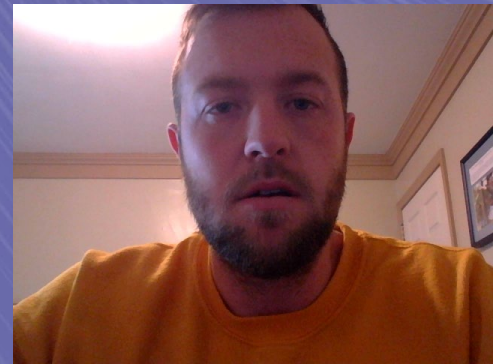


CAN LEARNING MINDFULNESS HELP STUDENTS IN A COUNSELING PROGRAM OR OTHER SCHOOL PROGRAMS?

ALDEN MAY



PURPOSE AND GAP STATEMENT

Goal:

The purpose of this research proposal is to find out the results of the research when using students that do not have to participate in the study as a requirement for their class. They need to want to participate in the study and be honest with the results that they experience.

Gap Statement:

According to (Schure, 2008)

The author states that a gap in the research is that the participation in the study was mandatory for a class. The author expressed concern that the results could have been inaccurate because the students participate instead of them wanting to participate on their own. (Schure, 2008)



LITERATURE REVIEW

In this study the researchers investigated on if Mindfulness could help students through a stressful school counseling program. The end results stated that most of the students that participated in the study would use what they learned as they continued in their program. (Schure, 2008)

Schure, M. B., Christopher, J., & Christopher, S. (2008). Mind-Body Medicine and the Art of Self-Care: Teaching Mindfulness to Counseling Students Through Yoga, Meditation, and Qigong. *Journal of Counseling and Development* : JCD, 86(1), 47-56.

<http://dx.doi.org/10.1566-6678.2008.tb0062>



LITERATURE REVIEW

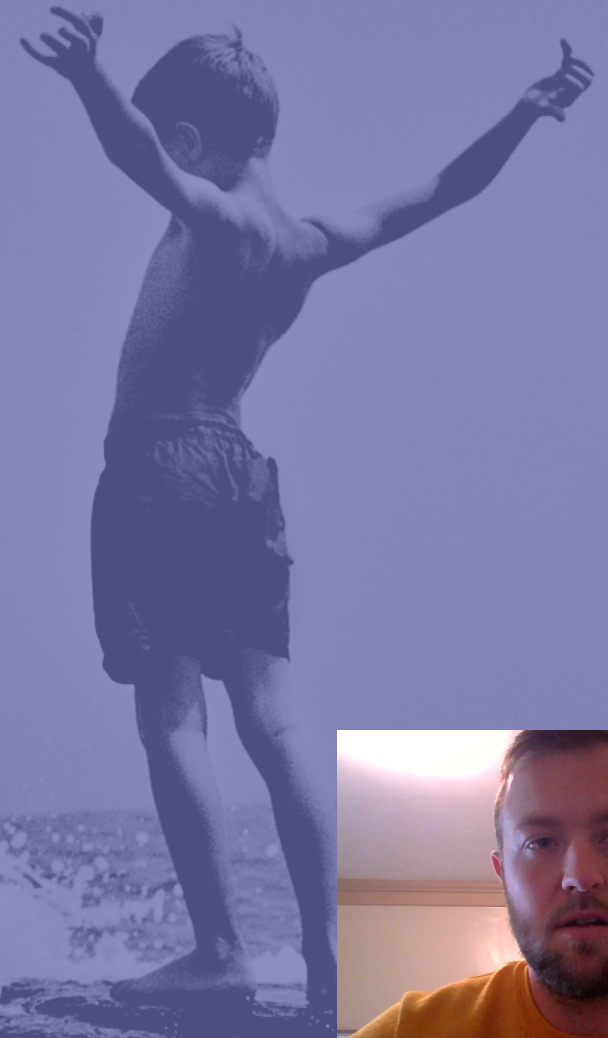
In this study researchers found that using mindfulness-based therapy can help to treat anxiety and depression. (Hofmann, 2010)

Hofmann, S. G., Sawyer, A. T., Witt, A. A., & Oh, D. (2010). The effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review. *Journal of consulting and clinical psychology*, 78(2), 169–183.
<https://doi.org/10.1037/a0018555>



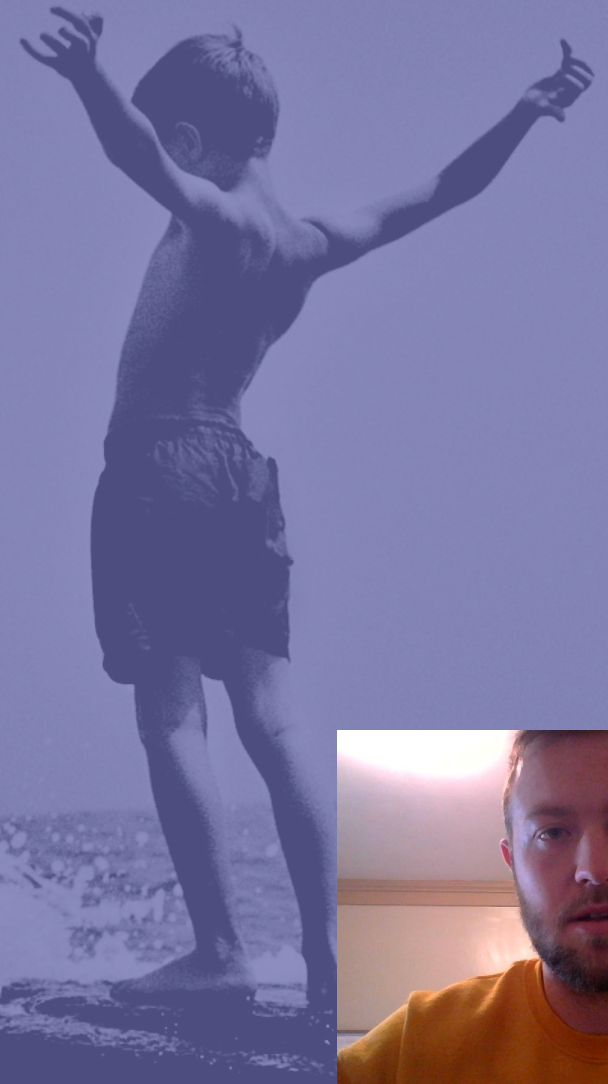
RESEARCH QUESETION

The research question is "Can learning mindfulness help students in a counseling program? This is an important research question because if mindfulness can help then it can be beneficial to many students to help them manage a stressful school program.



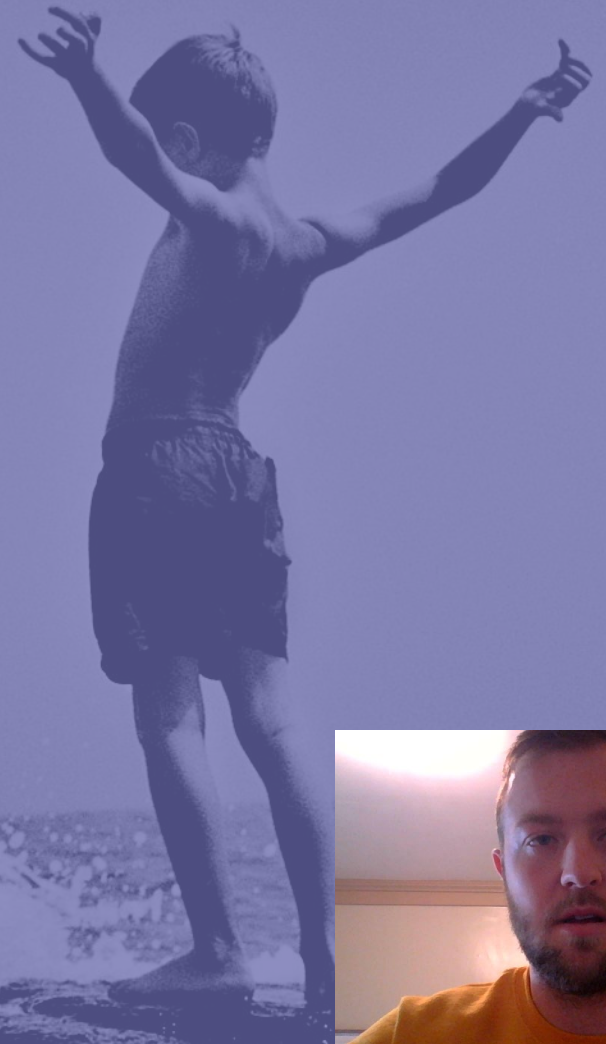
STUDY DESIGN

The study design that I chose was descriptive field design. I chose this because it will fit best with the style of study that this is. This study lets the researcher know what phenomena are happening without the researcher interfering with the results. (Sileyew, 2019)



BIBLICAL INTIGRATION

The integration of mindfulness in a person life that I personally do with prayer reminds me of the bible verse Jeremiah 29:11 says "For I know the plans I have for you. Declares the Lord. Plans to prosper you and not to harm you. Plans to give you hope and a future."



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NIV Bible

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