

# Mindfulness Cabin

Product research - student Success and Outcomes-Based Learning Support Services



## Challenge

Tecnológico de Monterrey's vision for 2030 is leadership, innovation and entrepreneurship for human flourishing. Therefore, our offer is not only limited to academic and professional achievement but must also include the conscious development of the human being. For this reason, on our campuses, students have physical spaces and qualified personnel to support them in their well-being, academic and personal development. These services, however, are only available at defined times, during the months of the year in which they are active and require the student to remain on site to use these facilities.

In light of this situation, the following has been considered: How can digital technologies be used to offer solutions that support the well-being of students, beyond the physical spaces on campus? What tools can be offered to help them focus their attention and energy on their academic goals? How can solutions be achieved that impact as many students as possible, at all times, in all places, and that are available, even when students cannot access the campuses, either due to scheduling issues or unforeseen events? In order to respond to these challenges, Tecnológico de Monterrey has designed Mindfulness Cabin

## What is Mindfulness Cabin? How it works?

Mindfulness Cabin is a conversational artificial intelligence solution with a frictionless interface, it offers a friendly language, it is accessible, ubiquitous and it is connected to the digital ecosystem of the Tecnológico de Monterrey, which extends the horizon of interconnected digital services by adding support solutions in health and welfare. The interactions depend on the input of information provided by the user, where the intelligent processing of such information will be reflected in the delivery of an experience according to the profile and preferences of the user.

The experience is offered through three guided meditation routines at the basic, intermediate and advanced levels where the user has the freedom to select the level of their preference according to their needs at the time. These meditation routines were designed by Tecnológico de Monterrey staff to help students practice mindfulness, gain self-awareness of their emotions, and decrease stress, anxiety and frustration. By having more support in these areas, students are able to focus on their academic goals, increasing their chances of achieving better results in their education and personal growth.

Students can access the Mindfulness Cabin in three ways: the first, using a prototype cabin that has a voice assistant and is installed on campus. The second, using voice assistants for personal use and the third way is through their smartphones, the massiveness of these last two digital channels, makes it possible to promote the practice of meditation as a resource in the daily lives of young people.

Finally, Mindfulness Cabin does not seek to replace guided meditation in person or physical spaces for mindfulness, instead it seeks to increase the supply through a digital solution that reaches the greatest number of students and is available at all times and places when needed, without depending on the availability of spaces or physical resources. Furthermore, we seek to offer them the freedom to do mindfulness and have that time of relaxation in the place they prefer, in private or accompanied by friends.



## Learning outcomes

Digital solution available anytime and anywhere, so that students can access meditation resources and by practicing it, help them incorporate a healthy routine into their daily life

This solution harnesses the benefits of meditation to help students decrease their levels of stress, anxiety and frustration

With this digital support, students can better focus on their learning goals, cognitive development and self-awareness

## Return on investment

Mindfulness Cabin will enhance the digital ecosystem by adding voice channels to the institution's interconnected services and through data processing, improve decision making and the delivery of our services

Potential to reach more than 90,000 students, in the 26 Tecnológico de Monterrey campuses located in Mexico

Increase in the satisfaction index of students by having a greater offer of digital services that promote emotional well-being