

## **Mindfulness among Educators in General and Special Education at Independent Schools in Qatar and Its Effects on Their Academic Performance and Self-Efficacy**

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**Abstract :** The study aims to determine the effects of mindfulness on self-efficacy and professional success among educators of general and special education at Qatar Independent. The study sample will consist of 100 educators from the males and females divided to (50) educators of general education and (50) educators of Special Education in primary, and high schools. They will response to mindfulness scale and the scale of self-efficacy. In addition, use reports of the assessment by the Department of Education for their performance and assessments of their supervisors. The study will examine the effect of some variables such as differences between educators from general and special education, as well as the differences between males and females and years of experience. The study will use a statistic descriptive approach and Correlative analysis such as; means and the Pearson correlation coefficient. The study may predicts differences between educators in all variables study.

**Keywords :** mindfulness, educators, general education, special education, academic performance, self-efficacy

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