Post-Baccalaureate Research Fellowship

UC SANTA BARBARA
CENTER FOR MINDFULNESS AND HUMAN POTENTIAL

Overview

UC Santa Barbara's Center for Mindfulness & Human Potential uses rigorous research to identify the optimal ways to provide mindfulness-based attention training to high school students. CMHP is currently inviting applicants for a one-year volunteer position. This post-baccalaureate fellowship provides training in educational and psychological science as part of a fast-paced, mission-driven effort to create and deliver optimally effective school-based interventions.

Responsibilities

All fellows participate in U.S. Dept. of Education-funded research. Post-bacs will be involved in both the conceptual development and execution of research. Responsibilities can include designing study materials, conducting literature reviews, recruiting school partners, serving as a liaison to teachers, analyzing data, and writing articles. We aim to have post-bacs co-author at least one scientific article or chapter during their fellowship. Opportunities also exist for post-bacs to contribute through graphic design, UX design, software engineering, social media management, and community outreach. Applicants with experience or interest in these areas are encouraged to mention this in their application.

Time Commitment

This position is 20 hours/week. The 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 2020, 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 talented and motivated individuals who work well together as a team. We place a strong emphasis on team building as well as supporting post-bac’s personal and professional development. We provide substantial mentorship in applying for graduate school, with an excellent success rate in getting our post-bacs into competitive graduate programs.

How to Apply

Please send a single email to mrazek@ucsb.edu with (1) a 1-page single-spaced statement of interest, (2) your resume, (3) a writing sample, and (4) a copy of your unofficial transcript. The application deadline is April 1, 2020. However, we will interview eligible candidates on a rolling basis as long as positions remain unfilled.
A Brief Overview of Our Course

Lessons

Interactive lessons teach students how to use attention to better steward their own minds. Students complete four 12-minute lessons, one per week.

Daily Beats

Attention is a skill, so it takes practice. A unique 4-minute daily exercise unlocks every day of the course. They’re called Daily Beats because most of them involve music that is personalized to each student’s preferred genre.

If you’d like to check out the course before applying, request an invite code by emailing Jennie at jgreenstein@ucsb.edu