

Projects Actively Hiring for Spring 2020

This is a general application for undergraduate students looking to assist with research projects in the Center for Healthy Minds. The Center is a large laboratory with many different ongoing research projects led by different scientists, and your application will go into a general pool that can be reviewed by all of the project supervisors.

Individual project supervisors each do their own hiring, so you may be contacted by multiple projects within the lab and you are welcome to interview with multiple projects so that you and supervisors can determine the best fit for your interests and the projects' needs. **We encourage you to review the descriptions, below, of projects actively hiring** to determine which best align with your interests, and you may wish to reach out to those supervisors individually as well after submitting your application.

Also, please consider viewing the [other Center projects](#), because project supervisors might consider your application even if they not actively recruiting.

Mind-Body Coherence Project

Imagine feeling intense stress: palms sweaty, heart racing, breathing shallow. Sensations of the body often come to the forefront when describing experiences of emotion or stress, yet these physiological changes are separate from the subjective 'feeling' of these states that we experience mentally. This project investigates how individual differences in the relationship between subjective stress (mind) and physiological responses (body) are related to well-being, influenced by mindfulness meditation, and relate to awareness of physiological responses (e.g., how well individuals can perceive their own heart rate). This is a graduate-student led project running entirely with the help of undergraduate assistants, so students will take on a lot of responsibility and have the opportunity to be involved in many phases of the project! Please complete the Center for Healthy Minds general student application and send an email

cover letter with your resume or curriculum vitae attached to: Sasha Sommerfeldt, sasha.sommerfeldt@wisc.edu

Affective Chronometry Study at the Center for Healthy Minds

This study will use affective chronometry – how people experience emotions over a period of time – to examine the time course of emotional responses using both electromyography (EMG) and functional magnetic resonance imaging (fMRI). We will also investigate whether differences in response styles are related to memory, stress, mental health, cognition, daily emotional experiences, response to reward, and biological markers of stress and immune health. This investigation has the potential to explain why certain individuals are vulnerable to mood disorders and why others are resilient.

Students involved in the project will prepare materials for study visits, assist with study visits, complete data entry, and process data for a wide variety of measures including structural MRI, facial EMG, behavioral tasks, and biological samples.

Students should be willing to commit at least four semesters to the position and will receive class credit. A minimum of 2 credits is ideal. They must also submit a research paper at the end of the semester and attend various meetings.

Students with an interest in the neurobiology of emotion are especially encouraged to apply and should send their application materials (resume, transcript, and class schedule if applicable) or any questions to Lauren Gresham: lkhazen@wisc.edu

Childbirth Education Study

The purpose of this research is to investigate the effectiveness of different childbirth education courses. We will examine the effects of these courses on the mother's approach to childbirth and parenting and how it influences brain and behavioral development in the offspring. Undergraduate assistants will help with recruitment, data entering and assisting at scans.

Please complete the Center for Healthy Minds general student application and send an email cover letter with your resume or curriculum vitae attached to Corrina Frye, cfrye@wisc.edu.