UNDERGRADUATE RESEARCH ASSISTANT APPLICATION
OCCUPATIONAL HEALTH & STRESS LAB (DR. BARBER)

Lab Overview: Research projects in my lab explore health and stress in both the workplace and academic settings. Topics include sleep hygiene and stress, work-life balance, self-regulation/self-control and health, counterproductive work behavior, and personality. This laboratory experience is ideal for students who are interested in learning more about pursuing a graduate degree in industrial-organizational psychology (Master’s or Doctoral).

Typical Research Assistant Duties:

- Attend and participate in Friday afternoon meetings and training sessions
- Read, summarize, and discuss journal articles on lab research topics
- Collect data using the SONA system, online survey platforms, and laboratory procedures
- Data organization/management, entry, and coding in Excel and SPSS
- Use and analysis of specialized equipment (e.g., heart rate variability and sleep monitors)
- Literature searches using PsychInfo and writing papers using APA style
- Creating research posters for conference presentation

PSYC 485 Qualifications and Commitment: Research assistants work 10 hours per week over 15 weeks for three credit hours (150hrs a semester), 7 hours for two credit hours (105hrs), and 4 hours for 1 credit hour (60hrs). Most of these hours are spent on lab duties outlined above, while one hour per week is devoted to the following types of professional development activities: lab readings/quizzes, meetings with grad students in the lab (and Dr. Barber), departmental colloquium attendance, and undergraduate research conference attendance.

PSYC 485 Qualifications: Lab membership decisions are a competitive selection process based on both position availability (1-3 students per semester) and student academic qualifications. Preference for lab membership is given to students who have performed well in one of my regular courses, but students with the following qualifications are most likely to be selected:

- Psychology major GPA of 3.30 or higher; overall GPA of 3.00 or higher
- Completed coursework in statistics (208), research methods (305)
- Completed coursework in I/O psychology, social psychology, or personality

Students who have performed well in at least one advanced research methods course (i.e., one of the required labs for the major) are also ranked higher in the selection process. Positions are offered on a first-come, first-serve basis, so please apply early. After you submit an application (see next page), I will email you regarding your application status within one week.

Please keep this page for your records
RESEARCH ASSISTANT APPLICATION
OCCUPATIONAL HEALTH & STRESS LAB (DR. BARBER)

Name: ___________________________   ZID#: ___________________________

Email: ___________________________   Phone: ___________________________

Major: ___________________________   Graduation Year: ______________________

PSYC GPA: ________________________   Overall GPA: ________________________

Starting Semester(s): Fall__________ Spring__________ Summer____________

Other Semester(s) Available: Fall__________ Spring__________ Summer__________

Anticipated Availability:

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Psychology Courses Taken (and Grade)

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Please submit a completed copy of this page in addition to all of the following information:

1. A personal statement outlining why you are interested in working in my lab and your future career plans (one-page maximum).
2. Documentation of your completed IRB Human Subjects Training (http://www.citiprogram.org/Default.asp) and NIU Academic Integrity Tutorial Certificate (http://www.niu.edu/ai/students/).

Completed forms should be placed in my mailbox in the main office (PM 400)

(You may also scan and email your documents to me: lbarber@niu.edu)