

Mary A. Carskadon Sleep and Circadian Rhythms Summer Research Fellowship

<http://www.colorado.edu/intphys/research/sleepdevelopment.html>

The Sleep and Development Laboratory offers opportunities for undergraduate students to gain research experience. The lab environment is academically stimulating yet friendly; thus, students feel comfortable asking questions and making suggestions. As undergraduate students, you are expected to appreciate that the research experience as an opportunity. It requires a serious commitment of your time and energy, as well as diligence, careful thought, intellectual curiosity, and creativity. You are also expected to conduct your responsibilities on time and communicate with your supervisor. As part of your experience, you will be mentored, work independently/as a group on projects/tasks, attend weekly lab meetings, and participate in laboratory didactics. Our lab requires many hands helping to ensure our research is performed to the highest caliber. This means no one is “above” doing basic tasks such as cleaning, taking out trash, or running errands! In the end, you are expected to make significant contributions to the day-to-day and long-term success of the research program.

In particular to our lab, you must enjoy interacting with young children and their families. Such work requires multi-tasking, patience, creativity, respect, sensitivity, and the ability to “think on your toes!”

Please complete the following application **and send electronically with your CV or resume and a copy of your unofficial transcript** to sleepdev@colorado.edu

Applications will be open from **October 14 – December 23** and interviews will be held on a rolling basis.

Many thanks for your interest in our research and laboratory. If you have any questions, do not hesitate to contact me.

Best,
Prof. Monique LeBourgeois
monique.lebourgeois@colorado.edu

Date _____
Name _____
Major _____
Class level (FR, SO, JR, SR, POSTBAC) _____
GPA _____ GPA in major _____

Our research is performed primarily in the field (families' homes); thus, it is important to know whether you may be able to contribute to transportation responsibilities.

Do you drive? Yes__ No__

Do you have access to or own a car? Access__ Own__ None__

Please list up to 7 completed courses you think will be relevant to your work in the laboratory:

1. Course _____ Grade ____
2. Course _____ Grade ____
3. Course _____ Grade ____
4. Course _____ Grade ____
5. Course _____ Grade ____
6. Course _____ Grade ____
7. Course _____ Grade ____

What personal skills and/or characteristics make you a good fit for the laboratory?

What do you want to gain from the research experience?

Many students want to gain research experience. Why are you interested specifically in the research performed by the Sleep and Development Laboratory?

What are your short-term plans (following graduation)?

What are your long-term career goals?

List 2 research questions you think would be important for the Sleep and Development Laboratory to pursue:

- 1.
- 2.

Imagine yourself sitting on the floor with a preschool child. You have no toys, books, TV, puzzles, or paper/colors. Your task is to engage the child. What would you do? What would you talk about?

If you had to entertain a preschool child for 20-30 minutes doing something that would help him/her to be relatively "still," what would you do?

If a preschool child was having a tantrum, what strategies would you use to help calm him/her down?