

## Qualitative Approaches to Mindfulness Meditation Practices in Higher Education

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**Abstract :** Mindfulness meditation practices in the context of higher education are becoming more and more common. Some of the reported benefits of mediation interventions and workshops include: improved focus, general well-being, diminished stress, and even increased resilience and grit. A series of workshops free to students, faculty, and staff was offered twice a week over two semesters at Hudson County Community College, New Jersey. The results of an exploratory study based on participants' subjective reactions to these workshops will be presented. A qualitative approach was used to collect and analyze the data and a hermeneutic phenomenological perspective served as a framework for the research design and data collection and analysis. The data collected includes three recorded videos of semi-structured interviews and several written surveys submitted by volunteer participants.

**Keywords :** mindfulness meditation practices, stress reduction, resilience, grit, higher education success, qualitative research

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