

31 Days of Mindful Learning

Mindfulness refers to a practice of paying attention to the present moment on purpose and non-judgmentally. Mindful learning involves “active noticing” - awareness of where our attention is, and redirecting it to where we want it to be. It also involves a mindset of openness to new information, to multiple perspectives, and to noticing and appreciating who we are as learners.

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| 01 | 02 | 03 | 04 | 05 | 06 | 07 |
| Close your eyes, put your hands on your belly. Notice the rise and fall of your hands with each inhale and exhale. Repeat ten times. | Imagine your ideal study space. What aspects can you create in reality? | Try to notice your posture today while you're sitting in class, standing in line, walking, and studying. | At the end of the day, make a list of 3 things that happened that you are grateful for. | Each time you hear your phone alerting you to a message or call, stop and take three mindful breaths before you answer. | Before starting your next reading, look at the title and subheadings. Turn the headings into questions, and read to uncover the answers. | In the moments before class starts, think about three things you want to learn while you're there. |
| 08 | 09 | 10 | 11 | 12 | 13 | 14 |
| Turn off your phone and wireless while you're in class. | Notice any aversion, frustration or stress while you study. How do you notice it's there? Why did it arise? | At the end of the day, make a list of three things you learned today. | Take a six-stretch break. Any six will do! | Notice what you're paying attention to. What are you ignoring or not noticing? | Listen like a sponge, soaking in whatever is being said. | Throughout today, stop yourself and ask, "What can I appreciate right now?" |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Practice being on time, or a few minutes early. What do you notice? | Take a slow snack break. Keep each bite in your mouth longer than usual. | If you could only complete one task today, what would you choose? | Be aware of your desire to put off a task that needs to be done. What's stopping you? | As you arrive to class, notice any sensations, emotions, or thoughts that arise. | Choose a good seat in class, where you can best focus on the messages you're there to hear and learn. | After class, find a quiet place to sit and think about what you learned. What do you remember? |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Write down two or three simple things you would love to do today, then pick one. Turn off your phone, just do and be and enjoy. | Find "pauses" in your day – waiting for the bus, standing in line, waiting for your professor – close your eyes and take five deep breaths. | Think of one of your professors or TAs and give them a genuine compliment. | As you walk, look at the rooms or buildings you pass. | Before you open your books, close your eyes and set an intention. What are the top two things you want to learn in these next moments? | Look back at a graded test or assignment. Is there anything you would do differently next time? | Think of your most challenging course. Is there a person or resource you could consult to help ease the challenge? |
| 29 | 30 | 31 | <h2>Benefits of becoming a more mindful learner:</h2> <ul style="list-style-type: none"> • Improve focus & memory • Strengthen academic engagement & determination • Manage procrastination & stress | | | |
| Turn off your phone for the whole day. What do you notice? | Before beginning a test, close your eyes and tell yourself, "May I be calm, may I be focused, may I remember." | Recall a time you loved what you were learning. What did it feel like? What were you doing? | | | | |

MINDFUL LEARNING IMPROVES WITH PRACTICE.
A little bit of regular practice goes a long way.



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