

## **MINDFUL MINUTES IN THE CLASSROOM**

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### **Abstract**

Mindfulness is being nonjudgmental, accepting, and in the present moment. Approaches based in mindfulness can benefit people of all ages socially, emotionally, and even physically. While mindfulness interventions are beginning to become more popular in the classroom for young children through adolescents, very little research has been conducted using mindfulness techniques in postsecondary classrooms, especially at the graduate level. Therefore, our study aimed to evaluate if a short, weekly mindfulness activity presented to a small group of graduate students could increase overall mindfulness. While statistically significant results were not found, qualitative information shows the group did believe this was a useful intervention. Therefore, several suggestions for future use are provided so more mindfulness activities can be used in classrooms at the graduate level. These techniques used by adults in the classroom can then be used to support the educational community and system-wide interactions.

**Keywords:** Mindfulness, Postsecondary/ Graduate-level education, Systems-intervention.