Mindfulness & Online Graduate Students

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60% of graduate students report experiencing higher than average stress rates

20% of graduate students report that their stress impacts their academic performance

50% of the time students are engaging in an activity, their mind is wandering

(American College Health Association, 2017; Killingsworth & Gilbert, 2010)
Given these statistics, while students may be physically present in class or actively online, their minds may be ruminating on life's stressors.

Colleges and universities need to educate the whole student, including how to handle life’s stressors which can affect learning, academic performance, and retention.
Proposed Solution

Leadership, Professional Development, & Mindfulness
Open Access Online Course
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for my contact information and details of my proposed study