

Implementing Mindful Learning Intervention to Enhance Creativity

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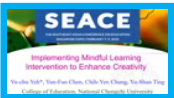
This study aimed at employing technology-based interventions in daily life to investigate the relationship between mindful learning and creativity. One hundred and forty-nine college students participated in the experimental instruction and they were randomly assigned to a control group or the experimental groups. All participate took the pretest and the posttest within a week. The control group (G1) did not receive any intervention during the experimental period, whereas the experimental groups were requested to use their smart phones to take 2 photos each day (with 4 days in total) and upload them to a designated website.

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