

# 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., Tyszka, 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. (2021). 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>
7. Mrazek, A. J., Mrazek, M. D., Carr, P. C., Delegard, A. M., Ding, M. G., Garcia, D. I., Greenstein, J. E., Kirk, A. C., Kodama, E. E., Krauss, M. J., Landry, A. P., Stokes, C. A., Wickens, K. D., Wong, K., & Schooler, J. W. (2020). The feasibility of attention training for reducing mind-wandering and digital multitasking in high schools. *Education Sciences*, 10(8), 201. <https://doi.org/10.3390/educsci10080201>
8. Mrazek, A. J., Mrazek, M. D., Calcagnotto, L. A., Cloughesy, J. N., Holman, A. M., Masters-Waage, T. C., & Schooler, J. W. (2020). Familiarity, attitudes, and self-regulatory challenges related to mindfulness. *Mindfulness*, 11(5), 1218–1225. <https://doi.org/10.1007/s12671-020-01332-7>
9. Cloughesy, J. N., Mrazek, A. J., Mrazek, M. D., & Schooler, J. W. (2020). Planning to practice: Action and coping plans increase days of meditation practiced. *Psi Chi Journal of Psychological Research*, 25(2), 203–209. <https://doi.org/10.24839/2325-7342.jn25.2.203>

### PREPRINTS

### BOOKS

### BOOK CHAPTERS

## Professional Presentations

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### 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

## **Improving Focus and Reducing Stress among High School Students across NYC**

NEW YORK, NY

2021

## **Self-Regulation: A foundational and trainable skill**

UT AUSTIN

2021

## **Staying Steady Amidst the Storm: The how and why behind attention training**

SANTA BARBARA, CA

2021

## **A digital tier-1 mindfulness intervention**

CHICAGO, IL

2020

## **Attention training in high schools: progress and vision**

SANTA BARBARA, CA

2020

## **Integrating attention training into the Health curriculum**

SANTA BARBARA, CA

2020

## **Conference Abstracts**

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## **Honors**

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## **Funding**

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### **Enhancing Learning by Reducing Distraction**

FUNDING: \$1,997,787

IES,

2022 - 2025

## **Service**

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### **Travis County Fire Rescue**

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

Austin, US

2021 - 2023

## **Mentoring and Teaching**

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### **MENTORING**

#### **Kennedy Zapalac, Abigail Romeo, Angelique Trotter, Shez Shah, Aneka Raj, Nusha Sattar, Vanessa Cadena, Ellie Kim**

UNDERGRADUATE RESEARCH ADVISOR

2021 - 2023

#### **Talia Pamensky, Nathan Godderis, Bryce Rutilla, Alexander Pasch, Bailey Dow, Justine JY, Katherine Cariño**

POST-BAC RESEARCH ADVISOR (HIGHLY HANDS ON MENTORING TO RESEARCH VOLUNTEERS AS PREPARATION FOR GRADUATE SCHOOL)

2020 - 2023

### **TEACHING**

#### **Positive Psychology and The Good Life (currently 5th semester)**

INSTRUCTOR

2021 - 2023