

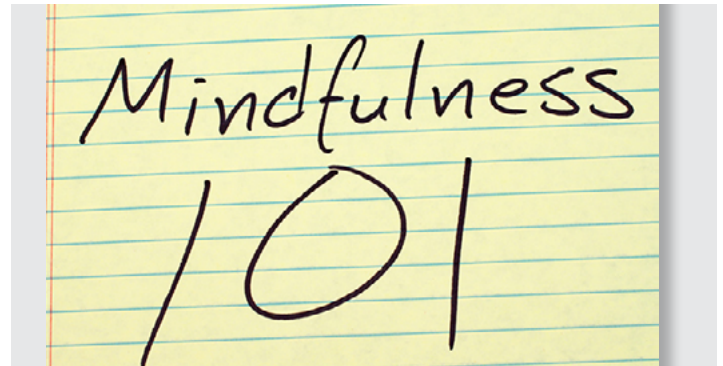
DECEMBER 2, 2024

How Can I Use Mindfulness Strategies to Prepare Students for Learning?

We all know that higher education can be challenging, often filled with stress and pressure for both students and instructors. The negative impact of stress on students is undeniable and if not dealt with, it can lead to disengagement, decreased ability to focus and absorb information, and lower academic performance. Not to mention that when these negative effects happen, it just leads to more stress for the instructor.

However, educators can turn to mindfulness practices as a powerful tool to alleviate stress and create a more conducive learning environment. This offers students a way to clear their minds, refocus, and engage more effectively in their academic pursuits.

In this Magna 20-Minute Mentor, Steven Haberlin, PhD, Assistant Professor at the University of Central Florida, shares invaluable insights and strategies for seamlessly integrating mindfulness into the classroom.



You'll gain five field-tested activities, which were utilized by Dr. Haberlin and a panel of his peers, to help students reduce stress, be better prepared to learn, and apply mindfulness techniques as a lifelong skill.

Upon completion of this program, you'll be able to:

- Understand the potential benefits of mindfulness activities for reducing stress and enhancing classroom readiness
- Implement several mindfulness activities to help students personally and in the classroom
- Evaluate the relevance and appropriateness of mindfulness practices at specific times
- Help students apply mindfulness techniques as a lifelong skill, enabling them to navigate future challenges with resilience, focus, and regulation



Available from
Monday, December 2–
Sunday, December 8, 2024



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