**Mindful Attention Awareness Scale and Reflection Questions**

(developed by Kirk Warren Brown, Ph.D. & Richard M. Ryan, Ph.D.)

Use [this scale](http://www.ppc.sas.upenn.edu/mindfulnessscale.pdf) to answer questions about your day-to-day experiences. To score the scale, add up the numbers selected for each statement and divide by 15 to get an average. Higher scores reflect higher levels of daily mindfulness.

Once you’ve completed the scale and calculated your results, consider the questions below. We recommend that you discuss the following in conversation with your mentor or mentee.

* Do you often find yourself running on “automatic pilot” throughout the day/week? If so, what might you do to be more intentional and aware of what you’re experiencing?
* Why are you involved in your extracurricular activities? What are you hoping to gain and learn?
* How are you allocating your time between academics, on- and off-campus involvement, friendships, work, etc.?
* What is your biggest “a-ha moment” or lesson that you’ve learned about yourself this past semester?
* How do you want to be different during this upcoming semester?
* One year from now, I want to look back on my Wake Forest college experience and say “I’m glad I did…” and/or “I learned…about myself.”
* From the start of my first year at Wake Forest until now, I have changed in the following ways…

This is by no means an exhaustive list of questions to consider! Using the statements on the inventory, identify other areas or aspects of life where you may need to be more reflective, intentional, and mindful on a daily basis.