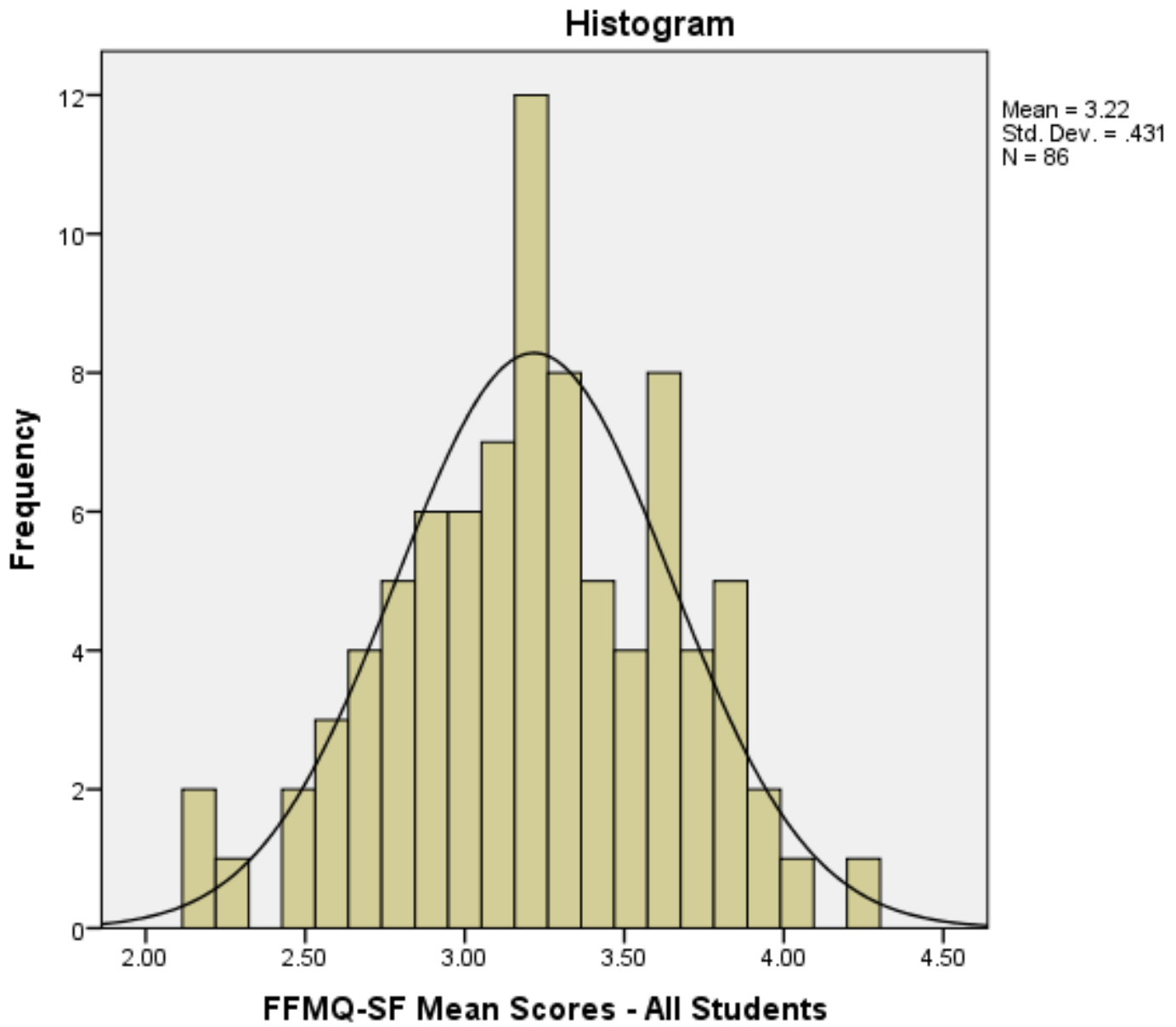
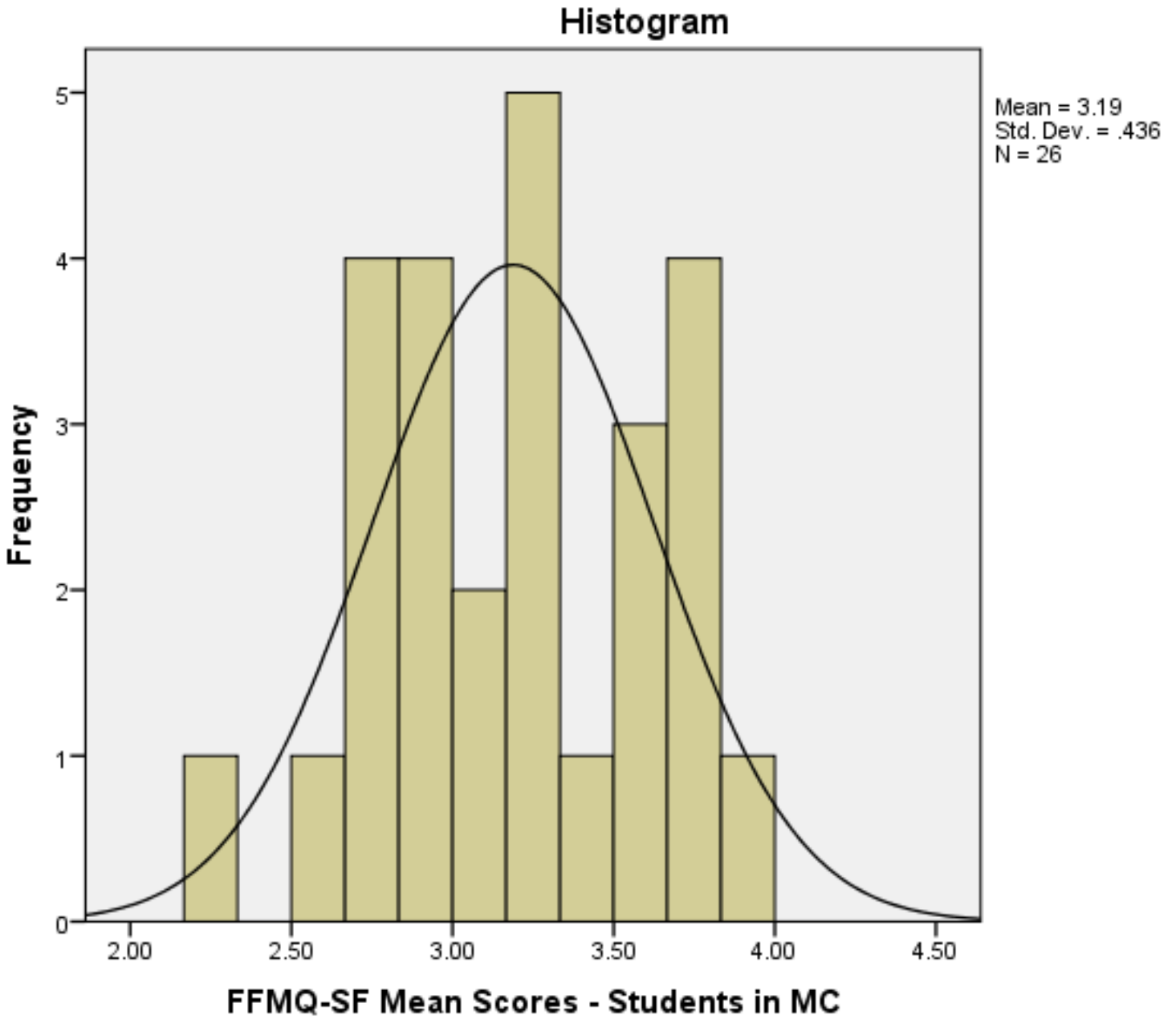


Five-Factor Mindfulness Questionnaire – Short Form (FFMQ-SF)

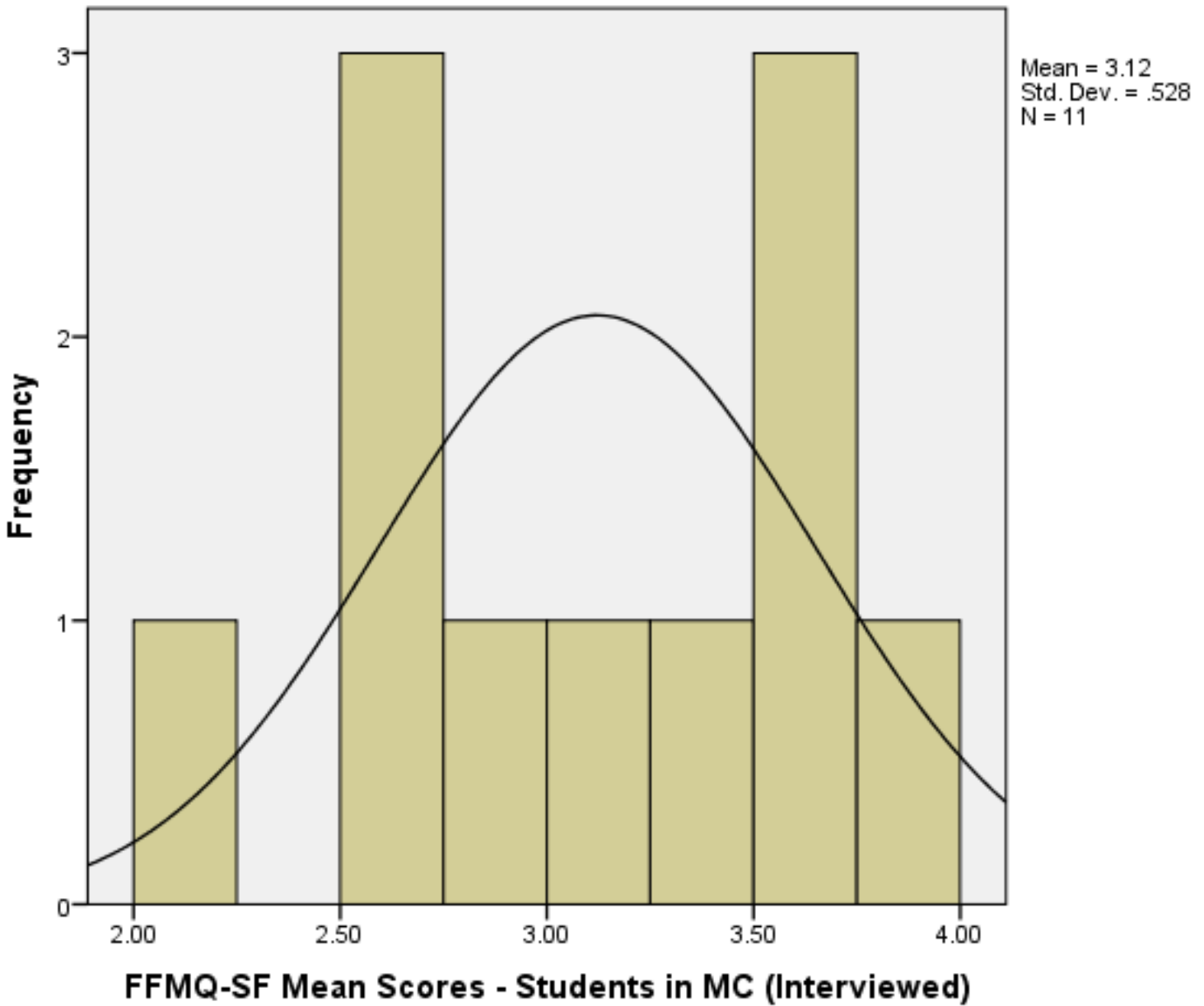


**Five-Factor Mindfulness Questionnaire – Short Form (FFMQ-SF)**  
MC = Mindfulness Class

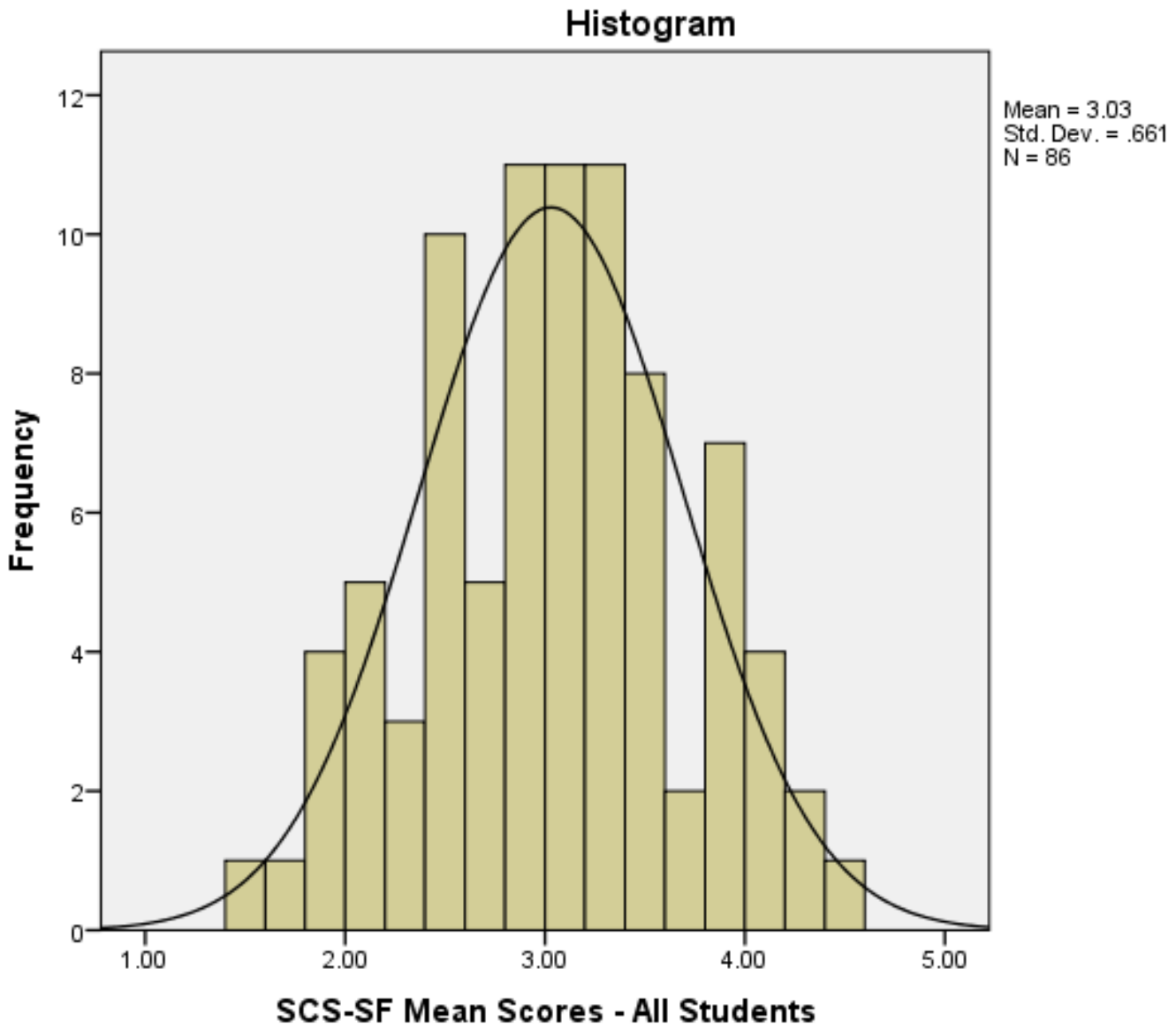


**Five-Factor Mindfulness Questionnaire – Short Form (FFMQ-SF)**  
MC = Mindfulness Class

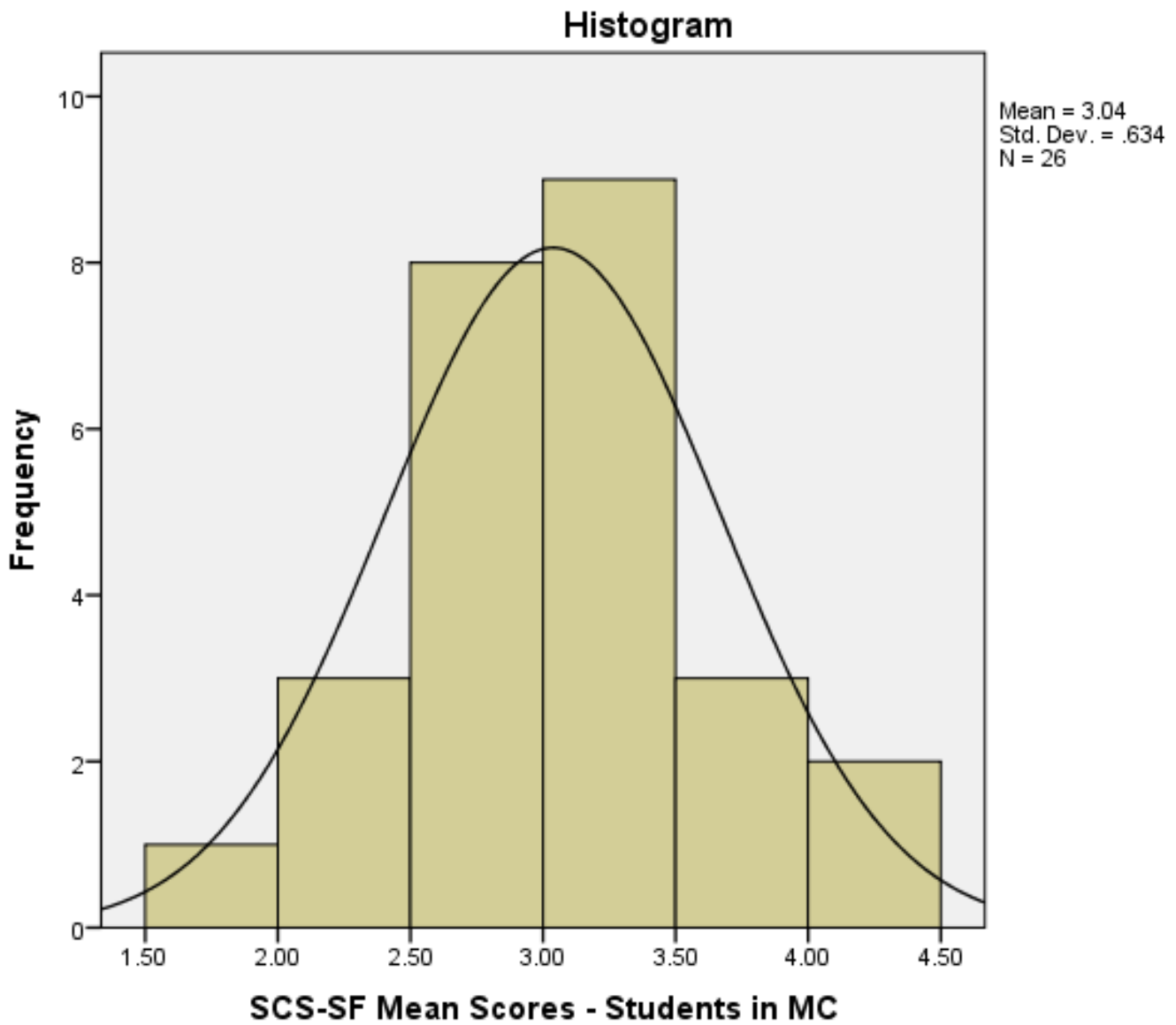
**Histogram**



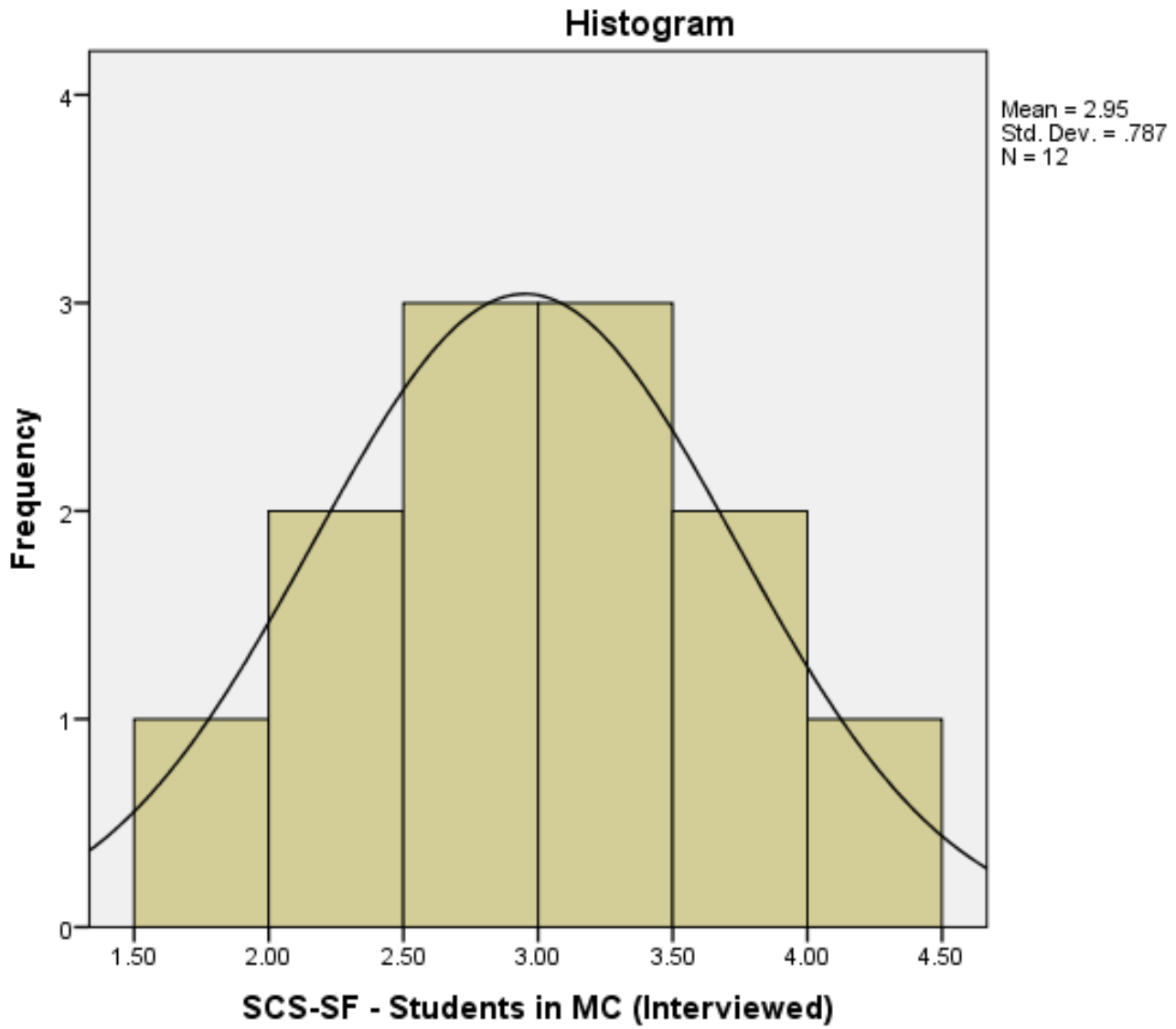
Self-Compassion Scale – Short Form(SCS-SF)



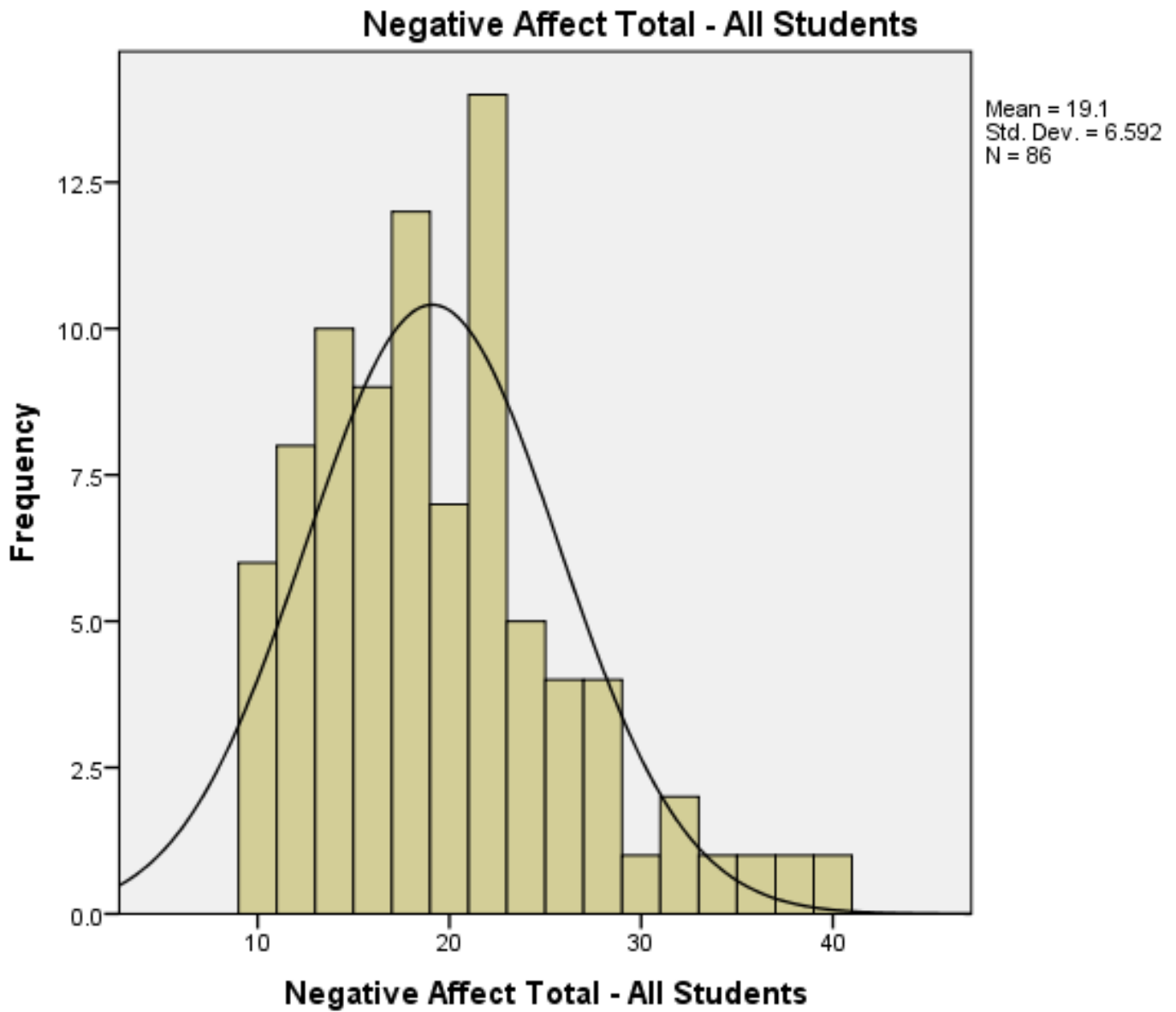
**Self-Compassion Scale – Short Form(SCS-SF)**  
MC = Mindfulness Class



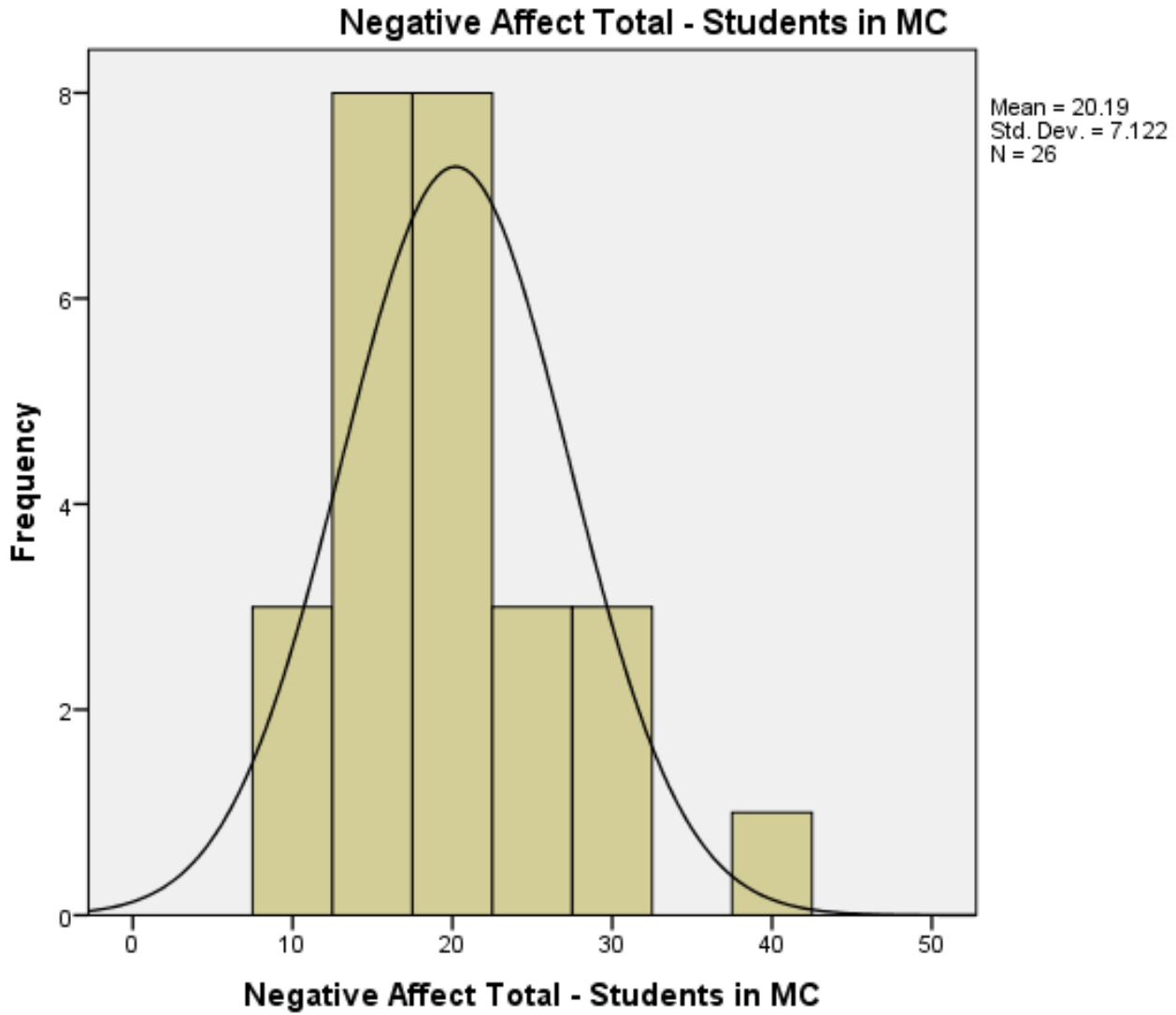
**Self-Compassion Scale – Short Form(SCS-SF)**  
MC = Mindfulness Class



Positive and Negative Affect Schedule (PANAS)



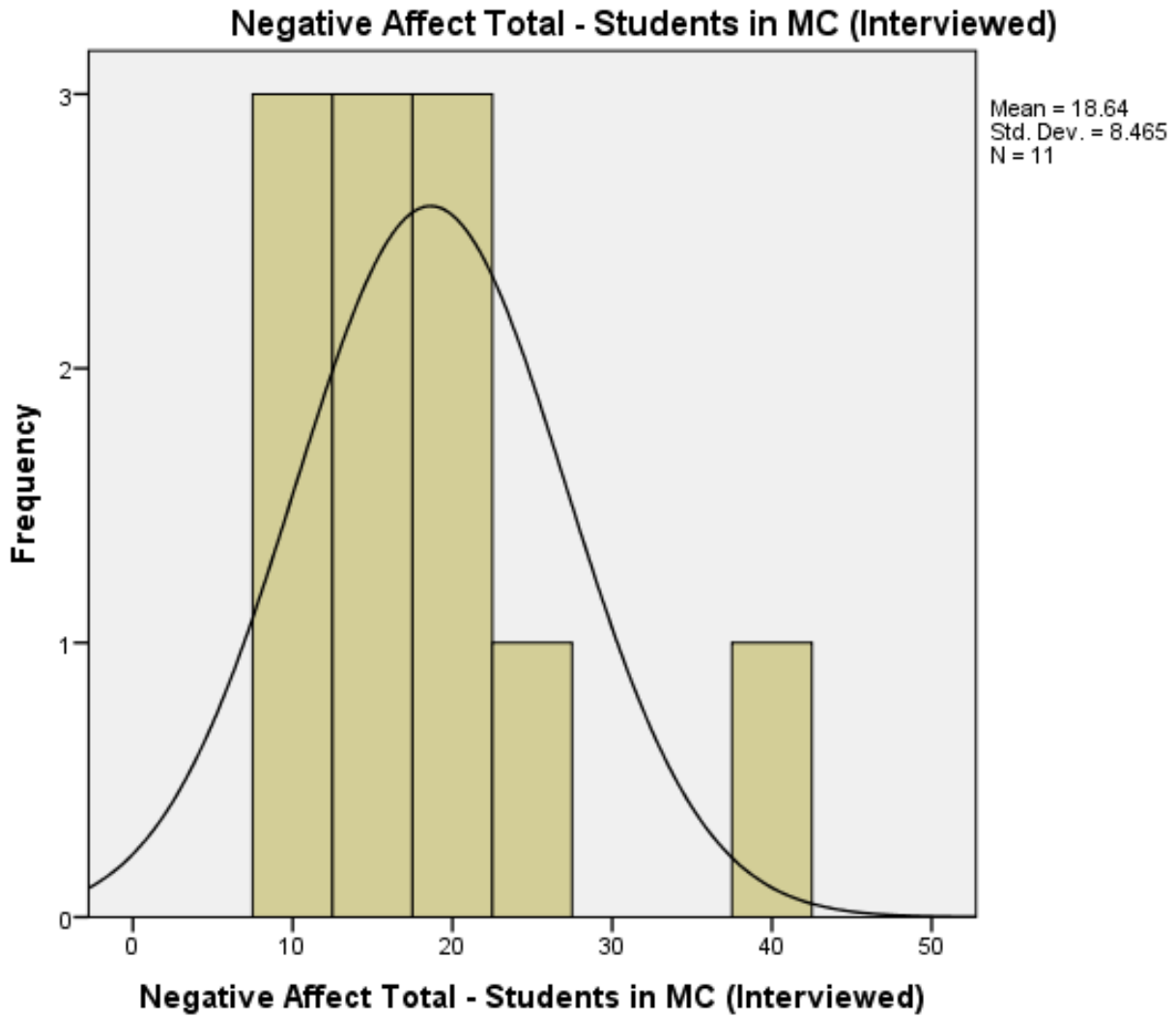
**Positive and Negative Affect Schedule (PANAS)**  
MC = Mindfulness Class



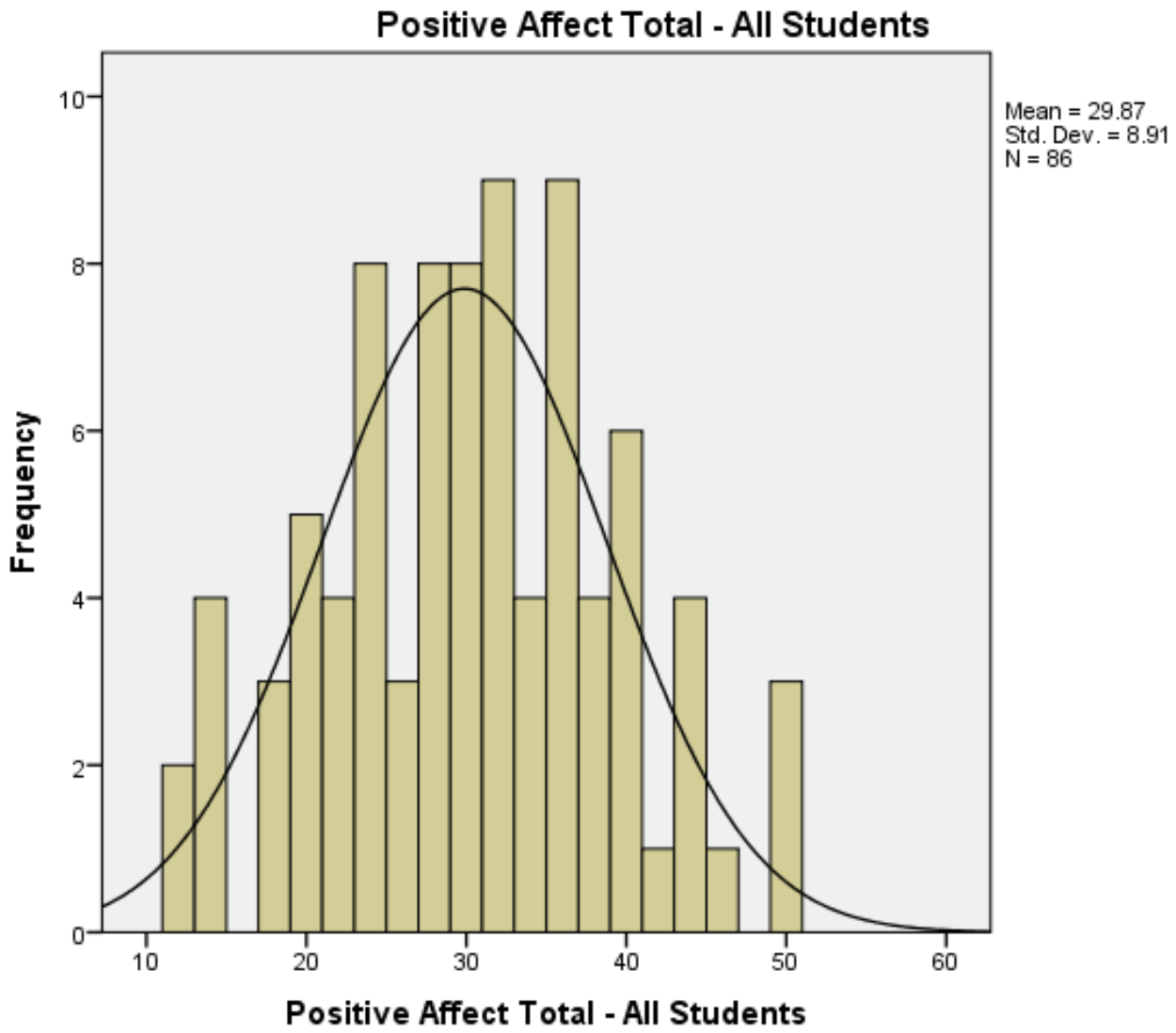


**Positive and Negative Affect Schedule (PANAS)**

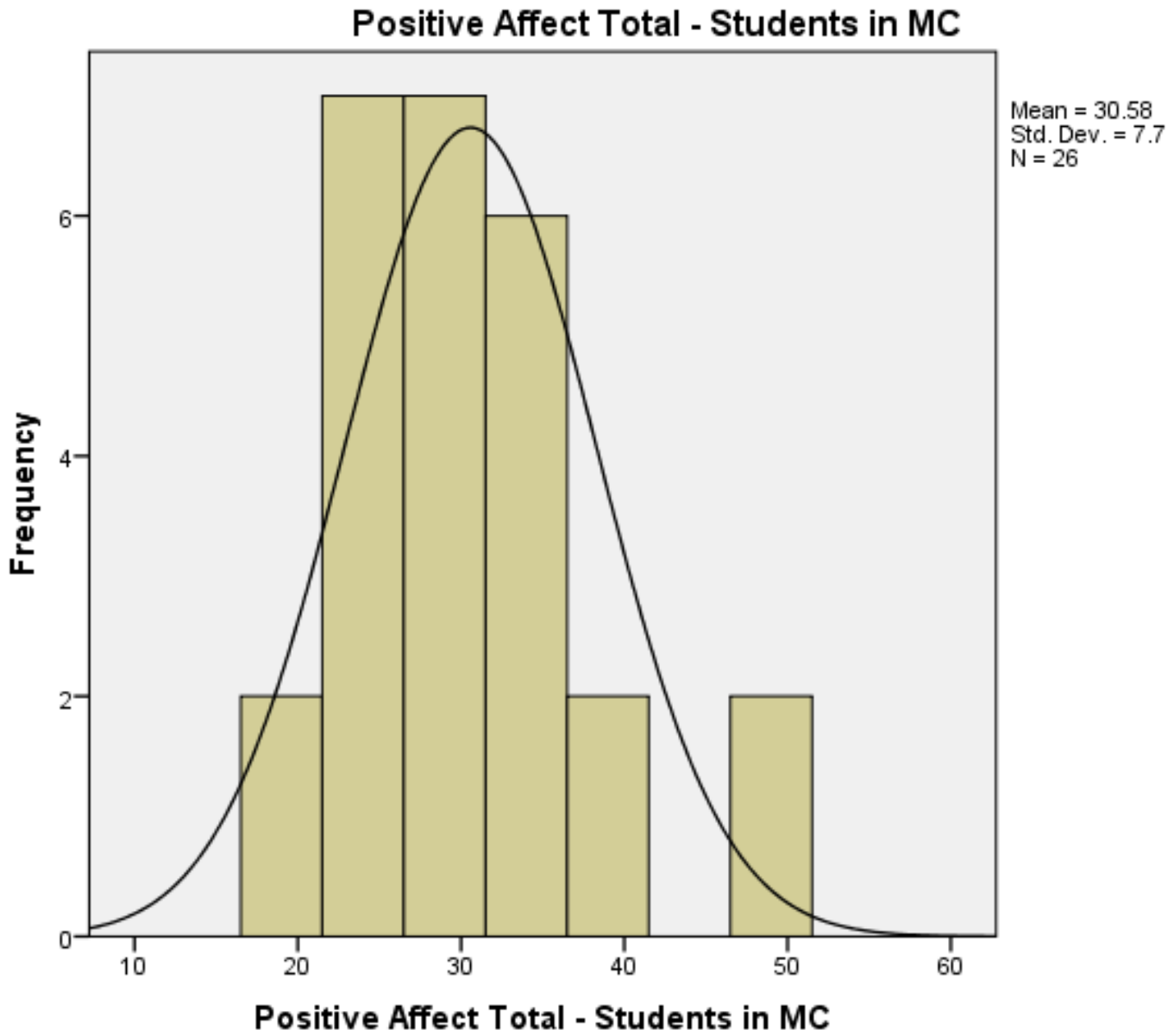
MC = Mindfulness Class



### Positive and Negative Affect Schedule (PANAS)

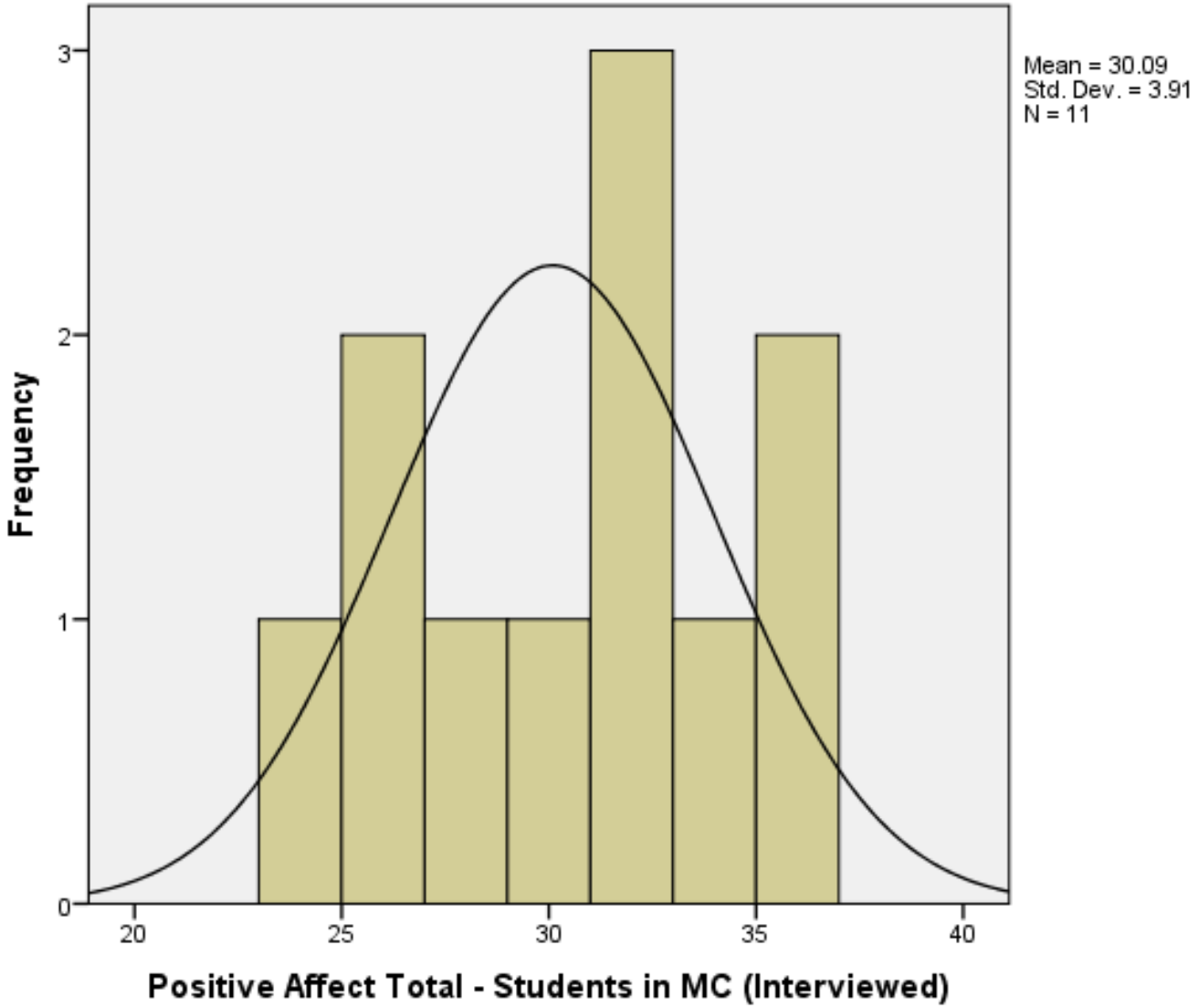


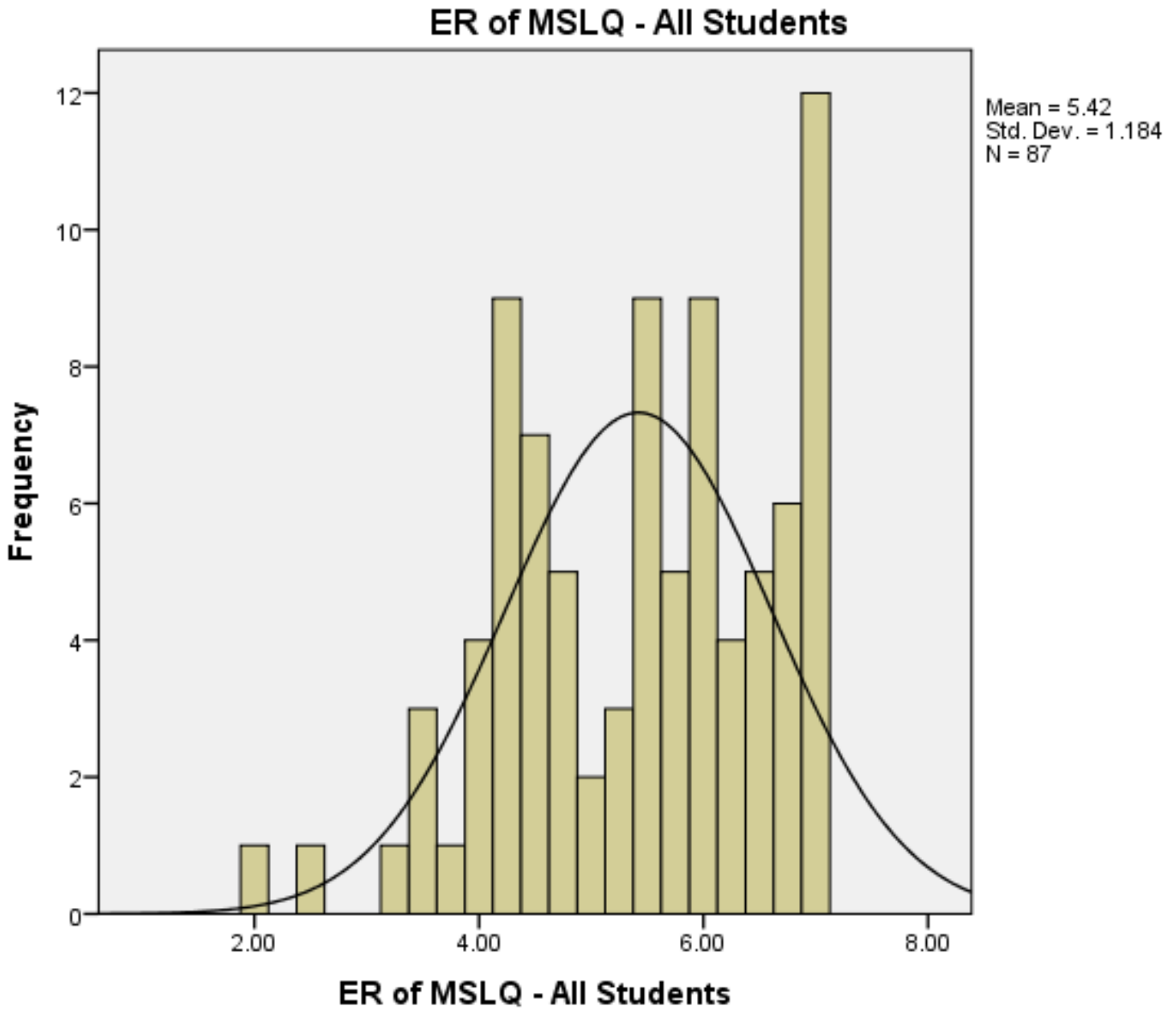
**Positive and Negative Affect Schedule (PANAS)**  
MC = Mindfulness Class



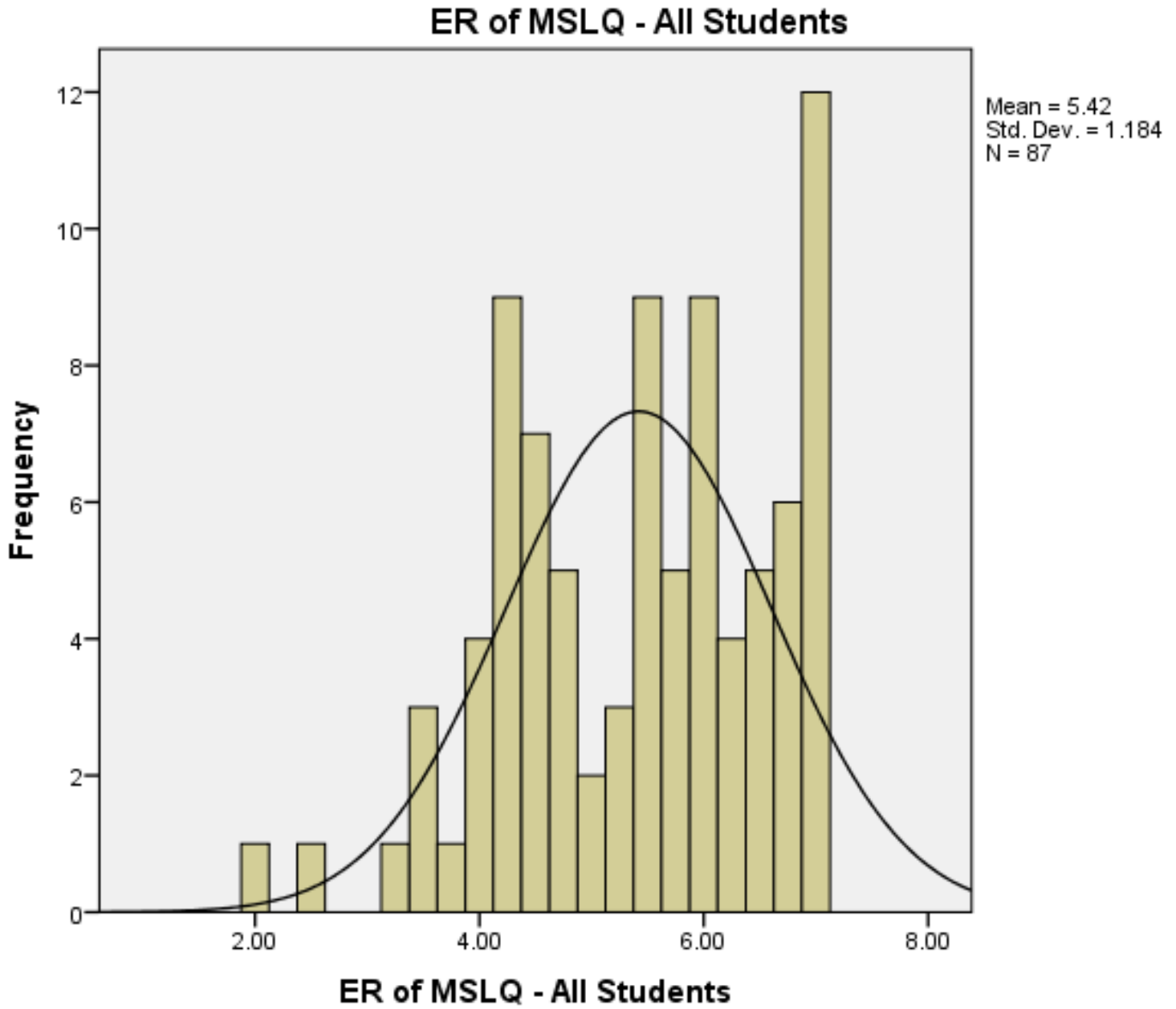
**Positive and Negative Affect Schedule (PANAS)**  
MC = Mindfulness Class

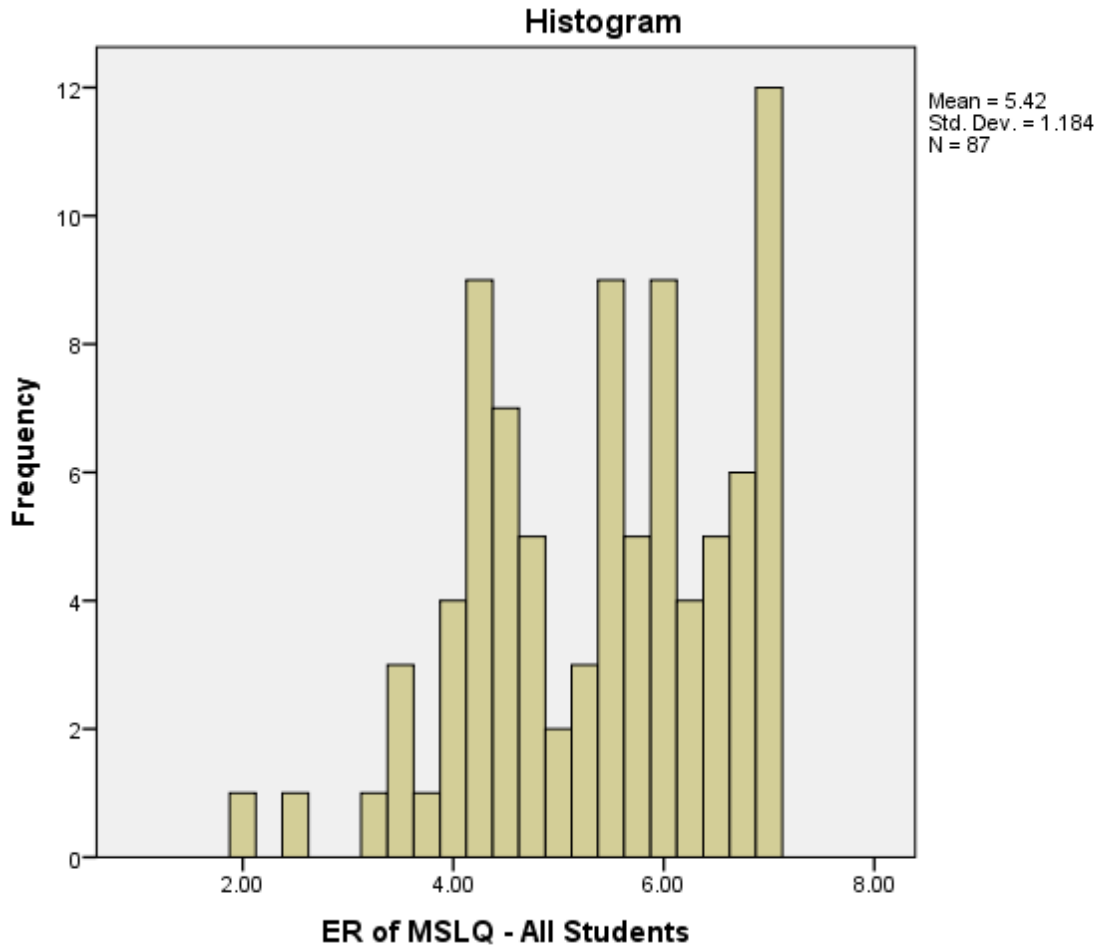
**Positive Affect Total - Students in MC (Interviewed)**





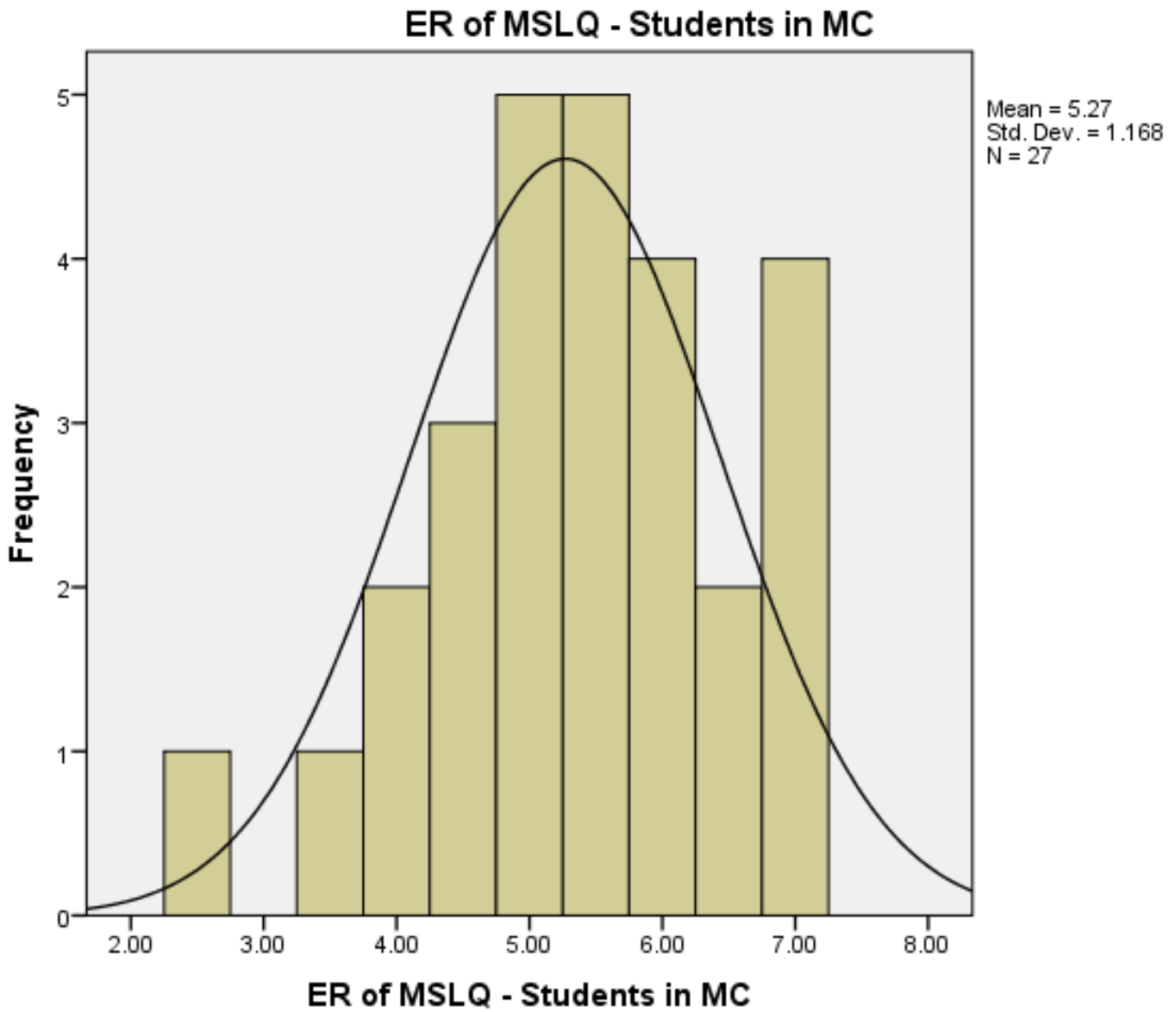
Effort Regulation of Motivated Strategies of Learning Questionnaire (ER of MSLQ)





**Effort Regulation of Motivated Strategies of Learning Questionnaire (ER of MSLQ)**

MC = Mindfulness Class





**Effort Regulation of Motivated Strategies of Learning Questionnaire (ER of MSLQ)**

MC = Mindfulness Class

**ER of MSLQ - Students in MC (Interviewed)**

