

INDEPENDENT STUDY APPLICATION

Dr. Laura Pittman's Lab

Brief description of my background and research: I have a Ph.D. in clinical psychology, with an emphasis on children and families. My research focuses on risk and resilience in children and adolescence, specifically, in how parents (especially their parenting and coparenting) as well as broader ecological systems (e.g., extended family, neighborhood environment) may buffer the expected negative influence of known risk factors (e.g., parental depression, poverty). For more information on ongoing projects go to my webpage at <http://niu.edu/pittmanlab/>. If you are interested in gaining research experience in my lab, please complete the form below and return it to me at lpittman@niu.edu. I will respond about availability in my lab. Decisions will be based on fit with the lab, availability, and qualifications.

What you can expect if you were an undergraduate research assistant in the Pittman lab (485 or volunteer)?

- You will gain experience doing research related to children, adolescents and families, particularly related to family processes. Each semester what this looks like varies. It will undoubtedly include becoming familiar with Qualtrics (an online data collection system), SPSS (a statistical computer program), and searching and summarizing scholarly articles for ongoing projects.
- You will be expected to present a poster based on existing data in the lab at the undergraduate research conference hosted by the department (in the fall) or the university (in the spring). This will be a product that you can list on your resume/C.V. You will be supported by a graduate student and Dr. Pittman through this process.
- You are strongly encouraged to attend lab meetings which are held on some Fridays for an hour starting at 3pm. These meetings are led by Dr. Pittman and involve discussing current projects in the lab as well as other professional development issues among the graduate and undergraduate students in the lab.
- Students enrolled in PSYC 485 students are expected to work 9 hours a week in the lab, primarily during work day hours (for 3 credits); 12 hours a week if interested in summer session.
- The minimum time commitment for volunteers is 5 hours a week (preference given to those who can commit more time and who have been 485 students in previous semesters).

The following are research projects that are currently ongoing in the Pittman lab:

- The Online Mindful Parenting Intervention Project is adapting a mindful parenting intervention to be done in 8 sessions online asynchronously. The project will target parents of elementary school students who identify as stressed. This is currently in development with data collection planned to start in the coming semester.
- Dissertation Project examining differences in academic and psychological outcomes between elementary school aged children who are homeschooled as compared to those attending public schools. Students may help in coordinating data collection and collecting data.
- Meta-analysis on how grandparents influence their grandchildren. This semester we will be working to identify and organize existing research literature on this topic that will be used for an eventual meta-analysis.
- Students will support ongoing creation of research products (posters, abstracts and manuscripts) from the following studies. Students will be asked to support creation of statistical tables, reference lists and identification of literature. Students may choose to use data from these studies for their own undergraduate research poster (see <https://www.niu.edu/clas/pittman-lab/research/index.shtml> for more details):
 - Families in Rapid and Stressful Transition (FIRST) Study, which examines using a longitudinal design how families have impacted by the COVID-19 pandemic. This project is a collaboration between my lab and Drs Bridgett and Shelleby's lab.
 - The Coparenting Study, which examines how parents work together to raise their children among families with early adolescents.

- The Grandparent Study, which examines how grandmothers and grandfathers have influenced their late adolescent/young adult grandchildren.
- The Ethnic Socialization project, which examines how parents socialize their children to experience issues related to their race or ethnicity (e.g., discrimination).

Additional graduate student research projects are also ongoing. More information can be found about these projects at: <http://niu.edu/pittmanlab/people/students/index.shtml>.

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Name: _____ Phone: _____

Email: _____ Year: _____ GPA: _____

Major: _____ Student ID#: _____

Semester you are interested in: SUMMER FALL SPRING

Are you interested in PSYC 485? YES NO If so, number of credits (1-3): _____

Are you interested in volunteering in the lab (not registering)? YES NO

If volunteer, how many hours can you commit? _____

Why are you interested in gaining this research experience?

Why are you interested in working in my lab?

Have you taken or are you currently taking the following courses:

Research Methods (305): YES NO Developmental Psychology (324): YES NO

Lifespan Development (225): YES NO Behavior Disturbances in Children (315): YES NO

Any other related coursework:

Describe any previous research experience (list n/a if you have none):

What do you feel you can contribute to the lab (e.g., specific skills you have, either personal or research-related)?

What are limitations to your availability?

What are your long term goals?

If you have a faculty member who knows you well enough to recommend you, please list here their name and in what role you have interacted with them.