Yale *Center for Emotional Intelligence*

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POSTDOCTORAL ASSOCIATE – Mindfulness, Social Connectedness, and Psychological Well-Being Project Team

The Yale Center for Emotional Intelligence, part of the Child Study Center at the Yale University School of Medicine, conducts research and teaches people of all ages how to develop their emotional intelligence. Our work focuses on: (1) the development and impact of social and emotional skills among diverse populations, including education settings and organizations, and (2) the mechanisms by which social and emotional skills and training impact significant life outcomes.

We are looking for a **Postdoctoral Associate** to join our Mindfulness, Social Connectedness, and Psychological Well-Being Project Team. Our team is launching a randomized controlled trial (RCT) in the Fall of 2021 investigating the effects of Compassion Cultivation Training (CCT), Mindfulness-Based Stress Reduction (MBSR), and control group training on college student social connectedness/loneliness, and psychological health and well-being. We are implementing a biopsychosocial, multiple-levels-of-analysis approach that will index college student subjective experiences, social behavior, and biological functioning (e.g, cortisol and interleukin-6). The project goals are to test the efficacy of prosocially-oriented contemplative interventions (CCT) as compared to the more well-studied mindfulness-based interventions (MBSR) in promoting healthy, connected, and meaningful social lives for college students and beyond. We are also interested in understanding for whom the trainings are most effective (demographic moderators, including gender and racial/ethnicity identity) and why (biopsychosocial mediators of intervention effects). The results of this project will inform larger efforts to foster social health and psychological well-being in college students and other chronically stressed populations, including educators and medical professionals.

The postdoctoral associate will be responsible for contributing to: study design; data collection and cleaning; quantitative, qualitative, and mixed methods data analyses, including using machine learning and AI text-based analytic techniques; programing and troubleshooting online study projects on Qualtrics; liaising with participants and intervention trainers inside and outside of Yale University; preparing academic conference proposals; and attending routine meetings at the Yale Center for Emotional Intelligence with Yale staff and our collaborators, and other related tasks as needed. Dr. James Floman will oversee day-to-day work assignments and be the primary supervisor. The Director of Research, Dr. Christina Cipriano, will provide additional supervision and professional support.

Yale University is an Affirmative Action/Equal Opportunity employer. Yale values diversity among its students, staff, and faculty and strongly welcomes applications from women, persons with disabilities, protected veterans, and underrepresented minorities.

Skills and Qualificiations
- Qualified candidates will have recently completed a PhD in psychology or affective science
- Specialization in mindfulness, meditation, and contemplative science, affective science and well-being, and/or compassion and prosociality/positive psychology interventions
- Proficiency in SPSS, Mplus, R, and/or Python
- Advanced data analysis including experience with structural equation modeling, growth curve modeling, multi-level modeling, and/or experience sampling methods
- Experience with randomized control trials in psychological or cognitive science
- Experience with research using biological markers such as cortisol and interleukin-6
- Machine learning/AI approaches to analyzing open-ended text
- Excellent time management skills, including comfort working under deadlines
- Superior written and oral communication skills
- Ability to work both independently and collaboratively

The anticipated start date is July 2021. *The position may start remotely in accordance with Yale University guidance around COVID-19 until the university resumes regular on-campus operations, which is planned for August 1, 2021 and as determined by the business needs of the department.*

In accordance with university requirements for a safe return to in-person university operations, all faculty, staff, and postdoctoral and postgraduate trainees will be required to be fully vaccinated against COVID-19 by August 1. For additional information, please visit https://your.yale.edu/work-yale/workplace-guidance/workplace-guidance-faqs.

To Apply
Please send a cover letter and CV to Dr. Annette Ponnock at annette.ponnock@yale.edu. **Review of applications will begin immediately and continue until the position is filled**. Please have contact information for three references and an academic writing sample available upon request.

ABOUT THE YALE CENTER FOR EMOTIONAL INTELLIGENCE
Emotions drive learning, decision-making, creativity, relationships, and health. The Yale Center for Emotional Intelligence uses the power of emotions to create a more effective and compassionate society. Helping children and adults develop emotional intelligence is central to the mission of the Center. To date, schools have been at the center of these efforts. RULER, the Center's signature program, draws on leading pedagogical practices as well as advances in psychology and neuroscience, and it has been honed through years of classroom observation, interviews, and the most demanding evaluations. Creating awareness— both of self and others—about emotions and developing the skills of emotional intelligence can improve children's prospects in life and contribute, in turn, to healthier, more compassionate families, workplaces, and communities. RULER does this by teaching adults and children the skills of emotional intelligence.