



# FAQs

## Mindfulness Based Wellbeing | Postgraduate Certificate

### **How do I apply for the Course?**

Many thanks for your interest in this programme. Applications to the programme can be made through the online system which you will find on our website <https://www.ucc.ie/en/ace-pcmbw/>

Once you click on the 'Apply now' button, which is at the end of the programme webpage you will need to set up an account and be logged in to submit your application.

It is important to note that in order to be accepted onto this programme you must have completed either a Mindfulness Based Stress Reduction Programme (MBSR) or a Mindfulness Based Cognitive Therapy Programme (MBCT). These programmes are available regularly online and run for one evening a week for eight weeks. If you require more information in relation to these programmes contact Pat O'Leary [p.oleary@ucc.ie](mailto:p.oleary@ucc.ie)

### **What does it cost?**

The cost of the programme is €3,800. This payment is made in two instalments: the first half of the fee (€1,900) is requested at application stage. The second half is payable in February. All payment related requests and information will come from our colleagues in ACE Finance.

We like to inform candidates that we have an agreement with the Lough Credit Union who will offer very good loan rates for individuals who wish to take out a student loan and pay that back in instalments.

Also of note is the Part-time Financial Aid Fund which is now available to part-time students so for anyone who is accepted onto the programme, this is also an option available to you. Full details are available at <https://www.ucc.ie/en/saf/>

Upon payment of the first half of the fee and acceptance onto the programme you will be registered as an official UCC student and receive an ID card.

### **What job opportunities arise from completing the course?**

Past students have used this qualification to redefine their work role within their place of employment or have used it as a significant addition to their CV. Many of our past students have started their own mindfulness business delivering wellbeing and mindfulness interventions in a variety of settings.

### **What can I study after the PG Cert?**

Once you have completed the PG Cert in Mindfulness Based Wellbeing the most popular programmes students have gravitated towards have been the MSc in Mindfulness Based Wellbeing <https://www.ucc.ie/en/ace-mscmbw/> or the PG Cert in Personal and Management Coaching: <https://www.ucc.ie/en/ace-pcpmc/>

### **What topics will I be studying?**

This programme explores the foundations of mindfulness and examines the eastern philosophy of mindfulness and how it engages with western psychology. It explores the central themes incorporated in Mindfulness Based interventions and develops an appreciation for their inclusion. The attitudes of mindfulness are explored while the student is invited to reflect on and contextualise the role of mindfulness practice in everyday settings and particularly in their own life and in their own personal mindfulness practice. It offers the student the opportunity to choose between receiving training on the teaching of mindfulness in school settings or in Organisational / workplace settings.

These objectives are met through the delivery of eight modules as follows:

- AP6811 Foundations of Mindfulness (10 Credits)
- AND**
- AP6813 Teaching Mindfulness in Schools (20 credits)
- OR**
- AP6814 Teaching Mindfulness in the Workplace (20 credits)

### **When will I have to attend lectures?**

There is a mix of face to face classes in UCC and live online lectures. On the PG Cert there are four on-campus weekends in Cork with the remain classes delivered live on line. Classes are not recorded but all material, slides, handouts etc are made available to the student through our online resource platform called Canvas

### **What is the course timetable?**

The programme timetable can be requested from Pat O'Leary; [p.oleary@ucc.ie](mailto:p.oleary@ucc.ie)

### **Will I have to complete exams?**

There are no exams on this programme. All students follow a continuous assessment process. On average, after each module, a 2,500 word assignment is required. There is a strong emphasis on your own personal mindfulness practice.

### **Who teaches the course?**

Pat O'Leary and Pascale De Coninck are the core lecturers on this programme as well as a number of guest lecturers who are experts in the field of mindfulness.