

# LINGUA MINDS

International Language Research Symposium

## Beyond Words: MEN (Mindfulness, Emotions and Neurosciences) for Inclusive Language Classrooms in the Age Of AI

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### BIOGRAPHY:

#### **Pedro Mayoral, PhD**

Dr. Pedro José Mayoral Valdivia holds a PhD in Education (ITESO) and an MA in Technology and Education (Universidad de Colima). He is a language teacher educator and researcher with a PRODEP profile and SNII candidate, with 38 years of playful “craziness” in language teaching, integrating MEN (mindfulness-emotions-neurosciences), AI, songs, games, the Happy Classroom Philosophy, and inclusive pedagogy.

### ABSTRACT

In increasingly diverse classrooms, inclusion requires more than well-designed curricula; it calls for understanding how mind, body, and emotions shape learning—especially in the age of ai. This presentation introduces the men framework (mindfulness, emotions, and neurosciences) as a humanistic approach to inclusive language teaching. Drawing on educational neuroscience, positive psychology, and pedagogy, men supports emotionally safe, cognitively informed, and socially responsive learning environments. Mindfulness helps reduce language anxiety and ai overload; emotions and empathy strengthen inclusive practices; and neuroscience offers practical guidelines such as multimodal input, processing time, movement, and respect for neurodiversity. Through brief experiential activities and classroom examples, the session shows how men enable teachers to use ai in ethical, inclusive, and joyful ways—teaching beyond words and beyond tools.

### KEYWORDS:

mindfulness, emotions, neurosciences, inclusive language classrooms, artificial intelligence



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**1. Title:** in English and in Spanish.

**2. Summary** (in English and Spanish, 150 words), containing the following aspects:

- a) Introduction:** This section describes the context where the research was carried out, the reason why the research was carried out, and the importance of the study.
- b) Purpose:** Here the writer states and explains the research objectives, intentions, questions, or hypothesis.
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- e) Conclusion:** This section presents the main conclusions, the importance of the findings, considering the contribution to the theory, the research area, or professional practice, and suggesting practical uses of the results, as well as possible applications for further research.

**3. Body of the article:**

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- d) Research methodology:** It describes the research approach: qualitative, quantitative, or mixed methods.
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  - Describe the **data type** (describe and justify the data base, universe, or sample, etc.)
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  - **Data analysis** (explain the way the data was systematized and analyzed).
- f) Main findings.** Synthesize, present, interpret, and argue the most significant results found and the proposal, if the case of developing one.
- g) Conclusions.** Describe the main conclusions generated from the answers to the research questions.
- h) Main limitations of the study** (related to the geographical or institutional context, or knowledge area and the research process).

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**i) Main implications and impact of the research.** Describe the main benefits of the research and the possible applications of the proposal.

## Topics for the articles:

Topics of the articles should be recent and relevant for the academic community and should address one of the following research lines.

1. Language learning and teaching theories
2. Language professional competencies
3. Language teaching approaches and methods
4. Alternative language learning and teaching theories
5. Curriculum design: design of language programs
6. Design, selection, and adaptation of language teaching materials and activities
7. Language learning evaluation
8. Language and culture
9. Human values in language teaching
10. Personal development and growth in language professionals
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## Format:

- Title using Arial font, size 14
- Text using Arial font, size 12
- Margins: top 2.5, bottom 2.5, left 2.5, right 2.5.
- Spaces: 1.5
- No indented paragraphs

## Length of the articles:

- 8 to 15 pages containing text (from 3000 to 5000 words approximately)
- Containing 20 to 40 references (using the American Psychological Association APA format)

**Languages:** The articles can be written in English or Spanish.

The editorial process includes a review by a strict pair of “blind” reviewers and using Plagius software to verify that ethical standards are respected and that there is no plagiarism in any of the documents. Then, authors are advised to verify the submissions including the call elements and format in advance.

The evaluation of submissions starts in the editorial process, which may end in declining submissions if they do not match the call and format requirements. When the editorial board accepts a submission, it continues to the double-blind peer review process as the final evaluation with the following results:

- a) Accept Submission or Accept Submission with Modifications
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It is important to mention that if a blind reviewer declines the article or essay, it will not be accepted. The proposals are uploaded to the platform in Word format without the authors' names. The proposals need to be sent with an attached Word file containing a 100-word authors' biodata. In addition, authors need to add the declaration of originality in Word format and signed.

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