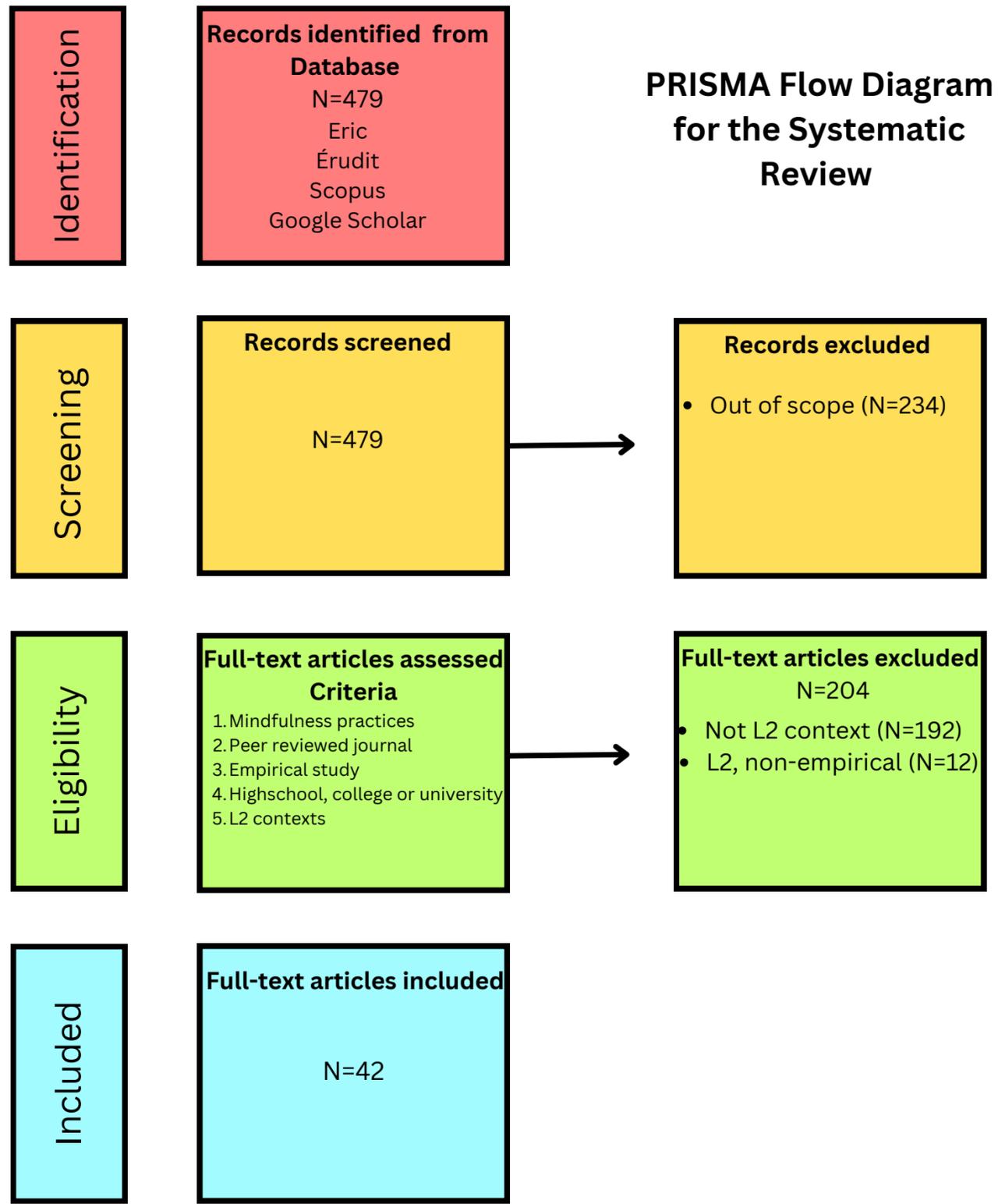
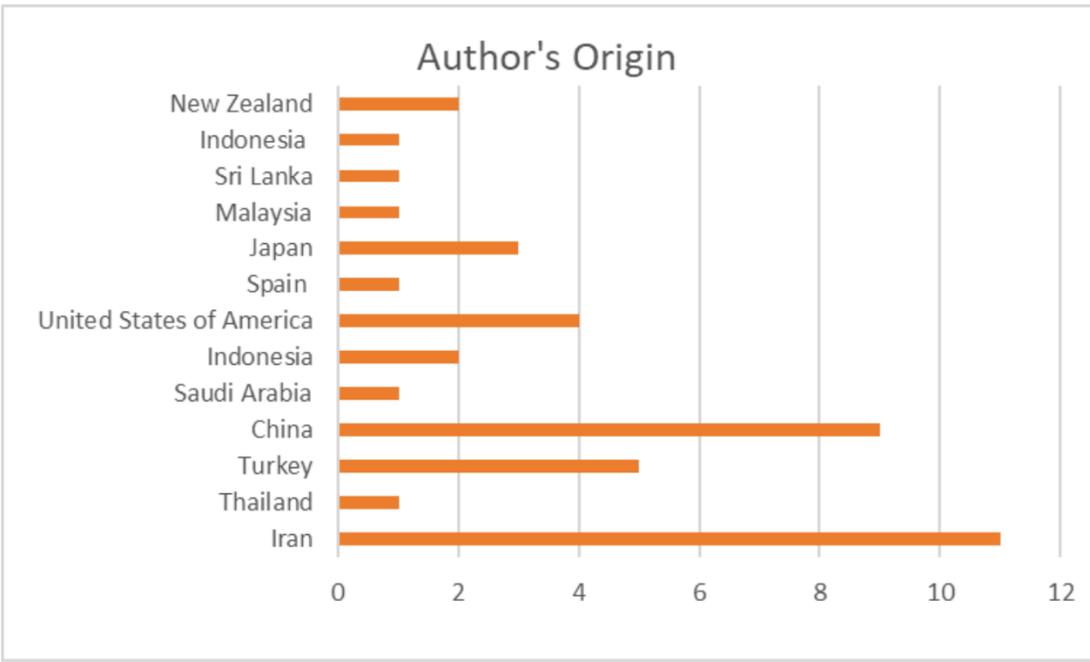


Mindfulness Meditation (MM) for Second/ Foreign Language Learning: A Systematic Review



Research Design:

- a. Research contexts
Highschool (N=4) University (N=38)
- b. Number of participants
1 to 100 (N=16) 101 to 200 (N=6)
201 to 300 (N=8) 301 and more (N=12)
- c. Duration of MM practice
8 weeks (N=6) 9 to 13 weeks (N= 3)
15 weeks (N=2)
- d. Research instruments
Foreign language classroom anxiety scale (FLCAZ) (N=6)
Mindfulness attention awareness scale (MAAS) (N=10)
Five facets mindfulness questionnaire (FFMQ) (N=7)



Approaches Towards MM in Second Language (L2) Classes:

- a. The effects of MM practice on anxiety in L2 classrooms settings (N=14)
- b. The effects of MM practice on L2 learners' awareness (N=8)
- c. The effects of MM practice on L2 teachers' well being, language teaching enjoyment, and burnout (N=7).
- d. The effects of MM practice on work engagement, autonomy, and motivation (N=6)
- e. The effects of MM practice on students' performance (N=5)

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