

### Applied Mindfulness Exercise for Writing Tutors

- A. *You have just sat down with a writer at the University Writing Center. After some preliminary questions about the assignment (which hasn't yielded a lot of information), the writer has asked that you read the paper silently because he does not want it read aloud. Read the student's draft below as if you were in this session now.*

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Dr. Smartman  
English 100  
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Comparison Essay

#### Fast food: Out with the old, in with the new

McDonald's serves about 58 million customers a day. Taco Bell serves two billion a year. This food is pure trash that causes disease and health problems. The movie *Supersize Me* shows how harmful it is. I was angry after I saw that movie. Modern fast food chains like Five Guys and Chipotle are very different. The food is less processed and has less artificial ingredients, so it is less likely to kill you. It's also tastes more like real food.

You can tell the difference between Five Guys and McDonald's just by walking in. The décor is very different. Five Guys looks like an old diner, I love old diners. They make me think of a place my Grandpa might have gone to in the 40s with Gran. Well, I guess they were kids then, so he didn't know Gran. Anyway, diners have a certain homey feeling. Five Guys has the red and white checkerboard look and tiles, which was common in old diners. This is just one way they are better than TrashDonald's.

Ray Kroc, the entrepreneur who made McDonald's a huge success, was a heartless lunatic who didn't care about public health. "We take the hamburger business more seriously than anyone else." Glen Bell, who opened Taco Bell in the 1960s, started off selling hot dogs, so he didn't care much about what the product was. These guys were both after money, but Five Guys and Chipotle owners seem to care more about food quality.

At Chipotle a sign tells you where their chicken comes from. McDonald's does not provide this information. That makes me wonder where they get that beef and those potatoes. If they really are potatoes or if that really is beef. Five Guys has a sign that tells you where the potatoes for their fries come from. Customers should know where their food comes from or if its sprayed with stuff that can kill you slowly over time like Roundup. At MacDonald's you can't see them making the food or thawing it out or whatever they do. Its like a secret. What are they hiding back there? The cooks at Chipolte are doing their thing right their in front of you so you know who is handling your dinner and what they are doing to it. Five Guys are cooking up the burgers and fries in plane sight, you feel pretty secure that nothing strange is happening to your meal. I hate TrashDonald's and there clown food.

B. *When the bell rang, what was happening in your mind? What thoughts were interrupted? Please be honest. You will not be graded on the contents of your thoughts. How did your mental content differ on the second and third ring? What have you learned from this investigation?*

Environmental Distractions (noise, phones, etc)			
Self-related thinking about the future			
Self-related thinking about the past			
Higher Order concerns			
Later order concerns			
Judgment about self or writer			

\*The Applied Mindfulness Exercise for Writing Tutors was created by Jared Featherstone, 2012