | **5** | **6** | **7** |
| **8** | **9*****Session 7; 10:00-12:15 UK Time*** | **10** | **11** | **12** | **13** | **14** |
| **15** | **16*****Session 8; 10:00-12:15 UK Time*** | **17**Survey deadline by Midnight, UK Time | **18** | **19** | **20** | **21** |
| **22** | **23** ***Session 9; 10:00-12:15 UK Time*** | **24** | **25** | **26** | **27** | **28** |
| **29** | **30*****Session 10; 10:00-12:15 UK Time*** | **31** |  |  |  |  |

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| **September**  |
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| **5** | **6*****Session 11; 10:00-12:15 UK Time*** | **7** | **8** | **9** | **10** | **11** |
| **12** | **13*****Session 12; 10:00-12:15 UK Time*** | **14**Survey deadline by Midnight, UK Time  | **15** | **16** | **17** | **18** |
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**June 28th Start Date**

**(Control)**

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| **June**  |
| **NOTES: You have been allocated to the ‘control’ group and will therefore take part in a 12-week research study and will be offered a ‘Taking it Further’ course at a later date (tentatively weekly on Mondays from October 4th). Please email Shannon at** **shannon.maloney@psych.ox.ac.uk****, if you have any questions.**  |
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| **13** | **14****Registration deadline**Survey deadline by Midnight, UK Time | **15** | **16** | **17** | **18** | **19** |
| **20** | **21****Orientation deadline**Survey deadline by Midnight, UK Time | **22** | **23** | **24** | **25** | **26** |
| **27**Survey deadline by Midnight, UK Time | **28** | **29** | **30** |  |  |  |

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| **July**  |
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| **August**  |
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| **September**  |
| **NOTES: Please note that the Oxford Mindfulness Centre will offer you a ‘Taking it Further’ course in October, but there will also be some flexibility in terms of when you can take this course if you cannot make the October start date. If you cannot make the October start date, please email Shannon at** **shannon.maloney@psych.ox.ac.uk** **for more information.**  |
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