

# Post-Baccalaureate Research Fellowship

UC SANTA BARBARA

CENTER FOR MINDFULNESS AND HUMAN POTENTIAL



## Overview

UC Santa Barbara's Center for Mindfulness & Human Potential conducts rigorous research to identify the optimal ways to design and scale mindfulness training for high school students. CMHP is currently inviting applicants for a one-year volunteer position. This post-baccalaureate fellowship provides training in psychological science through a fast-paced, mission-driven effort to create and deliver optimally effective digital mindfulness training to youth.



## Research

All post-bac fellows have the opportunity to participate in academic research. Responsibilities can include running experiments, designing study materials, conducting literature reviews, recruiting participants, and analyzing data. Post-bacs will be involved in both the conceptual development and execution of research, which will help to develop a discerning scientific eye and technical research skills. We aim to have post-bacs co-author at least one scientific article or chapter during their fellowship.



## Requirements

Applicants should have strong writing, organizational, and interpersonal skills. The time commitment is 20 hours each week.



## Duration

This fellowship entails a one-year commitment to ensure that everyone involved benefits from the collaboration. This engagement also allows us to provide strong letters of recommendation. The fellowship begins the summer of 2019, but there is flexibility in the precise start date.



## Culture

The working environment at CMHP is highly collaborative. It feels like a mixture between a scientific lab, a creative studio, and a tech startup. Our mission is to provide every high school student in the U.S. with evidence-based mindfulness training. With a goal this ambitious, we need a team of motivated, innovative individuals. Opportunities exist for post-bacs to contribute through video production, graphic design, UX design, music production, social media management, community outreach, and mentoring high school interns. Applicants with experience or interest in these areas are encouraged to mention this in their application.



## Support

Fellows are provided with a new MacBook Pro with SPSS, Microsoft Office, and Adobe Creative Cloud. We also provide mentorship in applying for graduate school, with a 100% success rate in getting our post-bacs into competitive graduate programs.



## How to Apply

Please send a single email to [cmhp@psych.ucsb.edu](mailto:cmhp@psych.ucsb.edu) with (1) a 1-page single spaced statement of interest that includes a description of relevant experience, (2) your resume, (3) a writing sample, and (4) a copy of your unofficial transcript. The application deadline is April 1, 2019. However, we will interview eligible candidates on a rolling basis as long as positions remain unfilled.

Learn more about our work at:  
[www.cmhp.ucsb.edu](http://www.cmhp.ucsb.edu)  
[www.evidencebasedcourses.com](http://www.evidencebasedcourses.com)

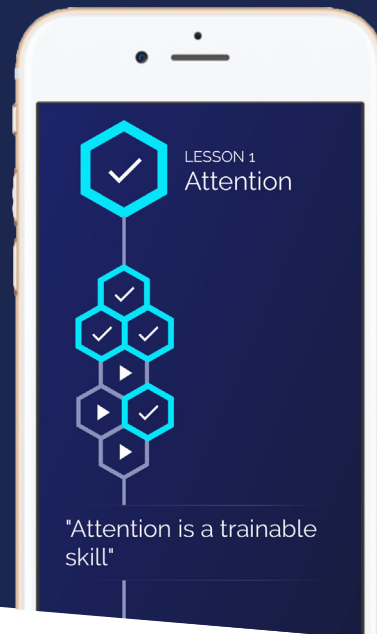
# A Brief Overview of Our Course

## Lessons

Interactive lessons teach students how to use attention to better steward their own minds. Students complete four 15-minute lessons, one per week.

## Daily Beats

Attention is a skill, so it takes practice. A unique 5-minute daily exercise unlocks every day of the course. They're called Daily Beats because most of them involve music. Teachers choose whether students can do these in the classroom or at home.



### Lesson 1: Attention

Students learn how to develop greater focus by anchoring their attention on a chosen target and releasing distractions.

### Lesson 2: Thoughts

Students learn about how to most effectively relate to distracting or counterproductive thoughts.



### Lesson 3: Evaluations

Students learn how to identify and release the evaluations and attitudes that are not helping them.

### Lesson 4: Emotions

Students learn how they can use attention to manage difficult emotions and cultivate positive ones.

If you'd like to check out the course before applying, request an invite code by emailing [cmhp@psych.ucsb.edu](mailto:cmhp@psych.ucsb.edu)