

### 5. Improves memory

Mindfulness is scientifically proven as beneficial for the memory. Let's start by looking at the most obvious reason why mindfulness improves memory. When you actively listen during lessons, pay better attention to the present, train your awareness to stay focused on the 'now', and other mindful practices, you take in better-structured information. It becomes easier to remember what your professor said in the last class because you were actively listening. Your study notes wouldn't seem like a stranger's scribble anymore because you mindfully penned down each word.

A recent study showed that people who mindfully pay attention to relevant information<sup>2</sup> (e.g. your professor teaching in class), retain new, related information better (e.g. a textbook chapter on the same topic). By simply listening or reading mindfully, you can improve your academic performance without adding more hours to your current study plan.

### 6. Helps students who struggle with perfectionism

Mindfulness and perfectionism cannot co-exist in the same moment of awareness. The practice of mindfulness means regarding everything around you, including yourself, without judgment. By practicing mindfulness, students who focus obsessively on perfect grades can come to see the benefits of taking risks and making mistakes. They may also effectively reduce the emotional pressure on themselves to be correct at all times. The learning process should be experienced and enjoyed, and more students can benefit from this realization.



## TESTIMONIALS



*"It made me feel calm and safe"*



*"After it I felt really warm and happy"*



*"I was able to concentrate better"*



*"I liked it, it took away my troubles"*