Mindfulness is the process when we are more focusing on and giving awareness to the present. In this mini experiment, I observed students in the shuttle to record the number of students who were being mindful.

There were three students in the shuttle when I took the data. (I know this is a small sample size, but there are usually only a few people when I take the shuttle.) One girl was playing with her phone, one girl was listening to music, and one boy was having a call.

In my opinion, I don’t think anyone of them was being mindful. Those two girls were looking at their phones, so of course they were not being mindful. For the boy, even though he was having a conversation with someone, he was not in the present. They were not having a real talking, so I don’t think he was in mindfulness. As a result, none of them is being mindfulness to the present.

For me, because it makes me feel dizzy if I looked the phone in the shuttle, I usually just think about the things I need to do when I am in the shuttle. After taking the mindfulness class, I think maybe it is a good time for me to enjoy the present and do some mindful meditation while taking the shuttle.