

APPLICATION DEADLINE 22 FEBRUARY 2010!

SLEEP AND CHRONOBIOLOGY SUMMER BEHAVIORAL SCIENCES RESEARCH APPRENTICESHIP

The E.P. Bradley Hospital, Brown University affiliated Sleep Research Laboratory in Providence, RI, announces research apprenticeships available for the summer of 2010. **NOTE: Funding for the program is pending at this time. Items shown in BLUE are tentative, pending funds.**

COMMITMENT

- ❖ **Summer 2010 Training:** *FULL* time beginning 31 May 2010 through 26 June 2010. Night and weekend training hours occur.
- ❖ **APSS Meeting:** Students are expected to join the Sleep Research Society (cost =\$45), and we attend scientific meeting of the Associated Professional Sleep Societies, this year in San Antonio, TX, as part of the training experience. Travel, registration, and accommodations for the meeting are provided through the apprenticeship program.
- ❖ **Research Projects:** June 26 through August 21, *FULL*-time involvement on Research Projects. Due to the challenging nature of human sleep and biological rhythms research, apprentices are expected to devote the summer **entirely** to this academic research experience and not have other jobs or take other course work.
- ❖ **Academic Exercise:** Each student completes an in-class presentation based upon library research, presented to the group at the end-of-summer colloquium to be held at a retreat in southern RI from 8/23-8/25. The commitment extends through this retreat. Scientists early in a research career in the areas of sleep or circadian rhythms research give presentations describing their career paths and their scientific research as part of the retreat. [Accommodations at the retreat are provided through the apprenticeship.]

APPLICATION

First, fill out the application form and submit it by 22 February 2010. Have 2 letters of recommendation (preferably from professors) sent, e-mailed, or faxed directly to Dr. Carskadon by the same deadline. Candidates are subsequently interviewed by telephone or in person (if local).

ELIGIBILITY

Undergraduate students with strong interest in behavioral sciences research and who demonstrate enthusiasm for, commitment to, and availability for the full program are encouraged to apply. Previous courses or lab work in sleep or circadian rhythms are helpful but not required. Students from local institutions are asked to maintain participation in sleep lab activities beyond the summer by working on the lab's sleep studies during the school year. Apprentices must reside in or very near Providence for the summer. [Recent graduates or graduate students are accepted under special circumstances. Students may apply for a repeat summer experience as a Senior Research Apprentice, with a slightly higher stipend.] Successful applicants are required to become student members (\$45 Fee) of the Sleep Research Society as soon as possible after admission to the program.

What Research Apprentices Learn: Formal Training Program

- Introduction to normal human sleep and circadian rhythms
- Central nervous system and neurophysiological basis of electroencephalography (EEG) and EEG spectral analysis
- Polysomnographic (PSG) recording techniques, including EEG, EMG, EOG, EKG, respiratory plethysmography, oxygen saturation, electrode hookup
- Operation and calibration of PSG monitoring equipment
- Multiple Sleep Latency Test procedures, performance testing, identification of sleep stages, saliva collection for melatonin and cortisol
- Introduction to radioimmunoassay and gene association analyses
- Basic lab procedures, including working with human child and adolescent participants

- Ethical conduct of research
- Experimental hypotheses, rationale, and methods for laboratory's summer research project
- Presentation skills, including effective creation of PowerPoint slide presentation
- Skills in preparing for attending a scientific meeting

What Research Apprentices Do

The major research project during the summer assesses the circadian rhythms and sleep homeostatic process in children and adolescents. This project includes lengthy in-lab sessions that involve assessments on non-24-hour days, thus necessitating staff involvement at times that circle the clock.

Research Apprentices carry out multiple facets of data collection (electrode application, one-to-one work with research participants, forms and tests administration), data reduction, and data entry. During the research phases of the program, apprentices are assigned to teams and work 5 or 6 days each week—not always Monday through Friday, often Saturday and Sunday—in research protocols that involve working unusual schedules. Although we attempt to assign teams to hours that correspond to team members' circadian phase preferences, applicants **must** be able and willing to work on **any** of the following types of schedules for all or part of the program: "Owl" shifts may begin as early as 2 pm or as late as 9:45 pm and end as early as 10:30 pm or as late as 5:45 am; "lark" shifts may begin as early as 3:00 am or as late as noon and may end as early as 8:45 am or as late as 5:15 pm; "neither" shifts may begin as early as 6:45 am or as late as 3:45 pm and end as early as 11:00 am or as late as 10:15 pm. [Sleep planning assistance is provided to help your adaptation to work schedules; sample schedules are available on request.]

Stipend and Other Benefits

- \$3300* for the summer, housing **not** included. (Assistance in locating housing in Providence is provided.)
- Paid registration for the annual scientific meeting of the Associated Professional Sleep Societies (APSS). You are responsible to pay SRS membership dues (\$45).
- Paid travel to and lodgings (3 or 4 to a room) at the APSS meeting (San Antonio, TX, June 5-9).
- Admission to Psychology 106 **and paid tuition and fees for this Brown University course. Student status at Brown affords other benefits, including access to Brown Health Services, as well as Brown's Recreation, Library, and Computing facilities.** *[If we do not receive funds to support tuition payments, students who go through this application process and are admitted to the apprenticeship program can register and pay for the course themselves.]*
- Paid meals and lodgings at the Research Apprenticeship Summer Retreat (West Greenwich, RI, August 23-25).

* Stipends are subject to taxes and fees; they are not tax deductible; SSI fees are charged. Payments occur every 2 weeks across the summer, starting 2 weeks after the program begins. Apprentices become employees of E.P. Bradley Hospital, through which payments are made.

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**SLEEP AND CHRONOBIOLOGY SUMMER BEHAVIORAL SCIENCES
RESEARCH APPRENTICESHIP AWARD APPLICATION FORM**

PERSONAL INFORMATION

Name: _____ Date of Birth: _____

Sex: m f Age: _____ Semester Standing: Fr So Jr Sr Grad

Current Mailing Address: _____

Permanent Address: _____

Phone: _____ Cell Phone: _____

E-mail: _____ Country of citizenship: _____

If not a U.S. citizen, do you currently have permanent residency status? Yes No

Emergency contact name: _____ Relationship: _____

Emergency contact phone: _____

PERSONAL STATEMENT

On a separate sheet of paper, please write a brief personal statement (no more than 1.5 pages) in which you discuss your *specific* reasons for seeking *this* Summer Behavioral Sciences Research experience. Include 1) past research experience, 2) past experience that demonstrates your ability to be flexible in your behavior in order to respond to a challenge (such as working unusual hours), 3) past experience working with children or adolescents, 4) your educational and career plans and your notion of why this fellowship is a priority for your academic/career/life goals. [Put your name at the top of the page(s).]

EDUCATION

Current institution: _____ City, State _____

Major: _____ Minor _____

Overall GPA: _____

If graduated, graduate school plans? _____

In the space below (or a separate sheet), please list honors/awards you have received since graduating from high school. Include scholarships, assistantships, professional society memberships, and publications.

List below (or on a separate sheet) employment, special training, and volunteer experiences, including start and end dates, role, and name of the company or institution:

Are you able to work in the lab in the 2010-2011 academic year? Sem. I Sem. II No

If “yes”, please explain: _____

ACADEMIC PERFORMANCE

List (below or on a separate sheet) by institution and year, your undergraduate and graduate courses with grades. For current courses, leave the grade blank. Explain grading system if other than 1-100 or A, B, C, D, F. Show level required for passing.

If available, it is preferable to send your university transcript instead (need not be “official”).

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Please list below the names and affiliations of **two** people (usually professors) who will submit recommendation letters for you. [Letters should be sent, faxed, or e-mailed directly to Dr. Carskadon at the address below.]

<u>Name and degree(s)</u>	<u>Position/rank</u>	<u>Institution</u>
1. _____	_____	_____
2. _____	_____	_____

Send completed materials to the following address: Mary A. Carskadon, Ph.D., Director, Sleep Research Laboratory, E.P. Bradley Hospital, 300 Duncan Drive, Providence, RI 02906, USA, Fax: 401-453-3578, e-mail: mary_carskadon@brown.edu

Completed application forms and letters of recommendation must be received by **February 22, 2010**. **If you have questions**, contact: Professor Carskadon, Sleep Research Laboratory, phone: (401) 421-9440. e-mail: mary_carskadon@brown.edu or her assistant, Marian “Max” Elliott, e-mail mellott@lifespan.org.

APPLICANT STATEMENT

I certify that if I accept the apprenticeship offer, I will be able to participate for the full duration of the Summer Sleep and Chronobiology Summer Behavioral Research Apprenticeship from 31 May 2010 through 25 August 2010.

I further certify that the information provided on this application and supplementary documents is true and complete. I understand that misrepresentation or withholding information may result in the rejection of consideration for this program or termination at any time during the program.

I hereby agree to waive my right to view letters of recommendaiton and release the educational institutions and related individuals from all liability in responding to inquiries regarding my application. I release the E.P. Bradley Hospital Sleep and Chronobiology Laboratory, the Department of Psychiatry and Human Behavior of the Alpert Medical School of Brown University, and the Brown University Department of Psychology and Office of Summer Studies, and all other program-affiliated institutions from any liability related to such inquiries.

I agree to abide by all program requirements, policies, and practices.

Signature _____ Date _____

Printed Name _____