

Shauna Shapiro, PHD.
best selling author, professor, and clinical psychologist

1. What motivated Dr. Shauna Shapiro to pursue mindfulness and psychology?

- A. She was inspired by her family.
- B. She experienced a sports injury.
- C. She had a lifelong interest in meditation.
- D. She was inspired by a book she read.

Answer: _____

2. At what age did Dr. Shapiro start writing?

- A. As a teenager.
- B. During her PhD studies.
- C. At 29 years old.
- D. After completing her education.

Answer: _____

3. What does Dr. Shapiro say is key to academic performance in relation to mindfulness?

- A. Competing with peers.
- B. Self-compassion.
- C. Studying for longer hours.
- D. Avoiding breaks.

Answer: _____

4. Which of the following is NOT one of the three tips Dr. Shapiro gave for finding peace and mindfulness?

- A. Taking a deeper breath.
- B. Exercising rigorously.
- C. Putting your hand on your heart.
- D. Thinking of someone you're grateful for.

Answer: _____

5. Where did Dr. Shapiro share her research that she found particularly inspiring?

- A) The United States Congress.
- B) A local community center.
- C) The royal family in Bhutan.
- D) A high school classroom.

Answer: _____

6. What unique advice does Dr. Shapiro offer for memorizing scripts or texts?

- A. Focus on the adjectives first.
- B. Memorize the script backwards.
- C. Start with memorizing the verbs.
- D. Rewrite the text in your own words.

Answer: _____

7. According to Dr. Shapiro, what shuts down the learning centers of the brain?

- A. Curiosity
- B. Shame and judgment
- C. Creativity
- D. Mindfulness

Answer: _____

****Written Response Questions****

8. Reflect on Dr. Shapiro's journey to mindfulness following her sports injury. How does her personal story demonstrate the potential of mindfulness to transform adversity into an opportunity for growth?

9. Discuss the significance of self-compassion in education, as mentioned by Dr. Shapiro. How can practicing self-compassion impact a student's academic and personal development?

10. Dr. Shapiro highlights the importance of being open to trying different things and not needing to have everything figured out perfectly. Reflect on how this mindset could be beneficial in your current or future educational and career decisions.
