



## SPRING SEMESTER 2017 MASTERS CLASS PROGRAM

CalmCircleCollege was invited to work with two Masters of Social Work classes for the 2017 Spring Semester as a component of the class syllabus. Students were in their last semester of graduate degree work and expected to graduate in spring. The two classes, entitled “Treating the Whole Person”, consisted of a total of 46 students. Students were asked to complete 5 sessions per week, or 55 sessions over the course of the semester. Grade credits would max out at 55 sessions.

The period of use began January 23rd and ended April 23rd. For that period the data is as follows:

**3,566 SESSIONS**  
were accessed

**13,900 MINUTES**  
of content were accessed

**42 of 46 STUDENTS**  
accessed more than the required 55 sessions

Students averaged **76 SESSIONS**,  
21 more than the required 55

**6 STUDENTS**  
accessed more than 100 sessions

A mid-term survey was sent to the students.  
The respondent data is as follows:

**97%**  
of respondents found  
CalmCircle to be very valuable,  
valuable or somewhat valuable

**85%**  
said CalmCircle improved  
their ability to manage high  
stress situations

**84%**  
reported **improvement  
in stress levels**

**41%**  
reported **improvement  
in sleep quality**

**50%**  
reported **improvement  
in self-compassion**

**53%**  
reported **improvement in  
overall sense of well-being**

**100%**

of respondents said  
CalmCircle would be  
valuable to college  
students in general

“ I appreciate how easy  
it is to incorporate into  
my busy schedule.”

CASSIE R.

“ A great escape for  
graduate stress.”

ASHLEY D.

“ CalmCircle is a  
brilliant, easy to use  
educational tool  
perfect for teaching  
students how to build  
their own personal  
mindfulness practice.”

ANTONIO A.

“ It has been a gift  
this semester.”

MARY D.

“ Very convenient  
and easy to use.”

LATASHA M.

“ Amazing.”

DELIA M.