

The Effects of Mindfulness Practices Within the Classroom on Academic Achievement

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WHAT IS MINDFULNESS?

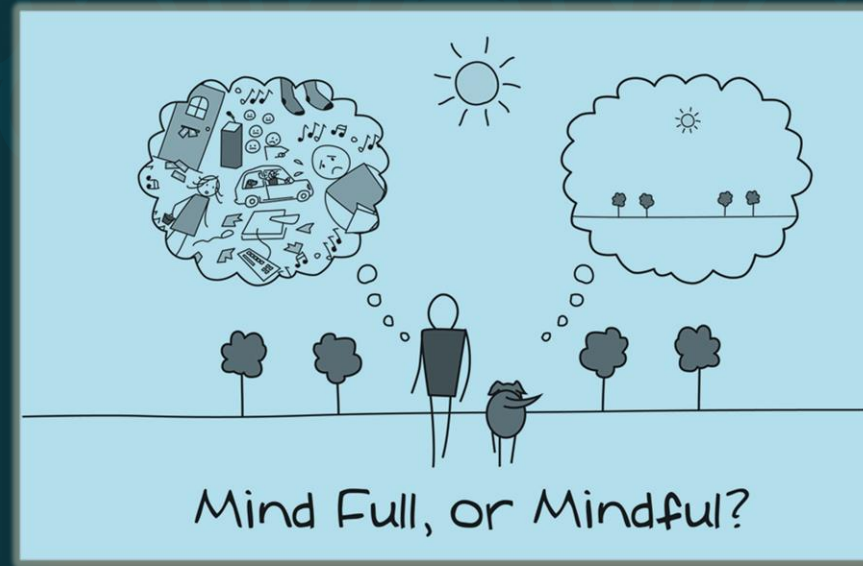
- ❖ Mindfulness involves “paying attention on purpose, in the present moment, and nonjudgmentally, to the unfolding of experience moment by moment”.
- ❖ Similar to anxiety, mindfulness can be regarded as both a state (the experiencing of mindfulness at a particular moment in time) and an individual disposition (the general experiencing of mindfulness day-to-day).

WHAT IS TEST ANXIETY?

- ❖ Test anxiety is regarded as both a state of anxiety—the perceived threat before the test—or trait related; the general and continuous worry of performance evaluation.
- ❖ Test anxiety has a negative impact on learning, is a major cause for underachievement, and prevents some students from reaching their academic potential.

THE NEED

- ❖ Because test-anxiety can cause students to underperform on tests, it would be helpful to implement mindfulness based practice with students who experience test anxiety so that they can perform to the best of their ability and produce a more accurate result based on their cognitive ability.



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MINDFULNESS LESSONS TO HELP REDUCE TEST ANXIETY

- ❖ Within the past couple of years, mindfulness-based coloring activities, such as structured coloring of mandalas, have been incorporated into the school, home, and work environments for test anxiety, anxiety, and stress reduction; however, empirical support for the benefits of this activity is limited and the findings are mixed.

EVIDENCE-BASED PRACTICES

- ❖ Mindfulness-Based Stress Reduction (MBSR) is an adaptation of the practice of mindfulness meditation to health contexts in order to alleviate stress, to foster awareness and relaxation, and to improve quality of life.
- ❖ Mindfulness-Based Cognitive Therapy classes combine traditional cognitive therapy techniques and mindfulness practices to address depression and anxiety.

CONCLUSION & FUTURE WORK

- ❖ Current literature is focused on poor performance specifically on learning and memory, attention and executive function, processing speed, reading comprehension, and working memory.
- ❖ Stereotype threat - African Americans experience higher levels of anxiety before the test of cognitive ability due to anxiety from trying to focus on not matching the stereotype.
- ❖ Future work should consider focusing mindfulness practices especially with underperforming minority students.