

Michael Mrazek

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Publications

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., Deleghard, 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., 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>
3. 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>
4. Mrazek, M. (2021). Slaying the hydra: Integrative wellness training affects ten complementary measures of stress. *Psychoneuroimmunology*.

PREPRINTS

BOOKS

BOOK CHAPTERS

Professional Presentations

Conference Abstracts

Honors

Funding

Enhancing Learning by Reducing Distraction

FUNDING: \$1,997,156

United States Department of
Education, R305A220435
2022 - 2025

Service

The University of Texas at Austin

UNDERGRADUATE RESEARCH ADVISOR

Austin, US
2022 - 2024

Mentoring and Teaching

MENTORING

**Talia Pamensky, Nathan Godderis, Bryce Rutilla, Alexander Pasch, Bailey Dow, Justine JY,
Katherine Cariño, Julia Jennings, Amy Texter, Jessa Podell)**

POST-BAC RESEARCH ADVISOR PROVIDING EXTENSIVE MENTORING TO RECENT GRADUATES AS PREPARATION FOR GRADUATE SCHOOL

2022 - 2024

TEACHING