

Cognitive Benefits of Mindfulness: Improving Memory and Attention in Adolescent Learners

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Abstract: *Mindfulness practices have gained significant attention for their cognitive benefits, particularly in enhancing memory and attention among adolescent learners. This paper explores the role of mindfulness in improving cognitive functions such as working memory, sustained attention, and executive functioning in adolescents. Through a review of relevant literature and empirical studies, the research highlights how mindfulness interventions contribute to academic success by fostering self-regulation, reducing stress, and enhancing focus. Findings suggest that regular mindfulness training can lead to measurable improvements in students' cognitive performance, thereby supporting their overall learning experience.*

Keywords: Mindfulness, Memory, Attention, Adolescent Learners, Cognitive Benefits, Executive Functioning, Academic Performance