**Assignment: Write a 400-word reflection that explores how mindfulness relates to both your personal and academic life.**

Description

In today’s rapidly expanding global landscapes, deadlines, assignments, and examinations are what most people consider challenging to handle and can result in the feeling of fatigue, stress, overwhelm, anxiety among other emotions which all have a negative effect on their academic achievements. In contrast, mindfulness helps the individual achieve calmness, mental clarity, and inner peace which people should possess to perform in today’s high-paced environment. According to Gunes Sevinc, the study’s lead author and a postdoctoral research fellow at Massachusetts General Hospital (MGH): “Mindfulness training may enhance emotion regulation by altering the neurobiological responses associated with our ability to recall that a stimulus is no longer a threat, thereby promoting a more adaptive response to stress and anxiety”.

Swinburne University of Technology in Ho Chi Minh City started getting aware of skills of mindfulness and organized a Mindfulness Week with three sessions, which proved to be engaging and educative for students. The lecturer touched on several issues relating to mindfulness and science, benefits of mindfulness, as well as how to handle stress in a global village. An important takeaway from the sessions was the value of simple techniques, such as deep breathing, which can be practiced as one becomes tense.

Feelings

Engaging in exciting practices of mindfulness sessions and practices, I realize that cultivating a mindful mindset helps me excel in my studies and other life endeavors. Therefore, stress management allows me to achieve and integrate mindfulness into my day-to-day activities, where focus is increased, and goals are achieved. Above all, it is a game changer, particularly when faced with hurdles or the toughest of situations, where a deep breath is a calming factor within and gives clarity, making it possible to clear all obstacles.

As a student, I had to deal with numerous challenges that negatively impacted my studies. Getting a low mark on an important report made me extremely sad and disappointed. However, through self-reflection, I linked this occurrence with other academic obstacles and discovered behavior patterns in my case that may have been guilty of such unsatisfactory results. Undertaking this exercise gave me precious information about my learning habits and a more profound comprehension of the factors in my academic success.

Evaluation

Listening to a student's performance on the earlier lab task forced me to look back about awareness of assessment tasks and adaptability as the conduits to academic success. This circumstance put a seed in me of a wise thinker, whose ability of suppleness in thinking made me take a step back and search for different ways for my progression. By scrutinizing the areas, I felt good and weak about, I knew that my learning style and the success factors that I needed in the academic field were very clear. Furthermore, I understood the need to improve my personal time management and regular input from both instructors and peers. I have been practicing evaluation and have developed a mindset of growth whereby I now understand that setbacks serve as opportunities for growth and improvement. I am sure that with the knowledge that I acquire, I can perform better.

Analysis

After that, a deep breath helped me to calm down my mind as well as my emotions. Having identified internal and external factors, I started to work out the possible causes for the poor mark. Throughout reflection, I realized that I had insuffieciecy time management skills and procrastination in my daily life, and my procrastination led to the exam performance preparation and even the lecture. Besides, I acknowledged that I had not sufficiently sought feedback from my instructors or peers, thus limiting my concentration and understanding of the course material. As a result, I gained a better understanding of the importance of self-awareness, self-regulation, and resilience in achieving academic success. Finally, I not only enhanced my confidence and motivation but also better equipped to tackle future challenges.

Conclusion

In conclusion, my experience of receiving a poor grade on the final exam allows me to practice mindfulness in my academic performance. During the reflection, I learned valuable lessons, a deep understanding of myself, a greater enthusiasm for life, and improved self-esteem. Thus, I realize the importance of mindfulness and self-reflection in achieving my goals and overcoming challenges which cultivate a growth mindset, embracing new experiences, and developing the skills and resilience needed to succeed in an ever-changing world.

Action plan

I have designed an action plan to increase my performance that involves polishing time management skills and courting frequent feedback, all while being mindful. I'm planning to devote specific time each day to study and review the course material. Also, I will take advantage of the tutorial sessions and consult the teachers regularly to clear my points. Using the rules and meditation, I am strongly convinced I can change my results for the better. I shall always examine and alter my strategy to confirm that it works well.