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EDEC 262 (002)

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16 March 2019

### Digital Media Project - Abstract

1. Title: "Mindful About Mindfulness"
2. Goal and Objective: We will discuss the importance of mindfulness and stress management through a podcast format. Our goal is to reuse the audio recording in our future career with students and staff members.
3. Target Audience: High school staff and students
4. Format/Tool for DMP: Audacity (audio recording), Canva (visual aid), YouTube (in order to combine visual aids from Canva with audio from Audacity)
5. Brief description: Students in high school are often faced with stress and anxiety from upcoming tests and projects, personal issues, and social troubles. We aim to view this stress from the student perspective and provide advice for how to reduce it through mindfulness. Since this is a recurring problem that is rarely touched upon, this project will feature a dialogue between a stressed and anxious student, a teacher who is trying to help, and a narrator to provide insight about the thoughts of both the student and the teacher. Additionally, it will include visual aids to help the listener follow along with the help being given. Through an audio recording with techniques and advice to reduce the stress and anxiety, one will learn about different mindfulness techniques for teachers, students, peers, and all other listeners.