Review of: "Student's Well-being and Academic Performance"

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The paper aims to explore the potential benefits of mindfulness-based stress reduction (MBSR) programs in improving the psychological well-being and academic performance of undergraduate students.

The paper requires major revisions:

- Strengthening introduction: The introduction should provide a clear background and context for the research question, explain the motivation and significance of the study, and state the main objectives and hypotheses.

  - A good introduction should also include a brief overview of the methods and the expected results.

  - The introduction should be concise and engaging, and avoid unnecessary details or jargon.

- Expanding literature review: The literature review should present a comprehensive and critical analysis of the relevant and up-to-date literature on the topic, and identify the gaps or controversies that the study aims to address.

  - A good literature review should also demonstrate the author's familiarity and understanding of the key concepts and theories, and show how the study contributes to the existing knowledge.

  - The literature review should be organized into themes or categories, and use subheadings to guide the reader.

- Results presentation: The result presentation should report the main findings of the data analysis, and support them with appropriate tables, figures, and statistics.

  - A good result presentation should also highlight the most important and relevant results, and avoid repeating the same information in different formats.

  - The result presentation should be clear and concise, and use descriptive and inferential statistics appropriately.

- Enhancing discussion: The discussion should interpret and explain the results in relation to the research question, the literature review, and the theoretical framework, and discuss the implications and limitations of the study.

  - A good discussion should also compare and contrast the results with those of other studies, and suggest possible explanations for any discrepancies or unexpected findings.

  - The discussion should be coherent and logical, and avoid introducing new information or claims that are not

supported by the results.

- **Refining conclusion:** The conclusion should summarize the main points and findings of the study, and restate the main contributions and implications of the research.

  - A good conclusion should also provide recommendations for future research or practice, and address the limitations and challenges of the study.

  - The conclusion should be brief and concise, and avoid repeating the information from the introduction or the discussion.

Additionally:

- The paper does not specify the criteria for inclusion and exclusion of participants, such as age range, academic major, or previous exposure to mindfulness practices. These factors may influence the outcomes of the study and should be clearly defined and controlled for.

- The paper does not address the potential ethical issues or challenges that may arise in conducting the study, such as obtaining informed consent, ensuring confidentiality and anonymity, and dealing with attrition or dropout. A detailed ethical protocol should be developed and followed to ensure the protection of the participants' rights and welfare.