

**TASN ATBS SCHOOL MENTAL HEALTH INITIATIVE**

WEBINAR STUDY QUESTION FORM

**Webinar Title:** Minding Your P’s and Q’s: Mindfulness in Education

**Presenter:** Kelly McCauley, LSCSW

**Webinar Date:** May 2, 2017, 45 minutes

**To earn a Certificate of Attendance complete and submit the Webinar Study Question Form to JENNIFER HOUSER (****jenh@tasnatbs.org** **).**

1. Name:

2. Email Address:

3. School District:

4. Role (Teacher, para, SLP, etc.):

**Study Questions:**

1. The goal of mindfulness is to achieve perfection in attuning to the here and now, moment by moment with a sense of curiosity and non-judgment

T or False?

1. Please circle all that apply, mindfulness has been shown to:
	1. improve student attendance
	2. lower need for exclusionary discipline such as suspensions or expulsions
	3. improve academic performance
	4. improve school climate by lowering feelings of hostility and increasing feelings of compassion.