

<b>Student Success Week: Practicing Mindfulness and Relieving Stress</b>	
Research and Mindfulness Topic: <b>Using Brainstorming and Mind Mapping to Develop a Research Topic</b>	<b>Monday, November 8, 2021</b> <b>@ 11 a.m.</b> <b>@ 4 p.m.</b>
<b>Stress Relief Component:</b> MU PAWS visit w/ MU PAWS info.	<b>Drinko Library 138</b>
<p><b>Session Description:</b> In this session, we will use brainstorming and mind mapping to explore the variables and components of a potential research topic. We will then use the mind map to create quality research questions. We will end the session with a visit from MU Paws Therapy Dogs.</p>	
<p><b>Lesson Plan: (45-50 minutes)</b></p> <p><b>Tools:</b> Large whiteboard, Credo Reference Database, Laptop, optional Google Doc or Online mind mapping tool.</p> <p>(5 minutes): Introduction and Mindfulness Exercise</p> <ul style="list-style-type: none"> <li>• Introduction to mindfulness (definition) and how it pertains to research. <ul style="list-style-type: none"> <li>○ Mindfulness happens when we simply pay attention to our thoughts and feelings of the body and mind without judging them. There are many benefits of practicing such a simple state of mind, from increased focus to even alleviating feelings of anxiety and depression.</li> <li>○ Therefore, practicing mindfulness can actually help us by increasing performance and helping us to avoid burnout. <b>Mindfulness exercises are much like stretching before the gym – they play a pretty crucial role in preparing your mind for high-performance tasks.</b></li> </ul> </li> <li>• Mindfulness exercise: <b>Mindful Breathing</b> <ul style="list-style-type: none"> <li>○ Sit with your feet flat on the floor, spine straight. Rest your hands in your lap. Take a deep inhale. And now exhale. Keep breathing like this and</li> </ul> </li> </ul>	

noticing your breath. Let your eyelids grow heavy. If thoughts try to intrude, just let them come. Acknowledge them, but don't try to engage with them. Just let them pass. Let your hands fall in your lap. Unstick your tongue from the roof of your mouth and relax your jaw. Keep paying attention to your breath.

(5 minutes): Select a topic

- Demonstrate Credo Reference (show mind map).
- Local topic or universal topic that effects a lot of students.

(5 minutes): Select population

- As a class, brainstorm about the different populations that are affected by or area part of the larger topic.
- Show issue and populations as a mind map.
- Have each student choose a population to study further.

(10 minutes): Brainstorming

- Brainstorm ideas that are important to that population. (Have students use laptops).

(5 minutes): Extend Mind Map

- Have students share their ideas.
- Using these ideas, extend the mind map one level, and possibly connect first level concepts to each other where ideas overlap.

(10-15 minutes): Create Research Questions

- Create research questions by working back through the mind map bubbles.

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