

## **Langer Mindfulness Lab**

Faculty Supervisor: Ellen Langer

William James Hall

Why is it that we often miss what's right in front of our noses?

What are the factors that contribute to mindless behavior?

How can people become more tuned-in to their present environment?

How does mindfulness affect our health?

### What Is Mindfulness?

We define 'mindfulness' as the ability to be attentive to the way things are always novel, changing, and unpredictable. This stands in contrast to 'mindlessness', which is described as a tendency to rely on preconceived notions and ideas which often do not adapt well in the face of change. Our research has demonstrated that adopting a mindful attitude yields a number of cognitive, emotional, and perceptual benefits. Our current research project incorporates a number of studies which are designed to enrich our understanding of the social, cognitive, and perceptual dimensions of mindfulness.

### Who Are We Looking For?

We are looking for research assistants for the 2014-2015 academic year with an interest in social or health psychology. No prior research experience is required, but some understanding of mindfulness theory or Professor Langer's research is encouraged.

In addition, you should be interested in learning how to develop for yourself the basic principles of mindfulness in everyday life.

### Position Details

Research assistant positions are available either for course credit (Psych 2660r) or on a volunteer basis. We ask that all researchers contribute a minimum of 10 hours in the lab per week, for at least a two-semester commitment.

RA responsibilities may involve participation in any part of the research cycle – from project design to data collection to analysis and documentation. All RAs will be required to complete and present one project per semester - projects may range from literature reviews to data analysis to reporting results from completed studies. In addition you are expected to attend

weekly lab meetings (time/date TBA) and participate in group discussion/feedback sessions. This is a hands-on research position and you should be ready to dive in!

**To apply:** Contact Natalie Trent at [trentvonhaesler@fas.harvard.edu](mailto:trentvonhaesler@fas.harvard.edu) with a copy of your CV and a brief description of why you are interested in working in the lab.