

# Michael F.S. Baranski

Assistant Professor of Psychology  
California University of Pennsylvania

[baranski@calu.edu](mailto:baranski@calu.edu)

724.938.4394

## EDUCATION

- Ph.D. in Psychological Science. Kent State University, May 2020  
Dissertation: *The Effects of Brief Mindfulness Meditation on Executive Functions, Moderated by Trait Anxiety*  
Advisor: Dr. Christopher A. Was
- M.A. in Psychological Science. Kent State University, December 2017  
Thesis: *Mindfulness Meditation May Enhance Working Memory Capacity*  
Advisor: Dr. Christopher A. Was
- B.S. in Secondary Education, Integrated Social Studies. Youngstown State University, August 2008

## PROFESSIONAL EXPERIENCE

- Assistant Professor, Psychology Department. California University of Pennsylvania, August 2020 – present
- Instructor: Department of Psychological Sciences. Kent State University, August 2017 – May 2020
- Laboratory Manager and Graduate Research Assistant: Procedural Cognition and Learning Lab, Department of Psychological Sciences. Kent State University, January 2016 – May 2020
- Graduate Research and Teaching Assistant: Educational Psychology. Kent State University, August 2014 – January 2016
- High School Educator: Civics & Economics (Honors and non-Honors), Grades 9 – 12. New Bern High School, August 2008 – January 2012
- Substitute Teacher: Grades K-12. Girard, Lordstown, Field, Kent, and Ravenna Schools, August 2014 – May 2016
- Pharmaceutical Sales Representative: Eli Lilly and Company. Kent OH, January 2012 – June 2013
- Business Development Manager: Elivate. Hudson OH, June 2013 – August 2014

## COURSES TAUGHT

### *California University of Pennsylvania*

PSY-100: General Psychology, Fall 2020

PSY-340: Psych Measurement Lab, Fall 2020

### *Kent State University*

PSYC 21621: Quantitative Methods in Psychology I, Spring 2020

PSYC 40445: Cognitive Psychology, Fall 2017 and Spring 2019

PSYC 21211: Psychology of Everyday Life, Fall 2018

PSYC 21211: Psychology of Everyday Life (Honors), Spring 2018

EPSY 65524: Learning Theories, Fall 2015 (Teaching Assistant)

EPSY 65524: Learning Theories - Online, Fall 2015 (Teaching Assistant)  
DSCI 23410: Cognition in Technology, Spring 2015 (Teaching Assistant)

## RESEARCH INTERESTS

Mindfulness meditation  
Working memory  
Executive functions  
Mind-wandering

Declarative and procedural memory  
Academic achievement  
Metacognition

## PUBLICATIONS

### *Refereed Publications*

- Baranski, M., & Was, C. A.** (2019). Can Mindfulness Meditation Improve Short-Term and Long-Term Academic Achievement in a Higher-Education Course? *College Teaching*, *67*(3), 188-195.
- Baranski, M. F., & Was, C. A.** (2018). A More Rigorous Examination of the Effects of Mindfulness Meditation on Working Memory Capacity. *Journal of Cognitive Enhancement*, *2*(3), 225-239.
- Baranski, M., & Was, C. A.** (2017). Mindfulness Meditation May Not Increase False-Memory and May Instead Protect From False-Memory Susceptibility. *Mindfulness*, *8*(6), 1569-1579.

## MANUSCRIPTS IN PROGRESS

### *\*indicates undergraduate coauthor*

- Baranski, M.** (in revision). No State Effects of Brief Mindfulness Meditation on Executive Functions nor Moderation by Trait Anxiety.
- Baranski, M., Hollis, R. B., & Was, C. A.** (in prep). The Effects of Mindfulness Meditation on Working Memory Capacity: Mechanisms and Transfer.
- Baranski, M., Leontieva, L., Hollis, R. B., & Was, C. A.** (in prep). The Effects of Mindfulness Meditation on Short-Term and Long-Term Academic Achievement.
- Baranski, M., & Was, C. A.** (in prep). The Effects of Brief Mindfulness Meditation on Working Memory, Moderated by Mind-Wandering.
- Baranski, M., & Was, C. A.** (in prep). The Effects of Brief Mindfulness Meditation on Working Memory: Replication and Extension.
- Baranski, M., Was, C. A., Cochrac, T.,\* & Byrnes, D.\*** (in prep). The Facilitation of Cognitive Procedures is not Dependent on Maintenance of Declarative Memory Elements.
- Arner, T., Graham, E., **Baranski, M.**, Al-Harthy, I. S., & Was, C. A. (in prep). Persistent Overconfidence in Young Children: Impact of Magnitude and Peer Modeling.
- Graham, E., **Baranski, M.**, & Was, C. A. (in prep). A Mathematical Model of Cognition.

## BOOK CHAPTERS

### *Invited*

- Baranski, M., & Was, C. A.** (submitted). Relationships Between Mindfulness Meditation, Executive Functions, Behavior, and Mental Health. In U. Bakan (Ed.), *Research Handbook on Behavior and Mental Health*. Bayrakli-Izmir / Turkey: MacroWorld Publishing.

## PRESENTATIONS AND WORKSHOPS

### *Refereed, International and National*

- Baranski, M., & Was, C. A.** (2019, November) State Effects of Brief Mindfulness Meditation on Working Memory and Mind-Wandering. Poster presented at the *60<sup>th</sup> Annual Meeting of Psychonomic Society*, Montreal, QC.
- Al-Harthy, I. S., Graham, E., **Baranski, M.**, Arner, T., & Was, C. A. (2019, March). Peer Modeling: Does It Improve Children's Prediction Accuracy? Poster presented at the *2019 International Convention of Psychological Science*, Paris France.
- Baranski, M., & Was, C. A.** (2017, November) Mindfulness Meditation Can Enhance Working Memory Performance. Poster presented at the *58<sup>th</sup> Annual Meeting of Psychonomic Society*, Vancouver, BC.
- Baranski, M., & Was, C. A.** (2016, November) Mindfulness meditation may not increase false memory and may sometimes protect against false memory susceptibility. Poster presented at the *57<sup>th</sup> Annual Meeting of Psychonomic Society*, Boston, MA.
- Baranski, M., & Was, C. A.** (2016, May) Impact of mindfulness training on executive functions. Poster presented at the *28<sup>th</sup> Annual Conference of Association for Psychological Science*, Chicago, IL.

### *Refereed, Regional*

- Baranski, M., & Was, C. A.** (2019, April). The State Effects of Mindfulness Meditation on Working Memory: Protecting and Improving Functioning Due to Decrements from Mind-Wandering. Poster presented at the *91<sup>st</sup> Annual Midwestern Psychological Association Conference*, Chicago, IL.
- Arner, T., Graham, E., **Baranski, M.**, Al-Harthy, I.S., & Was, C. A. (2018, October) Persistent Overconfidence in Recall Prediction for Early Elementary Children. Oral presentation at the *2018 Northern Rocky Mountain Educational Research Association Conference*, Salt Lake City, UT.
- Graham, E., Was, C. A., & **Baranski, M.** (2017, April) Complex Span and Content Embedded Tasks Uniquely Predict Fluid Intelligence. Poster presented at the *89<sup>th</sup> Annual Meeting of the Midwestern Psychological Association*, Chicago, IL.
- Was, C. A., **Baranski, M.**, & Hollis, R. B. (2016, October) A simple mindfulness induction reduces test anxiety and increases exam scores. Paper presented at the *34<sup>th</sup> Annual Meeting of the Northern Rocky Mountain Educational Research Association*, Reno, NV.
- Baranski, M., & Was, C. A.** (2015, October) Impact of mindfulness training on executive functions. Oral presentation at the *2015 Northern Rocky Mountain Educational Research Association Conference*, Boise, ID.

### *Local*

- Baranski, M., & Celko, M.** (2018, October) Mindfulness and the Brain: Research and Application. Oral presentation at the *Kent State of Accessibility: Intersections of Mental Health and Disabilities Spotlight Event*, Kent State University.
- Baranski, M., & Was, C. A.** (2017, April) Mindfulness Meditation and Working Memory Capacity. Oral presentation at the *32<sup>nd</sup> Annual Graduate Research Symposium*, Kent State University.

Baranski, M., & Was, C. A. (2016, April) Impact of mindfulness training on executive functions. Oral presentation at *31<sup>st</sup> Annual Graduate Research Symposium*, Kent State University.

### **AWARDS AND HONORS**

Three Minute Thesis Competition Finalist, Kent State University, October 2019.  
Applied Psychology Center Graduate Research Fellowship, \$1000 to rigorously investigate the impact of mindfulness meditation and cognitive training on working memory capacity. Kent State University, January – May 2018  
Graduate Student Services Research Award, \$2000 to investigate the impact of mindfulness meditation on working memory capacity. Kent State University, January – May 2017  
Outstanding Oral Presentation Award, 31<sup>st</sup> Annual Graduate Research Symposium, Kent State University, April 2016  
4.0 in all graduate classes, August 2014 – May 2017  
Awarded Craven County *Trailblazer of Excellence* honor by Superintendent for leadership, instructional innovation, and student achievement. New Bern High School, Fall 2010  
Awarded *Principal's Pride* honor by Principal for exceptional instruction and student progress. New Bern High School, Spring 2011  
Graduated Cum Laude, Dean's List multiple times. Youngstown State University, August 2003 – August 2008

### **CERTIFICATIONS**

Teaching Online Certification Course, California University of Pennsylvania. Fulfilled Article 41.C.2 of the 2019-2023 Pennsylvania Collective Bargaining Agreement. June 2020

### **ADVISING AND SUPERVISION**

Psychology Undergraduate Major Advisor, Department of Social Sciences. California University of Pennsylvania, August 2020 – present.  
Undergraduate Research Mentor and Laboratory Manager: Procedural Cognition and Learning Lab, Department of Psychological Sciences. Kent State University, January 2016 – May 2020  
Social Studies Department Chair. New Bern High School, August 2009 – January 2012  
Civics & Economics Curriculum Leader. New Bern High School, January 2009 – January 2012  
Professional Learning Community Co-Leader. New Bern High School, March 2011 – January 2012  
Student Council Advisor. New Bern High School, August 2011 – January 2012  
Social Studies NCFalcon Professional Learning Community Leader. New Bern High School, September 2010 – January 2012  
Facilitator for Social Studies Curriculum Integration, *Moodle* Website Training for Staff Development, and Common Core Essential Standards Training. New Bern High School, August 2010 – January 2012  
Initiated peer-tutoring network for English-as-a-Second-Language students in English and Algebra. New Bern High School, August – December 2011

## GRANTS AND SCHOLARSHIPS

### *Awarded*

- Kent State of Wellness Mini-Grant, \$600 to implement an 8-week mindfulness-based stress reduction course. Kent State University, February – March 2017
- North Carolina Department of Education laptop grant for Civics & Economics students; became co-leader of interdisciplinary 1:1 student laptop pilot between Civics & Economics and English II curriculums. New Bern High School, May 2010 – January 2012

### *Applied For*

- Applied Psychology Center Award, \$1000 to fund examining the effect of mindfulness meditation on components of working memory. Kent State University, Fall 2017
- Pillai Memorial Award, \$500 to fund research contributing to mental health. Kent State University, Spring 2017
- Mind & Life 1440 Grant, up to \$25,000 to implement mindfulness meditation in K-12 setting to examine improvements in academic performance, inner well-being, and social connectivity. Spring 2017
- Mind & Life Summer Research Institute 2017, research conference and professional development workshops on effects of mindfulness, applied to be eligible for Francisco J. Varelo Research Awards. Spring 2017
- Lillian Friedman Scholarship, \$1,000 to fund research contributing to mental health. Kent State University, Spring 2017
- Julie Fall Lasser Research Award, \$750 to fund ongoing research. Kent State University, Fall 2016 and Spring 2017
- American Psychological Foundation and Council of Graduate Departments in Psychology joint graduate research scholarship, up to \$5,000 for research costs associated with thesis project. Summer 2016

## DIGITAL PUBLICATIONS

- Baranski, M. (2019, April 15). Brief mindfulness meditation can protect cognition from stress. [Blog post]. Retrieved from: <https://cogbites.org/2019/04/15/brief-mindfulness-meditation-can-protect-cognition-from-stress/>
- Baranski, M. (2019, February 18). What is working memory training, and what makes it work? [Blog post]. Retrieved from: <https://cogbites.org/2019/02/18/what-is-working-memory-training-and-what-makes-it-work/>

## SERVICE, OUTREACH, AND CITIZENSHIP

### *Committees*

- California University of Pennsylvania & Clarion University Psychology Program Integration Committee Member. September 2020 – present
- Department of Social Sciences Faculty Evaluation Committee Member, California University of Pennsylvania. September 2020 - present

### *Mentoring at California University of Pennsylvania*

- New Faculty Peer Mentorship Member. September 2020 – present

### *Mentoring at Kent State University*

Psychological Sciences Peer Mentorship Member. September 2019 – July 2020  
Cognitive Psychology, Class Project for Honors Credits. Fall 2018  
Planned and implemented undergraduate research assistants' Honors Thesis research projects. March – August 2017, February – July 2018  
Advised students in preparation for undergraduate research symposiums, selecting and applying to graduate schools, initiating and developing independent research.  
January 2016 – May 2020

### *Initiatives*

Helped design and implement 5-week mindfulness-based stress reduction and healthy living programs for Upward Bound. Kent State University, May – July 2018  
Helped design and implement 4-week mindfulness-based stress reduction program. Kent State University, April – May 2018  
Helped design, implement, and secure funding for 8-week mindfulness-based stress reduction program. Kent State University, February – April 2017

### *Editorial Responsibilities*

Reviewer for:

Journals:

*Journal of Cognitive Enhancement*, August 2020

*Current Psychology*, August 2020

*Current Psychology*, May 2020

*Stress & Health*, September 2019

*Stress & Health*, July 2019

Conferences:

*41<sup>st</sup> Annual Meeting of the Cognitive Science Society*, July 2019

*40<sup>th</sup> Annual Meeting of the Cognitive Science Society*, July 2018

*39<sup>th</sup> Annual Meeting of the Cognitive Science Society*, July 2017

Blog:

*Cogbites.org*, March 2019

*Cogbites.org*, January 2019

### *Memberships*

Union of Concerned Scientists: 2019, 2020

Brain Health Research Institute: Kent State University, Student Member 2019, 2020

Psychonomic Society: Student Member 2016, 2017, 2019

Association for Psychological Science: 2016

## **PROFESSIONAL DEVELOPMENT & WORKSHOPS**

Appreciative Advising Workshop. California University of Pennsylvania, August 2020

## **RELEVANT SKILLS**

Programming and Data Analysis: E-Prime, Livecode, Inquisit, SPSS

Learning Management Systems: D2L, Starfish, Blackboard, Moodle

Interactive Educational Software and Hardware: Microsoft Office, Wikis, Blogs, Mimio, MobiView