

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 (MA/MS or PhD) related to either applied and academic contexts

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 some of the following qualifications (these are not strict cutoffs, merely guidelines):

- 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
- Completed at least one of the required labs for the psychology major

Positions are often not available once the semester starts, so please apply early. After you submit an application (see next page), I will contact you regarding your application status within one week at your preferred email address.

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:

| Example: | <u>Mondays</u> | <u>Tuesdays</u> | <u>Wednesdays</u> | <u>Thursdays</u> | <u>Fridays</u> |
|----------|----------------|-----------------|-------------------|------------------|----------------|
| 9AM-10AM | | | | | |
| 2PM-5PM | | | | | |
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Psychology Courses Taken (and Grade)

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Please submit a completed copy of this page **in addition to a personal statement** outlining (a) why you are interested in working in my lab and (b) your future career plans (one-page maximum).

**Completed forms should be placed in my mailbox in the main office (PM 400)
(You may also scan and email your documents to Dr. Barber at lbarber@niu.edu)**