

MICHAEL MRAZEK, PhD

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EDUCATION **University of California**, Santa Barbara, CA
Ph.D. in Psychology, 2013
Additional degree emphasis in College & University Teaching

Rice University, Houston, TX
B.A. in Psychology, 2006

RECENT EMPLOYMENT

Dept. of Psychological & Brain Sciences, University of California, Santa Barbara
Director of Research, Center for Mindfulness & Human Potential, 2015-present
Project Scientist, 2013-2015

Lecturer, 2010-present
Health Psychology (2010, 2011, 2012); Research Methods (2011); Positive Psychology (2013);
Mindfulness (2014)

Santa Barbara Community College

Adjunct Professor, 2013
Introduction to Psychology (Spring 2013, Fall 2013)

Dept. of Instructional Development, University of California, Santa Barbara

Instructional Consultant, 2011-2013 (Appointed by Dr. Kim DeBacco)
Consulted with graduate students from all departments to improve their teaching

AWARDS & HONORS

Summer Institute in Cognitive Neuroscience Fellow, 2015
UCSB Certificate in College & University Teaching (*Teaching Portfolio*), 2013
UCSB Dean's Fellowship, 2012
UCSB School for Scientific Thought Teaching Fellowship, 2011
Passed with distinction, Ph.D. written qualifying exams, UCSB, 2010
Passed with distinction, Ph.D. oral qualifying exams, UCSB, 2010
BA in Psychology cum laude, Rice University, 2006

GRANTS

Scalable Multimedia Mindfulness Training for Youth, 2017-2020 (\$1.4M; Co-PI)
Shao Family Charitable Trust (\$150,000; Co-PI)
Ruling the Mind, John Templeton Foundation, 2014-2017 (\$918,000; Co-PI)
Mindfulness Curriculum Infusion, UCSB Health & Wellness, 2014-2015 (\$10,000)
UCSB Dean's Fellowship, 2012 (\$30,000)

UCSB Humanities & Social Sciences Research Grant, 2012 (\$3000)
UCSB Research Mentorship Program, 2012 (\$1800)
UCSB Academic Senate Doctoral Travel Grant, 2012 (\$850)
UCSB Professional Development Grants, 2008-2012 (\$4000)

PROFESSIONAL MEMBERSHIPS

Association for Psychological Science (APS)
Cognitive Neuroscience Society (CNS)

AD-HOC REVIEWER:

-National Science Foundation	-Journal of Experimental Social Psychology
-Social, Cognitive, & Affective Neuroscience	-Journal of Positive Psychology
-Cognition	-Applied Cognitive Psychology
-PLOS ONE	-Journal of Applied Research in Memory and
-Cognition and Emotion	-Journal of Cognitive Enhancement
-Consciousness and Cognition	-Psychology of Sport and Exercise
-Mindfulness	-Computers & Education
-Memory and Cognition	

PEER-REVIEWED PUBLICATIONS

Mrazek, M.D., Mrazek, A.J., Morseth, B., Mrazek, K.L., Mooneyham, B.W., Cole, S. & Schooler, J.W. (under review). Slaying the hydra: Mindfulness-based health & wellness training reduces genomic, neural, hormonal, behavioral, and subjective markers of stress.

Mrazek, A.J., Ihm, E., Molden, D.C., **Mrazek, M.D.**, Zedelius, C.M., & Schooler, J.W. (under review) Expanding minds: Growth mindsets of self-regulation and the influences on effort, fatigue, and perseverance. *Journal of Experimental Psychology: General*.

Mooneyham, B.W., **Mrazek, M.D.**, Mrazek, A.J., Ihm, E., & Schooler, J.W. (2017). An integrated assessment of changes in brain structure and function resulting from intensive mindfulness training. *Journal of Cognitive Enhancement*. Advance online publication. doi:10.1007/s41465-017-0034-3

Mooneyham, B.W., **Mrazek, M.D.**, Mrazek, A.J., Mrazek, K.L., Phillips, D.T., & Schooler, J.W. (2016). States of mind: Characterizing the neural bases of focus and mind-wandering through dynamic functional connectivity. *Journal of Cognitive Neuroscience*, 29(3), 295-506.

Mrazek, M. D., Zedelius, C.M., Mrazek, A.J., Gross, M.E., Phillips, D.T., & Schooler, J. W. (in press). Mindfulness in education: Enhancing academic achievement and student well-being by reducing mind-wandering. In *Mindfulness in Social Psychology*, Karremans, J.. & Papias, E. (Eds.).

Mrazek, M.D., Mooneyham, B.W., Mrazek, K.L., Schooler, J.W. (2016) Pushing the limits: Cognitive, affective, and neural plasticity revealed by an intensive multifaceted intervention. *Frontiers in Human Neuroscience*, 10, 00117.

Mooneyham, B. W., **Mrazek, M. D.**, Mrazek, A. J., Schooler, J.W. (2016) Signal or noise: Brain

- network interactions underlying the experience and training of mindfulness. *Proceedings of the New York Academy of Sciences*, 1369(1), 240-256.
doi:10.1111/nyas.13044
- Schooler, J.W., **Mrazek, M.D.**, Baird, B., & Winkielman, P. (2015). The value of distinguishing between unconscious, conscious, and meta-conscious processes. In P. Shaver & M. Mikulincer (Eds.), *APA Handbook of Personality and Social Psychology*. Vol. 1: Attitudes and Social Cognition. Washington: APA Press.
- Broadway, J. M., Zedelius, C., Mooneyham, B. W., **Mrazek, M. D.**, Schooler, J. W. W (2015) Stimulating minds to wander. *Proceedings of the National Academy of Sciences*, 112(11), 3182-3183.
- Mrazek, M. D.**, Mooneyham, B. W., & Schooler, J. W. (2014). Insights from quiet minds: The converging fields of mindfulness and mind-wandering. In *Meditation: Neuroscientific approaches and philosophical implications*, Schmidt, S. & Walach, H. (Eds.), 227-241.
- Schooler, J. W., **Mrazek, M. D.**, Franklin, M. S., Zedelius, C., Mooneyham, B. W., Broadway, J. M. (2014). The middle way: Finding the balance between mindfulness and mind-wandering. *The Psychology of Learning and Motivation*.
- Mrazek, M. D.**, Broadway, J. M., Phillips, D. T., Franklin, M. S., Mooneyham, B. W., & Schooler, J. W. (2014). Mindfulness: An antidote for wandering minds. In *Handbook of Mindfulness*. Langer, E. (Ed.), 153-167.
- Franklin, M. S., **Mrazek, M. D.**, Anderson, C. L., Johnston, C., Smallwood, J., Kingstone, A., Schooler, J. W. (2014) Tracking distraction: The relationship between mind-wandering, meta-awareness, and attention-deficit/hyperactivity disorder symptomatology. *Journal of Attention Disorders*.
- Baird, B., **Mrazek, M. D.**, Phillips, D. T., Schooler, J. W. (2014). Domain-specific enhancement of metacognitive ability following meditation training. *JEP: General*, 143(5), 1972-1979.
- Mrazek, M. D.**, Phillips, D. T., Franklin, M. S., Broadway, J. M., & Schooler, J. W. (2013). Young and restless: Validation of the Mind-Wandering Questionnaire (MWQ) reveals disruptive impact of mind-wandering among youth. *Frontiers in Perception Science*, 4, 560.
- Franklin, M. S., Broadway, J. M., **Mrazek, M. D.**, & Schooler, J. W. (2013). Window to the wandering mind: Pupillometry of spontaneous thought while reading. *Quarterly Journal of Experimental Psychology*, 66(12), 2289-2294.
- Franklin, M. S., **Mrazek, M. D.**, Anderson, C. L., Smallwood, J., Kingstone, A., & Schooler, J. W. (2013). The silver lining of a mind in the clouds: Interesting musings enhance positive mood while mind-wandering. *Frontiers in Perception Science*, 4, 583.
- Baird, B., Smallwood, J., Fishman, D.J.F., **Mrazek, M. D.**, & Schooler, J. W. (2013). Unnoticed intrusions: Dissociations of meta-consciousness in thought suppression. *Consciousness & Cognition*, 22, 1003-1012.
- Mrazek, M. D.**, Franklin, M. S., Phillips, D. T., Baird, B., Schooler, J. W. (2013). Mindfulness training improves WMC & GRE performance while reducing mind-wandering. *Psychological Science*, 24(5), 776-781.
- Franklin, M. S., **Mrazek, M. D.**, Broadway, J. M., & Schooler, J. W. (2013). Disentangling decoupling: A reply to Smallwood (2012). *Psychological Bulletin*, 139(3), 536-541.
- Mrazek, M. D.**, Smallwood, J., Franklin, M. S., Baird, B., Chin, J., & Schooler, J. W. (2012). The

- central role of mind-wandering in measurements of general aptitude. *Journal of Experimental Psychology: General*, 141(4), 788-798.
- Smallwood, J., Brown, K., Baird, B., **Mrazek, M. D.**, Franklin, M. S., & Schooler, J. W. (2012). Insulating daydreams: A role for tonic norepinephrine in the facilitation of internally guided thought. *PLoS One*, 7(4), e33706.
- Mrazek, M. D.**, Smallwood, J., & Schooler, J. W. (2012). Mindfulness & mind-wandering: Finding convergence through opposing constructs. *Emotion*, 12(13), 442-448.
- Baird, B., Smallwood, J., **Mrazek, M. D.**, Franklin, M. S., & Schooler, J. W. (2012). Inspired by distraction: Mind-wandering facilitates creative incubation. *Psychological Science*, 23(10), 1117-1122.
- Mooneyham, B. W., Franklin, M. S., **Mrazek, M. D.**, & Schooler, J. W. (2012). Modernizing science: Reply to Nosek & Bar Anon (2012), *Psychological Inquiry*, 23(3), 281-284.
- Chin, J. M., **Mrazek, M. D.**, & Schooler, J. W. (2012). Blindspots to the self. In *The Handbook of Self-Knowledge*. Vazire, S. & Wilson, T.D. (Eds.)
- Mrazek, M. D.**, Chin, J., & Schooler, J. W. (2011). Threatened to distraction: Mind-wandering mediates the effect of stereotype threat on task performance. *The Journal of Experimental Social Psychology*, 47, 1243-1248.
- Smallwood, J., **Mrazek, M. D.**, & Schooler, J. W. (2011). Medicine for the wandering mind: A consideration of the cost of mind-wandering in medical practice. *Medical Education*, 45(11), 1072-1080.
- Smallwood, J., Brown, K., Franklin, M., Tipper, C., Giesbrecht, B., **Mrazek, M. D.**, & Schooler, J. W. (2011). Pupillometric evidence for the decoupling of attention from perceptual input during offline thought. *PLoS One*, 6(3), e18298.
- Mrazek, M. D.**, Koenig, B., Skime, M., Snyder, K., Hook, C., Black, J., & Mrazek, D. A. (2007). Learning About Values While Teaching About Genes. *Academic Psychiatry*, 31(6), 447-451.

CONFERENCE POSTERS, INVITED TALKS, & SYMPOSIA

- Mooneyham, B.W., **Mrazek, M.D.**, Mrazek, A.J., Phillips, D.T., & Schooler, J.W. (2016). States of mind: Characterizing the neural bases of focus and mind-wandering through dynamic functional connectivity. *Annual meeting of the Cognitive Neuroscience Society*, New York, NY, April, 2016.
- Ihm, E., Zedlius, C., **Mrazek, M.D.**, Purkiss, J., Galindo, A., & Schooler, J.W. (2016) Mind Over Math: Presenting a Mental Control Growth Mindset Reduces Effort Avoidance on a Math Task. *Annual Convention of the Association for Psychological Science*, Washington D.C., May, 2016.
- Mrazek, A.J., Molden, D.C., **Mrazek, M.D.**, & Schooler, J.W. (2016). Cultivating a Growth Mindset of Self-Control: The effects on effort and performance. *Personality and Social Psychology Conference*, San Diego, CA., January, 2016.
- Mrazek, M.D.** (2015) Reconciling mindfulness & mind-wandering: An integrative review.

- Presented at Society for Personality & Social Psychology, Long Beach, CA, February, 2015.
- Schooler, J. W., **Mrazek, M. D.**, & Mooneyham, B. W. (2015) Pushing the limits of cognitive and neuroplasticity: Assessing a six-week comprehensive training program. Presented at the International Convention of Psychological Science, Amsterdam, March, 2015.
- Mrazek, M.D.** (2015) Mindfulness: Science & practice. Hosted by UCSB Associated Students, Santa Barbara, CA, February, 2015.
- Schooler, J.W., Gable, S., Hopper, E., & **Mrazek, M. D.** (2014). When the muse strikes: ideas of physicists and writers regularly occur during episodes of mind-wandering. Presented at the Psychonomic Society Annual Meeting, Toronto.
- Mrazek, M. D.** (2013). Harnessing the power of testing, even as the TA. Presented at Dept. of Instructional Development, UCSB, Santa Barbara, CA, January, 2013.
- Mrazek, M. D.** (2012). Mindfulness training for wandering minds. Presented at International Symposia on Contemplative Studies, Denver, CO, April 2012.
- Baird, B., Elliot, J., Franklin, M. S., **Mrazek, M. D.**, & Schooler, J. W. (2012). Inattentional amnesia in the attentional blink. Presented at *Toward a Science of Consciousness*, Tucson, AZ, April, 2012.
- Mrazek, M. D.** (2011). Mind-wandering & mindfulness in the classroom. Presented at Dept. of Instructional Development, UCSB, Santa Barbara, CA, February, 2012.
- Mrazek, M. D.**, Smallwood, J., Franklin, M. S., Baird, B., Chin, J. M., & Schooler, J. W. (2011). The role of mind-wandering in measurements of general aptitude. *23rd Annual Convention of the Association for Psychological Science*, Washington D.C., May, 2011.
- Mrazek, M. D.** (2010). Staying on track: mindful breathing dampens mind-wandering. Presented at *Toward a Science of Consciousness*, Tucson, AZ, April, 2010.
- Vander Weg, M., Karpyak, V., **Mrazek, M. D.**, Hall-Flavin, D., Schneekloth, T., Loukianova, L., Drews, M., Mrazek, D. A. (2006). Comparability of the Penn Alcohol Craving Scale and the Obsessive Compulsive Drinking Scale for assessing craving in a clinical sample. *29th Annual Meeting of the Research Society on Alcoholism*, Baltimore, MD, June, 2006.
- Hall-Flavin, D., Karpyak, V., Vander Weg, M., Drews, M., **Mrazek, M. D.**, Schneekloth, T., Mrazek, D. A. (2006). The use of acamprosate in a dually focused chemical dependency treatment program: Initial Mayo Clinic experience. *29th Annual Meeting of the Research Society on Alcoholism*, Baltimore, MD, June, 2006.