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?

<table>
<thead>
<tr>
<th>ACTING OUT</th>
<th>ACTING IN</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Easily Frustrated</td>
<td>• Overly Passive</td>
</tr>
<tr>
<td>• Irritable</td>
<td>• Unable to focus</td>
</tr>
<tr>
<td>• Rigid</td>
<td>• Forgetful</td>
</tr>
<tr>
<td>• Extremely sensitive</td>
<td>• Assume they are at fault</td>
</tr>
<tr>
<td>• Assume you are at fault</td>
<td>• Excessively worried</td>
</tr>
<tr>
<td>• Flat Affect</td>
<td>• Flat Affect</td>
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</tbody>
</table>
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
<table>
<thead>
<tr>
<th>The French are:</th>
<th>Americans are:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creepy</td>
<td>Friendly</td>
</tr>
<tr>
<td>Smelly</td>
<td>Loud</td>
</tr>
<tr>
<td>Hairy</td>
<td>Fat</td>
</tr>
<tr>
<td>Rude</td>
<td>Stupid</td>
</tr>
<tr>
<td>Metro-sexual</td>
<td>Ambitious</td>
</tr>
<tr>
<td>Sexually liberal</td>
<td>Rich</td>
</tr>
</tbody>
</table>
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!