

UNIVERSITY OF SOUTH FLORIDA
OFFICE of GRADUATE STUDIES

Defense of a Doctoral Dissertation

**Mindfulness in Action: A Critical Reflective Self-Study Exploring
Mindfulness, Goal Attainment, and the Adult Learning and Development
Experience**

By

Michelle Yvette Catlin

**For the Ph.D. in Curriculum and Instruction with a concentration
in Educational Psychology**

Monday, March 10, 2025

4:00 p.m. – To be Held via Microsoft Teams

[Join Microsoft Teams Meeting](#)

THE PUBLIC IS INVITED

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