



Quality of Life  
eXperiments

# Summer Internship Opportunities with QoL-X.org

What if you could truly help people around the world  
learn how to suffer less and enjoy life more?

Are you seeking real world experiences that help you develop the skills you want  
~and~ look great on résumés and college applications?

Email Dr Mel at [drmel@qol-x.org](mailto:drmel@qol-x.org)

QoL-X is an innovative education project, dedicated to helping people of all ages learn how they can maximize quality of life for themselves and those they care about most.

We focus on making it easier to understand the latest in psychology, neuroscience and education research: our emotions, crisis preparedness, how we learn, and how we can develop better decision making habits.

We invite people from around the world to experiment with a variety of learning activities, testing methods for assessing and improving different aspects of life. We want to get as many people engaged as we can. We have a lot to organize and would love your help.

Part of what we do is broaden the reach of celebrated psychologists like Drs. John and Julie Gottman, Martin Seligman, and Phil Zimbardo.

***QoL-X Interns can participate virtually in a personalized mix of the following activities:***

- ♥ **VOLUNTEER PROGRAM DEVELOPMENT**
  - help us design and test crowd-sourced activities on sites like [SkillsForChange.org](http://SkillsForChange.org)
- ♥ **RESEARCH & WRITING FOR WIKIPEDIA & WIKIHOW**
  - learn how to edit, create and contribute to program-related articles
- ♥ **CREATIVE WORK**
  - help design visual and multimedia works to share and promote engagement
- ♥ **SOCIAL MEDIA MANAGEMENT**
  - help develop our crowd-sourced community participation
- ♥ **EXPERIMENTATION**
  - help design and conduct related social action research projects

Internships are unpaid, but come with a variety of perks and learning opportunities. Hours are flexible and can be dovetailed to fit around whatever other commitments you need to make. The work you choose to do will be easy to document and share with others, so you can have lots more “real world” experience by the end of the Summer.

**Who do you care about helping most? You can focus on them!**

It only takes a few minutes to get started at [www.wikihow.com/Be-A-QoL-X-Intern](http://www.wikihow.com/Be-A-QoL-X-Intern). As soon as you have gotten through the first step, email Dr Mel to let her know. Or email questions to her now!

*email [drmel@qol-x.org](mailto:drmel@qol-x.org) now to learn more!*

Steps for Becoming a QoL-X Intern - [www.wikihow.com/Be-A-Qol-X-Intern](http://www.wikihow.com/Be-A-Qol-X-Intern):

1) Express interest (form) – who are you and where did you hear about us?	3 min
2) Bio info & perfect day	15 min
3) Begin first aid training	7 min
4) Begin microvolunteering on Skills For Change	15 min
5) wikiHow editing (form3- +-delta review)	30 min
<i>First 5 steps take only</i>	<i>1 hr 20 min</i>
6) Independent study proposal - first draft (form4)	30 min +
7) Expert & Peer +-delta Reviews (form3- +-delta review)	1 to 7 days (SkillsForChange)
8) Move forward with study	30 min + per time block
9) Additional (form3- +-delta reviews) as needed (per milestone/stats report)	1 to 7 days (SkillsForChange)
10) First dissemination by end of term on platform(s) of your choice	Approx. 1 to 6 weeks
11) Project presentations and celebrations	End of Summer