

APPLICATION DEADLINE 3 MARCH 2008!

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 2008.

COMMITMENT

- ❖ **Summer 2008 Training:** *FULL* time beginning 27 May 2008 through 22 August 2008. 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 Baltimore, as part of the training experience. Travel, registration, and accommodations for the meeting are provided through the apprenticeship program.
- ❖ **Research Projects:** June 20 through August 20, *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 from 8/20-8/22. 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 3 March 2008. 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 near Providence for the summer. [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 apply for student membership (\$45 Fee) in the Sleep Research Society.

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 facilitate your adaptation to work schedules.]

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 (2, 3, or 4 to a room depending on funding!) at the APSS meeting (Baltimore, June 7-12).
 - 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.
 - Paid meals and lodgings at the Research Apprenticeship Summer Retreat.
- Stipends are subject to taxes and fees; they are not tax deductible; SSI fees are charged.
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Sleep and Chronobiology Summer Behavioral Sciences Research Apprenticeship Award Application Form

Please type or write neatly.

Name: _____ Date of Birth: _____

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

Academic Institution: _____

Major/Minor Academic Concentration(s): _____

Mailing Address: _____

Phone #: _____ Best time(s) to reach you: _____

E-mail Address: _____

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 past research, if any, past experience that demonstrates the ability to be flexible in your behavior in order to respond to a challenge (such as working unusual hours), and past experience working with children or adolescents. Please explain clearly why this fellowship is a priority for your academic/career/life goals. [Put your name at the top of the page(s).]

In the space below, please list honors and awards that you have received since graduating from high school. Include scholarships, assistantships, professional society memberships, publications, and so forth.

- 1.
- 2.
- 3.
- 4.

List employment, special training, and volunteer experiences:

Beginning Date (mm/yy)	Ending Date (mm/yy)	Activity/Occupation/Role	Institution/Company
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Are you able to work in the lab in the 2008-2009 academic year? Sem. I Sem. II No

If "yes", please explain:

Academic Performance

Type by institution and year 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”).*

<u>Year/Sem</u>	<u>Course Title</u>	<u>Grade</u>
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Please list 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 **March 3, 2008**.

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 melliott@lifespan.org.