

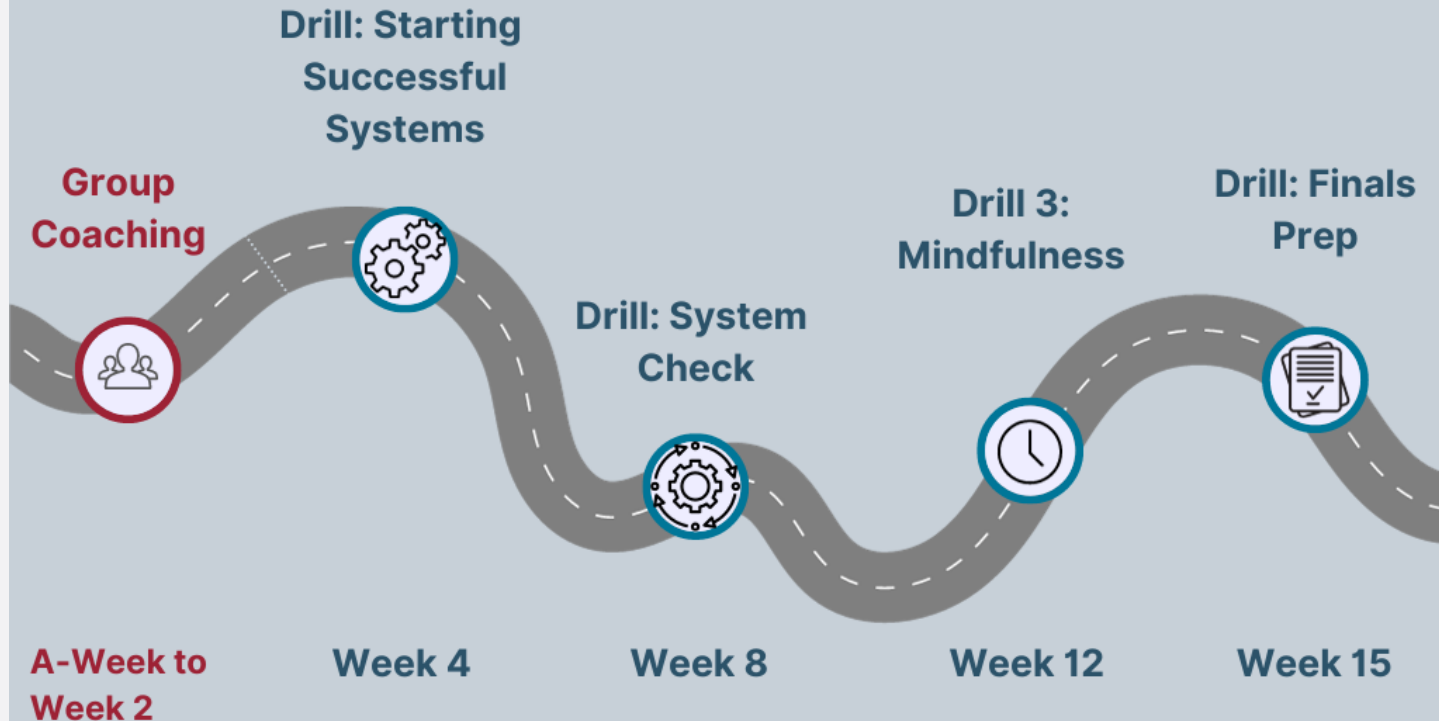


MINDFULNESS

**CALM THE
STORM**

ENGR ACADEMIC COACHING TEAM

GNEG Academic Coaching Roadmap



What to Expect

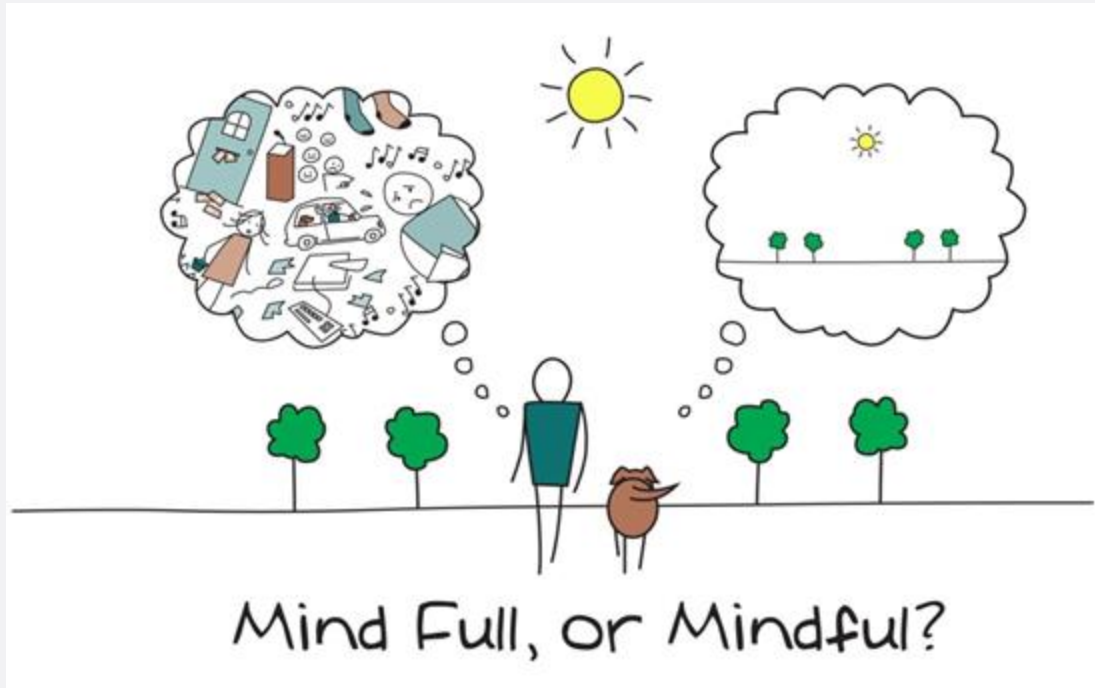
- ★ What is Mindfulness?
 - ★ Benefits of Mindfulness
 - ★ Mindfulness Exercises
 - ★ Mindfulness for Test Anxiety
 - ★ Additional Tips for Test Anxiety
 - ★ Resources
-

Why Mindfulness Is a Superpower: An Animation



What is Mindfulness?

Mindfulness can be described as paying attention to what is happening in the *mind, body and immediate surroundings*.



What do I get from being mindful?

→ Studies show that students who
meditate before an exam
perform better than students who
do not.

→ Can improve concentration.

→ Increase our immune system

→ Mindfulness-based interventions have
been demonstrated to reduce the
symptoms of:

→ Every day stress

→ Test Anxiety

→ Chronic Stress

→ Insomnia

→ Depression

What does **mindfulness** look like?

When you think of activities that you can do mindfully,
what comes to mind?



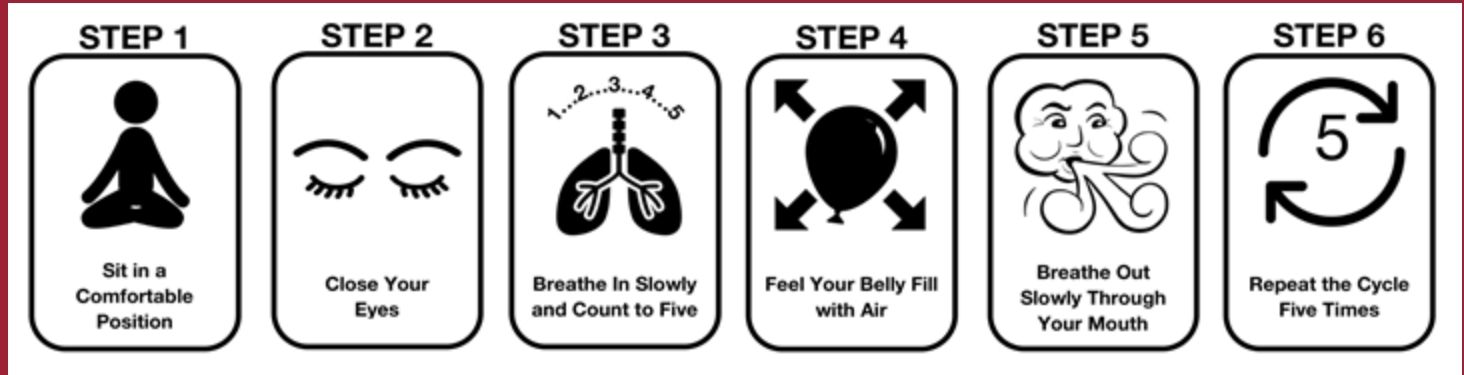
Box Breathing (The Navy SEAL technique)



Alright, let's
try it out!

Toolbox:
Feeling overwhelmed,
panicked, need to get in a
good headspace, or trying to
calm down

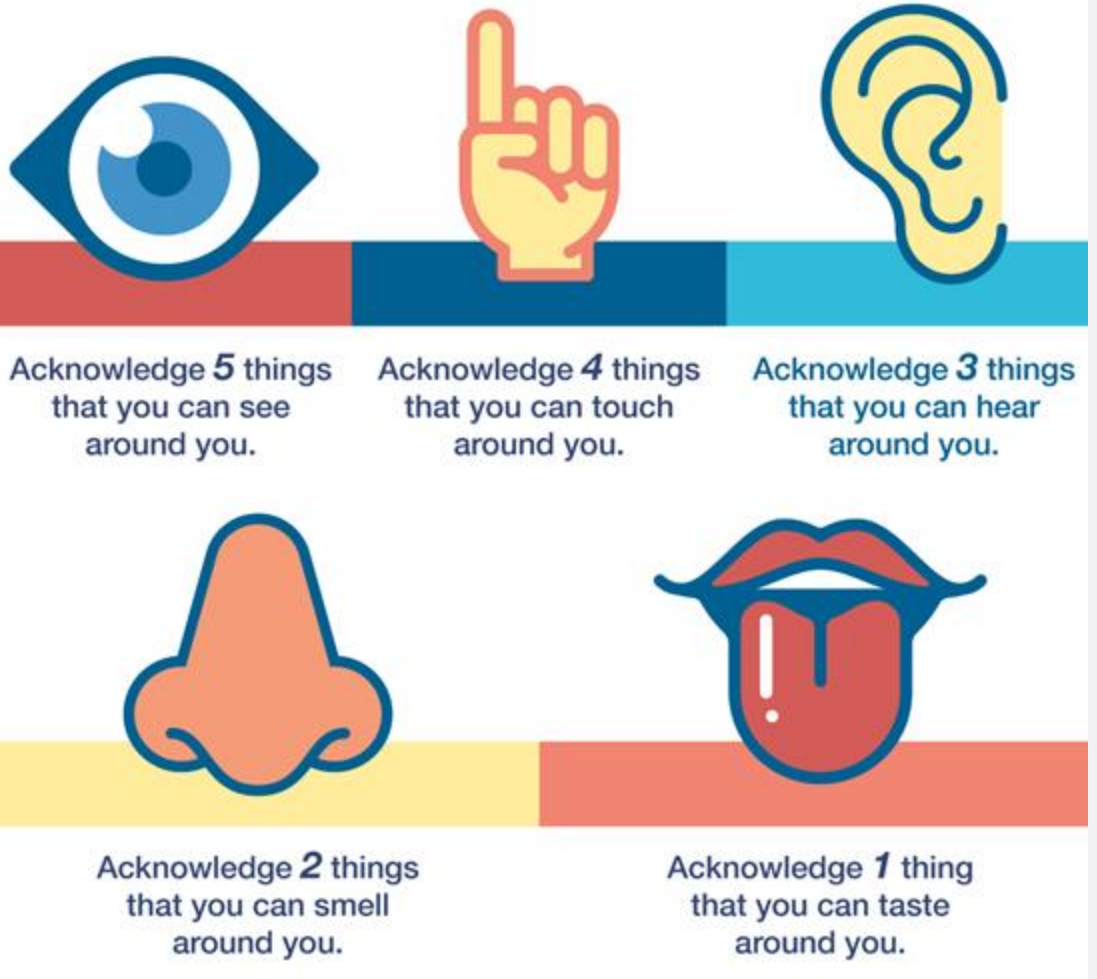
Belly Breathing



5-4-3-2-1 Grounding

Toolbox:

Feeling overwhelmed,
panicked, or distracted



Body Scan Meditation

(When our emotional state is affecting our physical body)

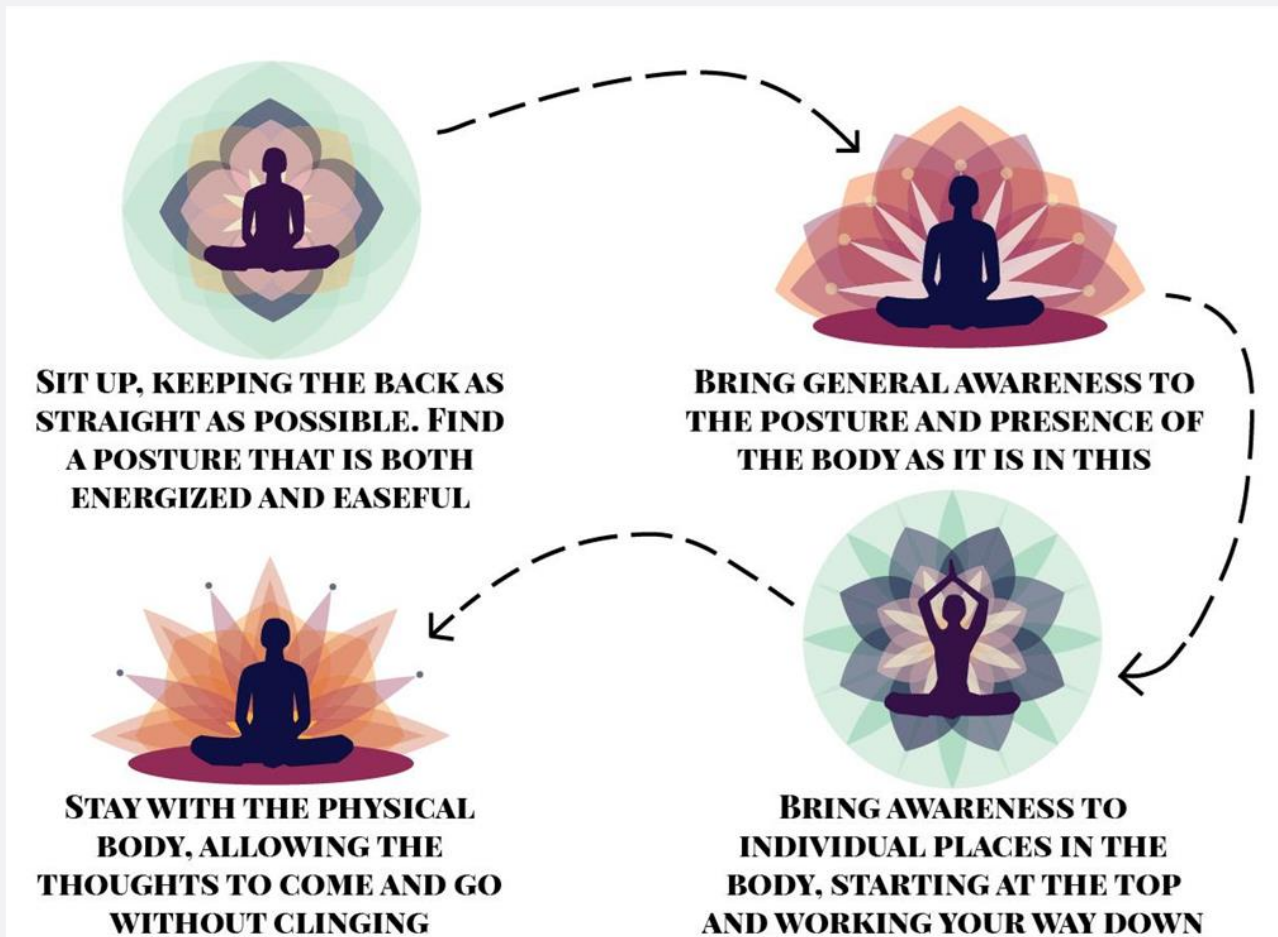
Let's just notice.

Don't try to change.

Just notice.

Toolbox:

Feeling tense, overly stressed, or trouble sleeping



Mindfulness Exercise Discussion

- How did the exercises make you feel after?
- Was there one that resonated with you?

Test Anxiety

FEAR

FRUSTRATION

FEELING FAINT

UNABLE TO
CONCENTRATE

Final!!!

HEART PALPITATIONS

FEELING
IMPENDING
DOOM

FAST & SHALLOW
BREATHING

Example: When Can I Use Mindfulness?



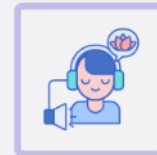
Before the test:
I can **belly breathe** to
make sure I am calm.



During the test:
I can use a
grounding exercise
when I am feeling
overwhelmed.



After the test:
I can do a **body scan**
to assess my feelings.



Alternatives: Yoga, Guided Meditation, Massage Therapy

**“Habits are the brain’s way of
conserving energy and resources.”**

*“Mindfulness is a key to habit change because it brings
awareness to behaviors and activities that have
become automatic and unconscious.”*

Hugh Byrne, PhD

Mindfulness: Choosing New Testing Habits



- When you receive the test, review it so you can budget your time.
- Don't rush- pace yourself!
- Do problems that are the easiest first to gain confidence.
- Circle key words in difficult questions.
- Reserve time at the end to review your answers.

Mindfulness resources:

There's an app for that



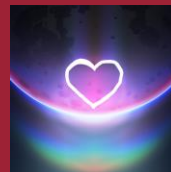
Calm

Provides meditations, calming music and sleep stories (Free Version & Premium Student Discount)



Mindfulness Coach App

Offers audio-guided mindfulness exercises, goal-setting assistance, reminders, crisis resources, and more (Free)



#SelfCare

Interactive self-care app to practice mindful techniques (Free) (iPhone exclusive)



Headspace

Provides meditations, animations, articles, and videos on mindfulness (Free Version & Premium Student Discount)



Smiling Mind

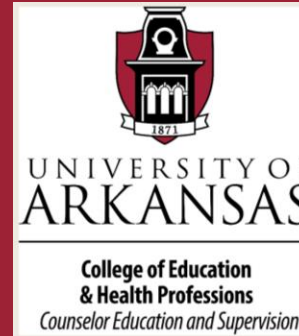
Daily meditations and mindfulness exercises for teens (Free)



Breathe: relax & focus

Offers guided breathing exercises (Free)

Razorback Resources: Campus Cares



UARK Wellness

- Relaxation Room
- Massage Chairs
- Welltrack Boost
- Free Online Wellness Classes

Pat Walker Health Center

- CAPS
- SEAR
- Razorback Recovery

CNED Online Counseling

Email uarkcned@gmail.com
with your name, date of birth,
and email to get connected to a
counselor.

How Mindfulness Empowers Us



“We can choose what we strengthen and let go of.”



- ❖ Mindfulness is a **choice**.
 - ❖ It is not about being perfect; it's about being present in the current moment.
 - ❖ It's making the choice to allow your mind and body to work in harmony.
 - ❖ It is an additional tool for stress management, test anxiety, insomnia, and more.
 - ❖ It is recognizing when you need additional help.
-

Make an Appointment

Drop-in Hours:

- Wed 2-4pm
- (ENGR 315)

- Fri 9-11am
- (ENGR 309A)

engcoach@uark.edu

SKILLS COACHING

1:1 HELP WITH THESE SPECIFIC SKILLS:

- Creating a study plan for an exam
- Prep and review strategies for an exam
- Creating a weekly schedule
- Learning strategies (note-taking, outlining, reading academic material)

Schedule Here



ACADEMIC COACHING

1:1 SUPPORT WITH THESE SUCCESS TOPICS:

- Identifying specific goals to create an individualized success plan
- Navigating campus life and resources
- Prioritizing questions, exploring future planning and areas of growth



CALCULUS COACHING

1:1 SUPPORT WITH SKILL DEVELOPMENT IN CAL I & II:

- Creating a study plan for a Cal exam
- Calculus prep and review strategies
- Cal specific learning strategies (note-taking, outlining, reading academic material)



Drill 3:
Sign-Out Survey

*Mindfulness: Calm the
Storm*

