

# Alissa Mrazek

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## Publications

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### JOURNAL ARTICLES

1. Mrazek, A. J., Mrazek, M. D., Brown, C. S., Karimi, S. S., Ji, R. R., Ortega, J. R., Maul, A., Carr, P. C., Delegard, A. M., Kirk, A. C., & Schooler, J. W. (2022). Attention training improves the self-reported focus and emotional regulation of high school students. *Technology, Mind, and Behavior*, 3(4). <https://doi.org/10.1037/tmb0000092>
2. Mrazek, A. J., Mrazek, M. D., Brown, C. S., Karimi, S. S., Ji, R. R., Ortega, J. R., Maul, A., Carr, P. C., Delegard, A. M., Kirk, A. C., & Schooler, J. W. (2022). Supplemental material for attention training improves the self-reported focus and emotional regulation of high school students. *Technology, Mind, and Behavior*, 3(4). <https://doi.org/10.1037/tmb0000092.supp>
3. Besika, A., Schooler, J. W., Verplanken, B., Mrazek, A. J., & Ihm, E. D. (2022). A relationship that makes life worth-living: Levels of value orientation explain differences in meaning and life satisfaction. *Heliyon*, 8(1), e08802. <https://doi.org/10.1016/j.heliyon.2022.e08802>
4. Mrazek, A. J., Mrazek, M. D., Ortega, J. R., Ji, R. R., Karimi, S. S., Brown, C. S., Alexander, C. A., Khan, M., Panahi, R., Sadoff, M., Scott, A., Tyszk, J. E., & Schooler, J. W. (2021). Teenagers' smartphone use during homework: An analysis of beliefs and behaviors around digital multitasking. *Education Sciences*, 11(11), 713. <https://doi.org/10.3390/educsci11110713>
5. Mrazek, A. J., Mrazek, M. D., Maul, A., Mrazek, K. L., & Schooler, J. W. (2020). Taking charge: Characterizing the rapid development of self-regulation through intensive training. *Journal of Health Psychology*, 26(12), 2304–2319. <https://doi.org/10.1177/1359105320909856>
6. Mrazek, A. J., Mrazek, M. D., Morseth, B. K., Mrazek, K. L., Mooneyham, B. W., Cole, S., & Schooler, J. W. (2021). Slaying the hydra: Integrative wellness training affects ten complementary measures of stress. *Psychoneuroimmunology Journal*, 2, 1–12. <https://doi.org/10.32371/pnij/246115>

### PREPRINTS

### BOOKS

### BOOK CHAPTERS

## Professional Presentations

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### Designing Feasible and Scalable Interventions for High Schools

UT AUSTIN

2023

### Focus Group Methodology and Best Practices

UT AUSTIN

2023

### Finding Focus: Equipping Teens with Attention Skills at Scale

UT AUSTIN

2022

### Personalized Attention Training for Teens

AUSTIN, TX

2022

### Positive Appraisal and Stress Management

AUSTIN, TX

2022

### Regulating Attention as a Tool to Cope with Stress during Undergrad

UT AUSTIN

2022

### Digital Interventions for Adolescents

NEW YORK, NY

2021

### Finding Focus: Improving Focus and Reducing Stress among High School Students

PHILADELPHIA, PA

2021

### Finding Your Path through Focus and Emotional Resilience

UT AUSTIN

2021

<b>Improving Focus and Reducing Stress among High School Students across NYC</b>	
NEW YORK, NY	2021
<b>Self-Regulation: A foundational and trainable skill</b>	
UT AUSTIN	2021
<b>Staying Steady Amidst the Storm: The how and why behind attention training</b>	
SANTA BARBARA, CA	2021

## Conference Abstracts

## Honors

<b>Josh Holahan Department of Psychology Excellence in Teaching Award</b>	Austin, US
UT AUSTIN PSYCHOLOGY DEPARTMENT	2023

## Funding

<b>Enhancing Learning by Reducing Distraction</b>	IES,
FUNDING: \$1,997,787	2022 - 2025

## Service

<b>Travis County Fire Rescue</b>	Austin, US
PI ON A SERVICE PROJECT TO IMPROVE THE CULTURE AT TRAVIS COUNTY FIRE RESCUE (BY REQUEST OF CHIEF BAILEY VIA DAVID SCHNYER). 150 HOURS OF WORK OVER THE LAST 20 MONTHS	2021 - 2023

## Mentoring and Teaching

### MENTORING

<b>Elizabeth Worthington</b>	
PSYCHOLOGY HONORS MENTOR	2024 - 2024
<b>Hairuo Yi</b>	
PSYCHOLOGY HONORS MENTOR	2023 - 2024
<b>Yaning Zhu, Elijah Woodson, Kennedy Zapalac, Abigail Romeo, Angelique Trotter, Shez Shah, Aneka Raj, Nusha Sattar, Vanessa Cadena, Ellie Kim</b>	
UNDERGRADUATE RESEARCH ADVISOR	2021 - 2024
<b>Julia Jennings, Amy Texter, Jessa Podell, Talia Pamensky, Nathan Godderis, Bryce Rutilla, Alexander Pasch, Bailey Dow, Justine JY, Katherine Cariño</b>	
POST-BAC RESEARCH ADVISOR (HIGHLY HANDS ON MENTORING TO RESEARCH VOLUNTEERS AS PREPARATION FOR GRADUATE SCHOOL)	2020 - 2024
<b>Iasha Williams</b>	
SURE PROGRAM MENTOR	2023 - 2023
<b>Makenna Chamberlain</b>	
PSYCHOLOGY HONORS MENTOR	2022 - 2023

### TEACHING

<b>Positive Psychology and The Good Life (currently 7th semester)</b>	
INSTRUCTOR	2021 - 2024