Course program and reading list

Semester 0 Year 2023

School: Baruch Ivcher School of Psychology

Guided Research - Mindfulness, psychological flexibility and the brain

Lecturer:

Prof. Nava Levit-Binnun navalb@runi.ac.il

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<tr>
<th>Course No.:</th>
<th>Course Type :</th>
<th>Weekly Hours :</th>
<th>Credit:</th>
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<tr>
<td>8970</td>
<td>Elective</td>
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Course Requirements : Group Code : Language:

Final Paper 230897001 English

Prerequisites

Prerequisite:

8000 - Introduction To Psychology

Students who took one of the courses listed below will not be allowed to register to the course Guided Research - Mindfulness, psychological flexibility and the brain (8970):

3048 - Guided Research - Project Alpha: Genetic and Epigenetic Study of Psychological Development
3451 - Guided Research - Brain Research
8157 - Guided Research - Infant Development - Development of the caregiver, the infant and the relationship between the two.
8172 - Guided Research of mental processes in sport and exercise
8929 - Guided Research on social defense theory and its implication to interpersonal relationships
8931 - Guided Research research conducted by the members of DICE@IDC research center
Course Description

The course is a one-year internship at the brain research lab of the Sagol Center for Brain and Mind. Participants are trained and then incorporated as research assistants in the various lab research projects, where they actively participate in planning and running experiments, as well as collecting and analyzing data.

The overarching theme of the various research projects this year will be mindfulness, and we will explore it in various contexts. For example:

1. Mechanisms of mindfulness such as attention flexibility and the role of language.
2. Cultural adaptation of mindfulness interventions
3. Mindfulness and social-emotional learning in schools
4. Mindfulness in conflict

Course Goals

To introduce students to “hands-on” scientific work that includes:

1. Planning and carrying out empirical studies.
2. Recruiting and working with human subjects.
3. Operating lab equipment.
4. Collecting and analyzing data.
5. Understanding the scientific rational behind their work as well as its results and implications.
6. Understanding and gaining theoretical and experiential experience in mindfulness and associated practices.
Grading

**90% of the final grade will be given based on the student's involvement in the lab, according to the following criteria:**

1. Completing about 180 lab hours, with an availability of at least 7 weekly hours (on average) for research related work.

2. Attendance and active participation in group meetings (arriving on time, contributing to group discussions etc.

3. Willingness to assist when technical problems or unexpected needs arise.

3. Teamwork and mutual help.

4. Attention and responsivity to problems and difficulties encountered during research work and helping solve them.

5. Dependability and initiative-taking.

**10% of the final grade will be given based on:**

1. Attendance and active participation in the formal meetings (arriving on time, contributing to group discussions etc.). Attendance is mandatory in the Tuesday morning meetings. Before some of the meetings reading material will be distributed and then discussed during the meetings.

2. Submitting a 2-page summary lab report at the end of the year.

Learning Outcomes

Students will:

1. Gain experience as researchers, including first-hand experience with physiological, behavioral and self-report measurement tools.

2. Gain experience in listening to- and reading scientific literature

3. Gain experience in working with human participants.

3. Experience teamwork and working under pressure.

4. Acquaintance with mindfulness and wellbeing practices.

5. Acquaintance with thinking and perceiving from the point of view of social diversity and
Lecturer Office Hours

Dr. Nava Levit Binnun: navalb@runi.ac.il, 09-9527936

Reception hours are flexible and can be scheduled according to need.

Teaching Assistant

Adi Gnapp will serve as teaching assistant

her email is adignapp2@gmail.com

Reading List

Recommended reading:

These papers will enable you to get a sense of the kind of research conducted in our lab these days, including interest areas, research questions and methods used. Additional reading material will be distributed according to the specific projects you will be assigned to.


and compassion skills in students’ coping, well-being, and development across the transition to college: A conceptual analysis. *Stress and Health*, 35(2), 146–156.


