



# The Mindfulness of Interpersonal and Intergroup Relations Lab is looking for research assistants for the Fall 2018 and Spring 2019 semesters. The lab will be conducting research on the influences of mindfulness on interpersonal and intergroup relations.

## About our research:

- By **interpersonal relations**, we primarily focus on the study of romantic relationships, but may also examine friendships.
- By **intergroup relations**, focus on the study on cross-racial, cross-gender, and cross-political relationships.
- By **mindfulness**, we mean “a quality of consciousness...a receptive attention to and awareness of present events and experiences” (Brown et al., 2007).
- **Contemplative practices** include mindfulness, meditation, yoga, and Tai Chi.

## Duties and expectations:

- If you are interested in the concept of **mindfulness** and **contemplative practices**, and you are selected to work in the lab, you will receive 3 credits for 12 hours of research involvement every week during the semester.
- Most of the research will be conducted in the lab, and include on-line research, helping construct surveys, helping to conduct studies, entering data into a computer file, and basic data analysis. You will also conduct research in the library and attend group research meetings.
- Your grade will be a product of whether you complete all your research hours weekly, whether you complete work in a timely manner, and the quality of your work.

## If you are interested:

Please contact **Dr. Ann Bettencourt** at [bettencourtlab@gmail.com](mailto:bettencourtlab@gmail.com). In the email, be sure to include the following information for the **upcoming** semester:

- The number of credits you are taking, including the 3 research credits.
- The number of hours you will be working at a job (if you are working).
- Your class rank (i.e., Sophomore, Junior, Senior).
- Whether you have had experience working in other labs at MU.

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