

Mindful Learning Skills Training and its Effect on Improving Academic Diligence and Reducing Non-Functional Mind Wandering Among University Students

Abstract:

The current study aimed at exploring Mindful Learning Skills Training and its Effect on Improving Academic Diligence and Reducing Non-Functional Mind Wandering Among University Students. The participants of the pilot study consisted of (339) students, and the main study sample included (N=80) Student. They were divided into two groups, the experimental group (N=80) and the control one(N=80). The researcher prepared two scales Academic Diligence and Non-Functional Mind Wandering. The researcher also prepared a training program based on Mindful Learning Skills. The results indicated that there are statistically significant differences between means of scores of the experimental group and the control one in the post administration of both Academic Diligence and Non-Functional Mind Wandering. and their factors in favor of the experimental group. In addition, the results indicated that there are statistically significant differences between repeated measures (pre – post – follow up) in the administration of both of Academic Diligence and Non-Functional Mind Wandering in favor of the post and follow up tests.

Key Words: Mindful Learning Skills -Academic Diligence - Non-Functional Mind Wandering