Summary of planned research

There is a concern that many HE students today experience stress and anxiety and that the curriculum may be under pressure to become an instrumental, narrowly vocational space. Resisting this context there are many projects that focus on introducing into the curriculum spaces for creativity, reflection and personal growth. One such project is that of National Teaching Fellow Jan Sellers’ who is pioneering the use of the labyrinth to support teaching, learning and the student experience. (<http://www.kent.ac.uk/uelt/ced/themes/labyrinth/Labyrinthteachingandlearning.html>). This project will build on that work and on the growing body of literature around contemplative pedagogies to explore further the potential role of labyrinth walking within Higher Education.