

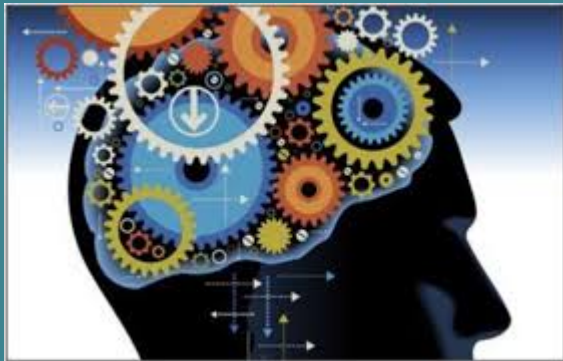
# Impact of Meditation Practice on Critical Thinking: A Comparative Descriptive Analysis

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# The Problem



51%  
36%



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# Solutions?



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**CT = Metacognition**

**Meditation = Inward focus on thoughts**

# Types of meditation



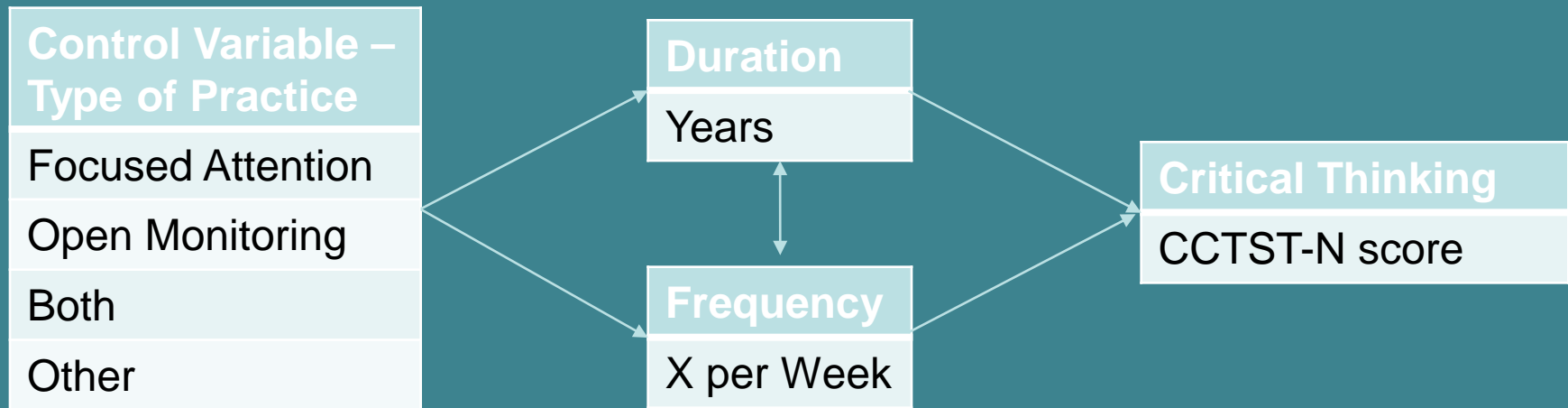
*conflict monitoring,  
selective attention, and  
sustaining attention*



*“monitoring, vigilance,  
and disengaging  
attention from stimuli”  
(Lutz et al., 2008, p. 3).*



# Variables



# Sample



School for Healing Arts  
Southwest



Yoga Classes  
Major Research Institution  
Southeast



Online  
Institution

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# Descriptive Stats



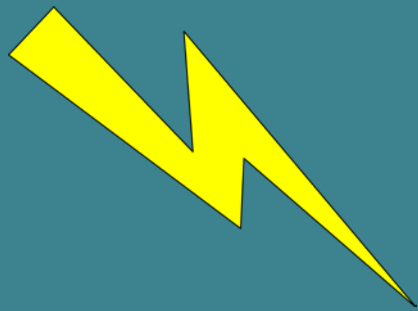
Type	Frequency	N
None		8
Focused Attention	3X Week or less	5
	4X Week or more	3
Open Monitoring	3X Week or less	1
	4X Week or more	0
Both FA and OM	3X Week or less	14
	4X Week or more	13
Other	3X Week or less	3
	4X Week or more	2
<b>Total Practice</b>	3X Week or less	23
	4X Week or more	18

# Did you guess right?



One type of meditation – *focused attention* -  
when practiced **four or more times each week**,  
regardless of duration of practice,  
corresponded with  
**significantly higher global critical thinking scores.**





***It's a First!***



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# Limitations/Recommendations



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