

# Mindful of Judgments

How We Help Our Students Adjust



**STOP.  
BREATHE.  
ASK YOURSELF WHAT YOU ARE FEELING.**



# How Do Students with Anxiety Communicate?

- 
- ❖ Impatient
  - ❖ Judgmental
  - ❖ Tearful
  - ❖ Rigid
  - ❖ Over-zealous approval seeking
  - ❖ Demands for attention which alienate others
  - ❖ Difficulty taking criticism
  - ❖ Inflexible
  - ❖ Irritable
  - ❖ Angry
  - ❖ Edgy
  - ❖ Catastrophic thinking

# How Do Students with Depression Communicate?



## ACTING OUT

- Easily Frustrated
  - Irritable
  - Rigid
- Extremely sensitive
- Assume you are at fault
  - Flat Affect

## ACTING IN

- Overly Passive
- Unable to focus
- Forgetful
- Assume they are at fault
- Excessively worried
- Flat Affect

# Sarcasm + Entitled = Low Self Esteem?



“This student has been speaking and acting disrespectfully, to both students and onsite staff. She also has a strong attitude of entitlement, and was rude about aspects of her program.”

❖ *Sometimes the entitled and judgmental student is the most frightened and insecure.*



# What Are Judgments?



Being judgmental can be defined as:

- Assigning value **good** or **bad** to a person, object or situation.
- Unconscious statement of preference:
  - This living room is ugly
- Comparing self/others to a “standard “
  - A canned tomato is not as good as a fresh tomato

# Judgments in PARIS



## The French are:

- Creepy
- Smelly
- Hairy
- Rude
- Metro-sexual
- Sexually liberal

## Americans are:

- Friendly
- Loud
- Fat
- Stupid
- Ambitious
- Rich

# Catastrophe Around Every Corner.....



“Locals should adapt to *my* American way of being”

“My housing sucks!”

“ I don’t feel safe.”



“I have not seen a *normal* size truck”



Notice Your:

- **THOUGHTS**
- **FEELINGS**
- **PHYSICAL  
SENSATIONS**
- **IMPULSES**



# How Can We Help?

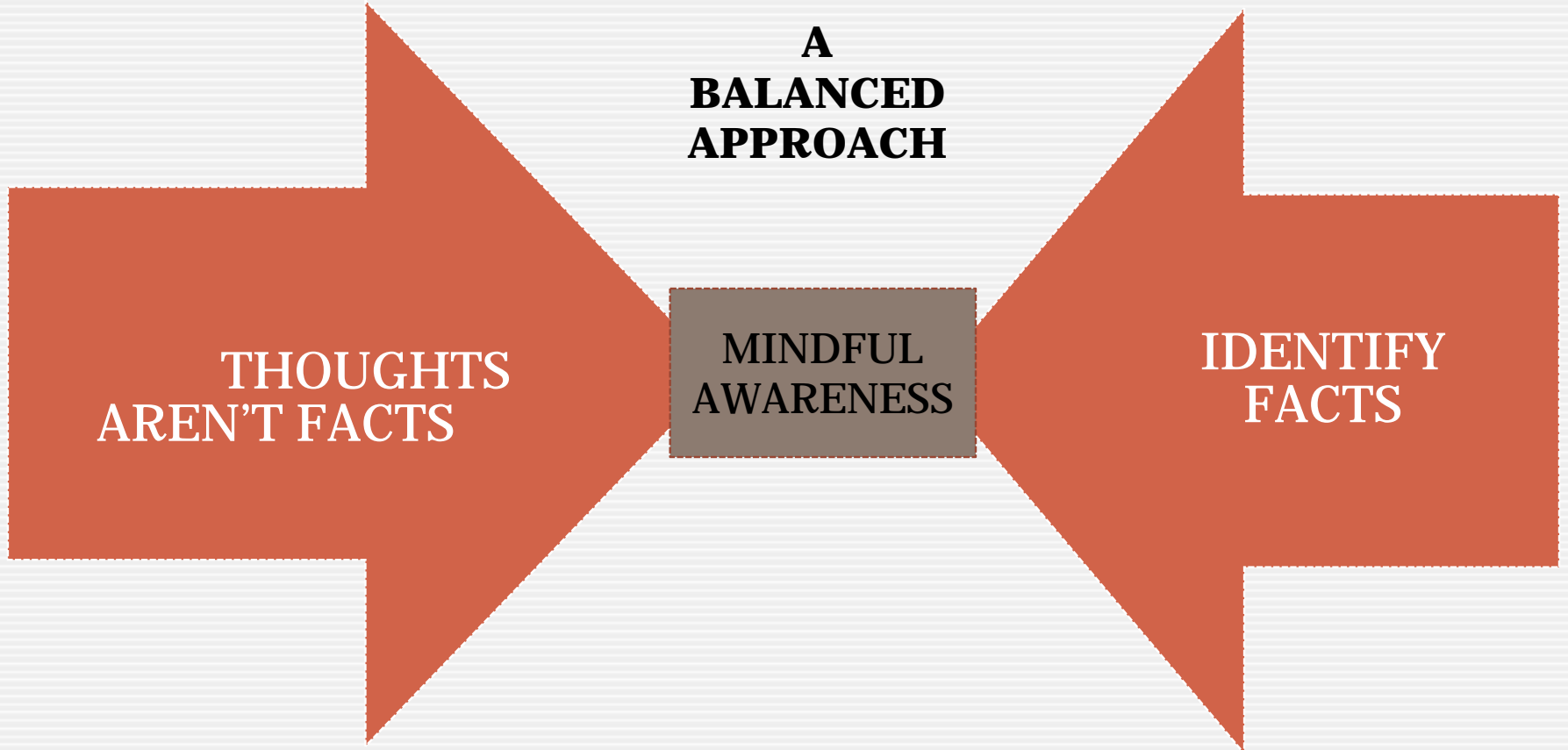


**A  
BALANCED  
APPROACH**

**THOUGHTS  
AREN'T FACTS**

**MINDFUL  
AWARENESS**

**IDENTIFY  
FACTS**



# TURN JUDGMENTS INTO FACTS



## **Judgment:**

“This meat is bad.”

## **Statement of Fact:**

“This meat is rotten.”

“This meat is over-cooked.”

## **Judgment:**

“You are careless with your studies.”

## **Fact:**

“You have been absent from class three times this week.”

# **Mindfulness of Judgment...**



***Supports Adjustment!***