**Electronic Supplementary Material 7.** MB-College Acceptability and Feasibility Thematic Coding.

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| **A&F Domains/ Themes** | ***Sample quotes from participants*** |
| **Course Logistics** |  |
| Setting time aside for the course was beneficial | *“Just having the course be there as a resource and having the website be there and having this whole space to ourselves and that as a concept was really helpful. Because if you ever felt like you needed something to calm down with that’s when the course really showed its true colors and showed its value.”*  *“I think for me personally the in class like time to reflect on how things were going with me and like the different mantras that kind of come along with mindfulness were really helpful. Because it was kind of like a crazy semester so I didn’t always get to do the home practices so having like that space was nice.”*  *“Yea I’ll go. I just thought I really enjoyed having that block of time where I knew that I could not worry about anything else and be able to like focus on the practice. I was able to be more productive in my meditations during class but also like it was really nice to have my own toolkit now like when dealing with things.”* |
| Increase access to additional resources outside of class times. | *“So just having that space with just the mats and stuff there I don’t know how feasible that would be but I definitely think I would have used that just as like a pit stop if I have a 30-minute break between things just to like have a place to go and just like sit there”*  *“In the same vein of trying to increase home practice I think it would be super helpful to have a designated space for people to go to in the week.”*  *"I found myself really early on like missing the cushions. Like he had just said something like how returning to the same pose every time is a way to just sort of reactivate those neural pathways* |
| Modify class time to shorter, multiple times per week. | *“Well I think it could be helpful to meet twice a week or like more than once a week for like potentially like half the time of each session. Not that it was too long or anything I was completely fine with the long block of time but I think that if we met twice a week then or more than once then it would kind of like keep us on track with our practice for the rest of the week.”*  *“2.5 hours is tough to balance. I mean was like ’oh hell I have all these meetings to schedule and I have to study or this exam and this paper’ and it’s like sometimes I don’t think I’m in the mood to do meditation.”* |
| **Course Content** |  |
| Informal practice was useful for academic stress management. | *“And then in other cases if I would be like doing homework and feeling stressed about that or feeling stressed about other things or in the middle of social interactions or interpersonal difficulties I could take the time to stop breathe and ok I can re-center myself I’m here like I love these people and I can treat myself well and do what’s right for me basically.”*  *“I think it’s definitely helping being integrated most like conspicuously tangibly now during like this finals period. Like I swear I have never been healthier than in the past five days. Then actually getting like my fitbit is buzzing like once every day which I guess that’s a good sign. Like I am getting more exercise then I have before maybe even like all semester these past five days I know that I am being good to myself in that way and watching what I eat a lot more and finding more time and actually like meditating and doing some yoga.”*  *“I’m still going to be there doing work and I realize that I am getting really stressed or anxious and I feel a lot of physical tension but now I am really aware of the fact that those feelings um of like tension are arising from stress and I know that ok maybe I should just straight up start stretching in the middle of the SciLi (science library) maybe take a few laps go out and get some air come back in.”* |
| Discomfort around alcohol and substance use communication | *“Just I that was just me and I knew he was listening in on the like that we were being recorded and I know it’s anonymous and I know it was just something that and that’s also something that I wanted to work on with mindfulness but I just did not want to talk about it.”*  *“I found that the focus on alcohol in some parts was a bit odd. I don’t know it doesn’t play that big of a role in my life. But I guess if it did it would be something to reflect on.”*  *“And maybe it would have made some students uncomfortable but I think it if they’re gonna put in drugs they should probably put in sex too.”* |
| **Instructor Feedback** |  |
| Instructors were dedicated to practicing mindfulness. | *“I think I really appreciated [the instructors] like enthusiasm for like the possibilities of mindfulness and um his desire to teach us these things felt very genuine and he seemed personally invested in the group every day.”*  *“I talked to him a little after class which was really nice because he is like very much involved with the religious aspects of mindfulness but was very conscious that that might shut some people off if he announced it in the first place which is a very like self-reflective thing to do which I really appreciated.”* |
| Personal anecdotes were important and more anecdotes on instructor difficulty would be helpful. | *“And how he used mindfulness to overcome it or what he was currently working on. But I feel like he didn’t do enough of that maybe like I feel like more often than not he would mention like his good practice.”*  *“I definitely felt like for some reason he tried to like remove his own like personal experience like or maybe he was making an effort to but he definitely I got the sense that he like wasn’t perfect because he did mention a few times that here’s a thing that I have been struggling with.”* |
| Believed instructors genuinely wanted to allow space for them to do well. | *“Honestly, I felt like he was like he came in the first day and was like my job here is hold space for you guys and then he was just so compassionate through the whole program and at the end I really felt like he had held space for us.”*  *“I would go pee like several times in class and I know when other people came back he would like make sure we knew what they were doing which was really nice just like keep them in the loop. I thought he was a really really good instructor overall and like his voice is like amazing.”* |

\*A & F: Acceptability and Feasibility