

Mindfulness Meditation Research  
Further Direction  
Draft 03

The whole thesis is about exploring the historical development the mindfulness meditation, studying the effectiveness of the mindfulness meditation methodology, and combining the design experience theory in order to improve the mental and physical health among college students. After this thesis has been accomplished, I will continue my research in mindful meditation and app development in the future with the following ways:

1. Inform my future teaching on the academic research of UX and Service design, and the development of health management system.
2. I will applying the mindfulness meditation methodology to help guiding the inspiration of students on design process and idea generation.
3. I will producing a white paper that including the principles of mindfulness meditation methodology specification, and establish an evaluation system for defining the mental and physical health problems.
4. For the white paper generation, it will be designed to complement design issues of the health management app development, and address the details of the standard practical application of mindfulness meditation according to the data, fact, and test result that have been proved throughout the entire thesis.
5. I will publishing an academic article which in order to raise up attention from college students to participate in the research of the mental and physical health problems, and establishing the App community which perform the methodology of the mindfulness meditation.