

CURRICULUM VITAE

Michael D. Mrazek, Ph.D.

October 2025

Associate Professor of Health Promotion and Behavioral Sciences

Director of the *Youth Mental Health Lab*

School of Public Health

The University of Texas Health Science Center at Houston (UTHealth Houston)

1836 San Jacinto Blvd., Suite 510, Austin, TX, 78701

EDUCATION:

B.A. in Psychology, *cum laude*, Rice University, 2006

Ph.D. in Psychological & Brain Science, University of California Santa Barbara, 2013

Additional degree emphasis in College & University Teaching

PROFESSIONAL EXPERIENCE:

2024 - present **Associate Professor**, *Department of Health Promotion and Behavioral Sciences*
UTHealth Houston School of Public Health, Austin, TX

2022 - 2024 **Research Associate Professor**, *Department of Psychology*
University of Texas at Austin

2016 - 2017 **Research Associate**, *Harvard-MIT Division of Health Sciences and Technology*
Harvard University

2015 - 2022 **Director of Research**, *Center for Mindfulness and Human Potential*
University of California Santa Barbara

2015 - 2022 **Postdoctoral Research Fellow**, *Department of Psychological and Brain Sciences*
University of California Santa Barbara

2010 - 2020 **Lecturer**, *Department of Psychological and Brain Sciences*
University of California Santa Barbara

2013 - 2014 **Adjunct Professor**, *Department of Psychology*
Santa Barbara Community College

- 2011 - 2013 **Instructional Consultant**, *Department of Instructional Development*
University of California Santa Barbara
- 2011 - 2013 **Summer Research Associate**, *Department of Psychiatry and Psychology*
Mayo Clinic - Rochester

TEACHING EXPERIENCE:

AI Governance in Mental Health, *UTHealth Houston*
Health Psychology, *UC Santa Barbara*
Positive Psychology, *UC Santa Barbara*
Research Methods, *UC Santa Barbara*
Mindfulness: Science & Practice, *UC Santa Barbara*
Introduction to Psychology, *Santa Barbara Community College*

GRANTS & PHILANTHROPIC GIFTS:

- 2022 - 2026 **Enhancing Learning by Reducing Distraction** (Role: PI)
U.S. Department of Education; \$2,000,000
- 2021 - 2026 **Mindful Education Initiative** (Role: Co-PI)
Worthe Family Foundation; \$500,000
- 2020 **Digital Solutions for Promoting Student Well-Being** (Role: Co-PI)
Natalie Orfalea Foundation; \$2,500
- 2019-2022 **Attention training to enhance mental health and achievement** (Role: Co-PI)
William & Charlene Glikbarg Foundation; \$30,000
- 2017 - 2020 **Scalable Mindfulness Training for Youth** (Role: Co-PI)
U.S. Department. of Education; \$1,400,000
- 2018 - 2020 **Finding Focus in the Era of Distraction**
Howard & Lisa Wegner; \$27,000
- 2018 **Sustainable Digital Mental Health Solutions for Schools** (Role: PI)
National Science Foundation; \$25,000
- 2015 - 2018 **Center for Mindfulness & Human Potential, Founding Support** (Role: Co-PI)
Evolve Foundation: \$150,000
- 2014 - 2017 **Ruling the Mind: Novel Strategies to Enhance Self-Regulation** (Role: Co-PI)
Templeton Foundation: \$918,000
- 2014 - 2015 **Infusing Mindfulness into Higher Education Curricula** (Role: PI)

University of California Santa Barbara: \$10,000

2012 **Improving the Focus and Mental Health of Adolescents** (Role: PI)
University of California Santa Barbara: \$3,000 in pilot fund

GRANTS UNDER REVIEW:

Learning Engineering to Identify New Pathways to Student Motivation and Engagement
First-round application submitted to The Tools Competition.

Total Costs: \$150,000. **Role:** PI

Securing the Future of Student Motivation in the Age of AI
Spencer Foundation.

Total Costs: \$75,000. **Role:** PI

Motive: An AI-Enabled Solution for Enhancing Academic Motivation & Achievement
Institute of Education Sciences

Total Direct Costs: \$3,750,000. **Role:** PI

RECENTLY SUBMITTED GRANTS NOT FUNDED:

Transforming Classroom Culture to Promote Youth Mental Health
First-round application submitted to the Tow Foundation 2025 Innovation Fund.
Total Costs: \$1,000,000. **Role:** MPI

PEER-REVIEWED PUBLICATIONS:

h-index: 28 **Citations:** 8,348

* signifies role as a corresponding author

1. ***Mrazek MD**, Ransom DS, Texter AR, Tower CV, Mrazek AJ. Attention training improves academic achievement: A multi-site randomized trial. Educ. Res. [Manuscript submitted for publication].
2. ***Mrazek MD**, Ransom DS, Texter AR, Tower CV, Rutila BA, Kennedy TF, Woodson EJ, Schooler JW, Mrazek AJ. Theory-driven design and validation of a tool to enhance academic focus. J Res Educ Technol. [Manuscript submitted for publication].
3. Mrazek AJ, Texter AR, Jennings JK, Podell JR, Zapalac KM, Maul A, Rutila BA, Trotter AN, Woodson EJ, Zhu Y, Kennedy TF, Williams, IJ, Schooler JW, ***Mrazek MD**. Precision streamlining of a school-based attention training program: A strategy for balancing feasibility and potency. Front Educ. [Manuscript submitted for publication].
4. Kaveladze BT, Voelkel JG, Stagnaro MN, **Mrazek MD**, et al. A crowdsourced megastudy of 12 digital single-session interventions for depression in America. Nat Hum Behav. [Manuscript

submitted for publication].

5. Johnson-Yurchak JR, Dow BR, Pasch AM, Schooler JW, **Mrazek MD**, Mrazek AJ. Digital attention training: Improving the mental health and well-being of adolescent youth. *Creative Educ.* 2024;15(10). doi:10.4236/ce.2024.1510132
6. ***Mrazek, MD**, Dow, BR, Richelle, J, Pasch, A, Godderis, N, Pamensky, TA, Rutila, BA, & Mrazek, AJ. Aspects of acceptance: building a shared conceptual understanding. *Frontiers in Psychol.* (2024). *Front Psychol.* 2024;15:1423976. doi:10.3389/fpsyg.2024.1423976
7. Mrazek AJ, ***Mrazek MD**, Brown CS, Karimi SS, Ji RR, Ortega JR, Maul A, Carr PC, Delegard AM, Kirk AC, Schooler JW. Attention training improves the self-reported focus and emotional regulation of high school students. *Technol Mind Behav.* 2022;3(4: Winter). doi:10.1037/tmb0000092
8. Mrazek AJ, ***Mrazek MD**, Ortega JR, Ji RR, Karimi SS, Brown CS, Alexander CA, Khan M, Panahi E, Sadoff M, Scott A, Tyszka JE, Schooler JW. Teenagers' smartphone use during homework: An analysis of beliefs and behaviors around digital multitasking. *Educ Sci.* 2021;11:713. doi:10.3390/educsci11110713
9. Mrazek AJ, ***Mrazek MD**, Morseth BK, Mrazek KL, Mooneyham BW, Cole S, Schooler JW. Slaying the hydra: Integrative wellness training affects ten complementary measures of stress. *J Health Psychol.* 2021;2(1):1-12. doi:10.32371/pnij/246115
10. Mrazek AJ, ***Mrazek MD**, Maul A, Schooler JW. Taking charge: Characterizing the rapid development of self-regulation through intensive training. *J Health Psychol.* 2021;26(12):2304-2319. doi:10.1177/1359105320909856
11. Laukkonen R, Leggett J, Gallagher R, Biddell H, Mrazek AJ, Slagter H, **Mrazek MD**. The science of mindfulness-based interventions and learning: A review for educators. *Comm OECD.* 2020. Retrieved from <https://tinyurl.com/u8ono9o>
12. Mrazek AJ, ***Mrazek MD**, Carr PC, Delegard AM, Ding MG, Garcia DI, Greenstein JE, Kirk AC, Kodama EE, Krauss MJ, Landry AP, Stokes CA, Wickens KD, Wong K, Schooler JW. The feasibility of attention training for reducing mind-wandering and digital multitasking in high schools. *Educ Sci.* 2020;10(8):201. doi:10.3390/educsci10080201
13. Bauer CC, Caballero C, Scherer E, West M, **Mrazek MD**, Phillips DT, Whitfield-Gabrieli S, Gabrieli JDE. Mindfulness training preserves sustained attention and resting state anticorrelation between default-mode network and dorsolateral prefrontal cortex: a randomized controlled trial. *Hum Brain Mapp.* 2020;41(18):5356-5369. doi:10.1002/hbm.25197
14. Cloughesy J, Mrazek AJ, **Mrazek MD**, Schooler JW. Planning to practice: Action and coping plans increase days of meditation practiced. *Psi Chi J Psychol Res.* 2020;25(2):203-209.

15. Mrazek AJ, ***Mrazek MD**, Calcagnotto LA, Cloughesy JN, Holman AM, Masters-Waage TC, Schooler JW. Familiarity, attitudes, and self-regulatory challenges related to mindfulness. *Mindfulness*. 2020;11:1218–1225. doi:10.1007/s12671-020-01332-7
16. Bauer CC, Caballero C, Scherer E, West M, **Mrazek MD**, Phillips DT, Whitfield-Gabrieli S, Gabrieli JDE. Mindfulness training reduces stress and amygdala reactivity to fearful faces and self-reported stress in middle school children. *Behav Neurosci*. 2019;133(6):569-585. doi:10.1037/bne0000337
17. Caballero C, Scherer E, West M, **Mrazek MD**, Gabrieli CFO, Gabrieli JDE. Greater mindfulness is associated with better academic achievement in middle school. *Mind Brain Educ*. 2019;13(3):157-166. doi:10.1111/mbe.12200
18. Mrazek AJ, ***Mrazek MD**, Reese JV, Kirk AC, Gougis LJ, Delegard AM, Cynman DJ, Cherolini CM, Carr PC, Schooler JW. Mindfulness-based attention training: Feasibility and preliminary outcomes of a digital course for high school students. *Educ Sci*. 2019;9(3):230. doi:10.3390/educsci9030230
19. Mrazek AJ, ***Mrazek MD**, Cherolini CM, Cloughesy JN, Cynman DJ, Gougis LJ, Landry AP, Reese JV, Schooler JW. The future of mindfulness training is digital, and the future is now. *Curr Opin Psychol*. 2018;28:81-86. doi:10.1016/j.copsyc.2018.11.012
20. Mrazek AJ, Ihm E, Molden DC, **Mrazek MD**, Zedelius CM, Schooler JW. Expanding minds: Growth mindsets of self-regulation and the influences on effort, fatigue, and perseverance. *J Exp Soc Psychol*. 2018;79:164-180. doi:10.1016/j.jesp.2018.07.003
21. Mooneyham BW, ***Mrazek MD**, Mrazek AJ, Ihm E, Schooler JW. An integrated assessment of changes in brain structure and function resulting from intensive mindfulness training. *J Cogn Enhanc*. 2017;1:327-336. doi:10.1007/s41465-017-0034-3
22. ***Mrazek MD**, Zedelius CM, Mrazek AJ, Gross ME, Phillips DT, Schooler JW. Mindfulness in education: Enhancing academic achievement and student well-being by reducing mind-wandering. In Karremans J, Papies E, Eds. *Mindfulness in social psychology*. 2017;139-152. Routledge.
23. Franklin MS, **Mrazek MD**, Anderson CL, Johnston C, Smallwood J, Kingstone A, Schooler JW. Tracking distraction: The relationship between mind-wandering, meta-awareness, and attention-deficit/hyperactivity disorder symptomatology. *J Atten Disord*. 2016;21(6):475-486. doi:10.1177/108705471454
24. Mooneyham BW, ***Mrazek MD**, Mrazek AJ, Mrazek KL, Phillips DT, Schooler JW. States of mind: Characterizing the neural bases of focus and mind-wandering through dynamic functional connectivity. *J Cogn Neurosci*. 2016;29(3):295-506. doi:10.1162/jocn_a_01066

25. ***Mrazek MD**, Mooneyham BW, Mrazek KL, Schooler JW. Pushing the limits: Cognitive, affective, and neural plasticity revealed by an intensive multifaceted intervention. *Front Hum Neurosci*. 2016;10:00117. doi:10.3389/fnhum.2016.00117
26. Mooneyham BW, ***Mrazek MD**, Mrazek AJ, Schooler JW. Signal or noise: Brain network interactions underlying the experience and training of mindfulness. *Proc NY Acad Sci*. 2016;1369(1):240-256. doi:10.1111/nyas.13044
27. Schooler JW, **Mrazek MD**, Baird B, Winkielman P. The value of distinguishing between unconscious, conscious, and meta-conscious processes. In Shaver P, Mikulincer M, Eds. *APA handbook of personality and social psychology*, Vol. 1: Attitudes and social cognition. 2015;1-2. Washington, DC: APA Press.
28. Broadway JM, Zedelius C, Mooneyham BW, **Mrazek MD**, Schooler JW. Stimulating minds to wander. *Proc Natl Acad Sci USA*. 2015;112(11):3182-3183. doi:10.1073/pnas.1503093112
29. ***Mrazek MD**, Mooneyham BW, Schooler JW. Insights from quiet minds: The converging fields of mindfulness and mind-wandering. In Schmidt S, Walach H, Eds. *Meditation: Neuroscientific approaches and philosophical implications*. 2014;227-241.
30. Schooler JW, **Mrazek MD**, Franklin MS, Zedelius C, Mooneyham BW, Broadway JM. The middle way: Finding the balance between mindfulness and mind-wandering. *Psychol Learn Motiv*. 2014;60:1-33. doi:10.1016/B978-0-12-800090-8.00001-9
31. ***Mrazek MD**, Broadway JM, Phillips DT, Franklin MS, Mooneyham BW, Schooler JW. Mindfulness: An antidote for wandering minds. In Langer E, Ed. *Handbook of mindfulness*. 2014;153-167.
32. Baird B, **Mrazek MD**, Phillips DT, Schooler JW. Domain-specific enhancement of metacognitive ability following meditation training. *J Exp Psychol Gen*. 2014;143(5):1972-1979. doi:10.1037/a0036882
33. ***Mrazek MD**, Phillips DT, Franklin MS, Broadway JM, Schooler JW. Young and restless: Validation of the Mind-Wandering Questionnaire (MWQ) reveals disruptive impact of mind-wandering among youth. *Front Percept Sci*. 2013;4:560. doi:10.3389/fpsyg.2013.00560
34. Franklin MS, Broadway JM, **Mrazek MD**, Schooler JW. Window to the wandering mind: Pupillometry of spontaneous thought while reading. *Q J Exp Psychol*. 2013;66(12):2289-2294. doi:10.1080/17470218.2013.858170
35. Franklin MS, **Mrazek MD**, Anderson CL, Smallwood J, Kingstone A, Schooler JW. The silver lining of a mind in the clouds: Interesting musings enhance positive mood while mind-wandering. *Front Percept Sci*. 2013;4:583. doi:10.3389/fpsyg.2013.00583

36. Baird B, Smallwood J, Fishman DJF, **Mrazek MD**, Schooler JW. Unnoticed intrusions: Dissociations of meta-consciousness in thought suppression. *Conscious Cogn.* 2013;22:1003-1012. doi:10.1016/j.concog.2013.06.009
37. ***Mrazek MD**, Franklin MS, Phillips DT, Baird B, Schooler JW. Mindfulness training improves WMC & GRE performance while reducing mind-wandering. *Psychol Sci.* 2013;24(5):776-781. doi:10.1177/0956797612459659
38. Franklin MS, **Mrazek MD**, Broadway JM, Schooler JW. Disentangling decoupling: A reply to Smallwood (2012). *Psychol Bull.* 2013;139(3):536-541. doi:10.1037/a0030515
39. ***Mrazek MD**, Smallwood J, Franklin MS, Baird B, Chin J, Schooler JW. The central role of mind-wandering in measurements of general aptitude. *J Exp Psychol Gen.* 2012;141(4):788-798. doi:10.1037/a0027968
40. Smallwood J, Brown K, Baird B, **Mrazek MD**, Franklin MS, Schooler JW. Insulating daydreams: A role for tonic norepinephrine in the facilitation of internally guided thought. *PLoS One.* 2012;7(4):e33706. doi:10.1371/journal.pone.0033706
41. ***Mrazek MD**, Smallwood J, Schooler JW. Mindfulness & mind-wandering: Finding convergence through opposing constructs. *Emotion.* 2012;12(13):442-448. doi:10.1037/a0026678
42. Baird B, Smallwood JM, **Mrazek MD**, Franklin MS, Schooler JW. Inspired by distraction: Mind-wandering facilitates creative incubation. *Psychol Sci.* 2012;23(10):1117-1122. doi:10.1177/0956797612446024
43. Mooneyham BW, Franklin MS, **Mrazek MD**, Schooler JW. Modernizing science: Reply to Nosek & Bar Anon (2012). *Psychol Inq.* 2012;23(3):281-284. doi:10.1080/1047840X.2012.705246
44. Chin JM, **Mrazek MD**, Schooler JW. Blindspots to the self. In Vazire S, Wilson TD, Eds. *The handbook of self-knowledge.* Guilford Press. 2012.
45. ***Mrazek MD**, Chin J, Schooler JW. Threatened to distraction: Mind-wandering mediates the effect of stereotype threat on task performance. *J Exp Soc Psychol.* 2011;47:1243-1248. doi:10.1016/j.jesp.2011.05.011
46. Smallwood J, **Mrazek MD**, Schooler JW. Medicine for the wandering mind: A consideration of the cost of mind-wandering in medical practice. *Med Educ.* 2011;45(11):1072-1080. doi:10.1111/j.1365-2923.2011.04074.x
47. Smallwood J, Brown K, Franklin M, Tipper C, Giesbrecht B, **Mrazek MD**, Schooler JW. Pupillometric evidence for the decoupling of attention from perceptual input during offline thought. *PLoS One.* 2011;6(3):e18298. doi:10.1371/journal.pone.0018298

48. **Mrazek MD**, Koenig B, Skime M, Snyder K, Hook C, Black J, Mrazek DA. Learning about values while teaching about genes. *Acad Psychiatry*. 2007;31(6):447-451. doi:10.1176/appi.ap.31.6.447

BOOKS:

Mrazek MD, Mrazek AJ, Mrazek KL. *Presence of Mind: A Practical Introduction to Mindfulness and Meditation*. Santa Barbara, CA: Empirical Wisdom; 2017.

CONFERENCE PRESENTATIONS & POSTERS:

Mrazek, A.J., Ransom, D.S., and **Mrazek, M.D.** Finding focus in an era of constant distraction. Poster submitted to the Annual Convention for the Society for Personality and Social and Psychology; February 2026; Chicago, IL.

Tower, C.V., Woodson, E.J., Ransom, D.S., Texter, A.R., Trotter, A.M., Mrazek, AJ, **Mrazek, MD**. Improving student focus and well-being—without taking too much class time. Poster presented at Learning & The Brain; April 2025; New York, NY.

Mrazek, AJ, Texter, A., Ransom, D., Tower, C., **Mrazek, MD**. The Focus Coach: *A multi-site evaluation of a novel tool for enhancing student focus*. Poster session at Institute of Education Sciences Principal Investigators Meeting; January 2025; Washington, DC.

Mrazek, MD. *Finding Focus: Helping adolescents reclaim their focus*. Keynote address at: Mind-Wandering Among Youth International Workshop; September 2024; Queen's University Belfast; Virtual.

Masters-Waage T, Mrazek AJ, **Mrazek MD**, Schooler JW. *Integrating mindfulness in education: A working model for developing an effective mindfulness training program for high-school students*. Presented at: International Conference on Mindfulness; July 2018; Amsterdam, The Netherlands.

Mooneyham BW, **Mrazek MD**, Mrazek AJ, Phillips DT, Schooler JW. *States of mind: Characterizing the neural bases of focus and mind-wandering through dynamic functional connectivity*. Presented at: Annual Meeting of the Cognitive Neuroscience Society; April 2016; New York, NY.

Ihm E, Zedelius C, **Mrazek MD**, Purkiss J, Galindo A, Schooler JW. *Mind Over Math: Presenting a Mental Control Growth Mindset Reduces Effort Avoidance on a Math Task*. Presented at: Annual Convention of the Association for Psychological Science; May 2016; Washington D.C.

Mrazek AJ, Molden DC, **Mrazek MD**, Schooler JW. *Cultivating a Growth Mindset of Self-Control: The effects on effort and performance*. Presented at: Personality and Social Psychology Conference; January 2016; San Diego, CA.

Mrazek MD. *Reconciling mindfulness & mind-wandering: An integrative review.* Presented at: Society for Personality & Social Psychology; February 2015; Long Beach, CA.

Schooler JW, **Mrazek MD**, Mooneyham BW. *Pushing the limits of cognitive and neuroplasticity: Assessing a six-week comprehensive training program.* Presented at: International Convention of Psychological Science; March 2015; Amsterdam.

Schooler JW, Gable S, Hopper E, **Mrazek MD.** *When the muse strikes: ideas of physicists and writers regularly occur during episodes of mind-wandering.* Presented at: Psychonomic Society Annual Meeting; 2014; Toronto.

Mrazek MD. *Mindfulness training for wandering minds.* Presented at: International Symposia on Contemplative Studies; April 2012; Denver, CO.

Baird B, Elliot J, Franklin MS, **Mrazek MD**, Schooler JW. *Inattentional amnesia in the attentional blink.* Presented at: Toward a Science of Consciousness; April 2012; Tucson, AZ.

Mrazek MD. *Mind-wandering & mindfulness in the classroom.* Presented at: Department of Instructional Development, UCSB; February 2012; Santa Barbara, CA.

Mrazek MD, Smallwood J, Franklin MS, Baird B, Chin JM, Schooler JW. *The role of mind-wandering in measurements of general aptitude.* Presented at: 23rd Annual Convention of the Association for Psychological Science; May 2011; Washington D.C.

Mrazek MD. *Staying on track: mindful breathing dampens mind-wandering.* Presented at: Toward a Science of Consciousness; April 2010; Tucson, AZ.

Vander Weg M, Karpyak V, **Mrazek MD**, Hall-Flavin D, Schneekloth T, Loukianova L, Drews M, Mrazek DA. *Comparability of the Penn Alcohol Craving Scale and the Obsessive-Compulsive Drinking Scale for assessing craving in a clinical sample.* Presented at: 29th Annual Meeting of the Research Society on Alcoholism; June 2006; Baltimore, MD.

Hall-Flavin D, Karpyak V, Vander Weg M, Drews M, **Mrazek MD**, Schneekloth T, Mrazek DA. *The use of acamprosate in a dually focused chemical dependency treatment program: Initial Mayo Clinic experience.* Presented at: 29th Annual Meeting of the Research Society on Alcoholism; June 2006; Baltimore, MD.

RECENT SPEAKING ENGAGEMENTS

Mrazek, MD. *Adolescent mental health and focus in an era of unlimited distraction.* Seminar presented at Department of Health Promotion and Behavioral Science, UTHealth Houston School of Public Health; March 2025; virtual.

Mrazek MD, Walker J. *Classroom practices to support student mental health*. Presented at: CATCH Global Foundation Webinar; January 2025; Virtual.

Mrazek, MD, Mrazek, AJ. *Attention Training for Youth Mental Health*. Professional development workshop presented at: Seguin Independent School District; January 2025; Seguin, TX.

Mrazek, MD, Mrazek, AJ. *District-wide Rollout of Finding Focus*. Professional development workshop presented at: Rochester Public Schools; December 2024; Rochester, MN.

Mrazek, MD, Mrazek, AJ. *Reclaiming focus and well-being in an era of stress and distraction*. Professional development workshop presented at: CATCH Global Foundation; October 2024; Virtual.

Mrazek, MD, Mrazek, AJ. *Empowering 6-9th grade math learners to reclaim their focus and emotional health*. Presented at: Annual Conference for the Fellowship for Utilizing the Science of Engagement; July 2024; Austin, TX.

SCIENTIFIC PUBLICATION PEER REVIEWS:

Journal of Technology & Behavioral Science
Digital Health
National Science Foundation
Computers & Education
Psychology of Sport and Exercise
Journal of Positive Psychology
Applied Cognitive Psychology
Mindfulness
Journal of Applied Research in Memory

Journal of Cognitive Enhancement
Perspectives on Psychological Science
Social, Cognitive, & Affective Neuroscience
Cognition
PLOS ONE
Cognition and Emotion
Consciousness and Cognition
Memory and Cognition
Journal of Experimental Social Psychology

PUBLIC SERVICE

2018 - present	Created mental health training (Finding Focus); shared it with 50k students
2017 - present	Provided year-long mentorship program to 19 post-baccalaureate researchers

RECENT INSTITUTIONAL SERVICE

2025 - present	Founding member of Austin location's AI Advisory Committee
2025 - present	Member of HPBS Admissions Committee
October 2025	Recruitment talk to 70 UT Austin undergraduates
September	Guest lecture on AI best practices (course: Dissertation Proposal Writing)
August 2025	Led workshop on AI best practices for Austin location staff and faculty
June 2025	Presented on teaching in the era of AI at HPBS Faculty Retreat
May 2025	Served as a reviewer for Austin location graduate student scholarship contest

May 2025	Presented 5 Minutes of Science at HPBS faculty meeting
April 2025	Recruitment talk to 80 UT Austin undergraduate psychology majors
April 2025	Guest lecture on AI for research (course: Dissertation Proposal Writing)
March 2025	Guest lecture on youth mental health (course: HPBS Research Seminar)
March 2025	Authored blog post on new published findings for Dell Center blog
January 2025	Served as grader for HPBS prelim exams
November 2024	Recruitment talk to 100 UT Austin undergraduate psychology majors
July 2024	Served as grader for HPBS prelim exams
2024 - 2025	Member of Austin location's Holiday Committee