

BRIGHAM YOUNG UNIVERSITY

DR. JARED WARREN IS LOOKING FOR HIGH SCHOOL
STUDENTS TO BE RESEARCH STUDY PARTICIPANTS IN
AN ONLINE

MINDFULNESS COURSE

You will receive a \$30 Amazon gift card if you complete the entire study. If you are interested, please email us at byumindfulness@gmail.com

The purpose of this study is to determine the effects of an online mindfulness course on student well-being. To qualify for participation students must be between ages 14-18 years old, fluent in English, and have consistent internet access.