MIND AND LIFE 1440 AWARDS
FOR CONTEMPLATIVE EDUCATION RESEARCH

REQUEST FOR PROPOSALS

Through a partnership with the 1440 Foundation, the Mind & Life Institute is pleased to offer the Mind and Life 1440 Awards for Contemplative Education Research, specifically geared towards the investigation of social, relational, and academic outcomes of contemplative practice in K-12 educational settings. These awards are intended to promote research that evaluates the effectiveness of mindfulness, compassion, or other contemplative interventions in K-12 classrooms, with a focus on evaluating inner well-being and healthy relationships for students and teachers. Strong proposals will use rigorous study designs and also evaluate academic performance and standard school outcomes (e.g., truancy, graduation rates, incidents of bullying/violence, etc.).

Possible research questions for the 1440 Awards include:

1. Does regular contemplative practice in K-12 educational contexts contribute to self-awareness, academic performance, and social and emotional competency acquisition in students and teachers?
2. Do social and relational changes from contemplative interventions contribute to academic performance or other standard measures of school success?
3. Do social and relational changes in school settings translate to other aspects of daily life?
4. What innovative methods can assess the quality of relationships, or the impact of emotional awareness and well-being on one’s interactions with others?

BACKGROUND AND GOALS

Mind and Life promotes and supports rigorous, multi-disciplinary scientific investigation of the mind that will lead to the development of practices that cultivate inner well-being and authentic relationships characterized by compassion and kindness. Our commitment to an interdisciplinary approach includes research in the traditional mind sciences, social sciences, humanities, and contemplative scholarship and practice. We believe that only through this
integrated investigation can we achieve a comprehensive understanding of how the mind works, the benefits of contemplative practices, and the best methods for realizing both inner and relational fitness.

We see these goals being achieved through two domains of scientific investigation. The first is basic science in the laboratory: How do contemplative practices affect biological and psychological systems in the practitioner? Are there consistent, measurable changes that lead to positive outcomes (e.g., reduced stress, brain changes, personality changes)? The second domain—and the focus of these awards—is applied science: How can contemplative practices be used in various contexts (specifically K-12 educational contexts) to increase awareness of ourselves and others? What practices lead to healthier relationships and more compassionate interactions, and how can we measure this? Can these practices improve overall success in school settings?

**The Mind and Life 1440 Awards are offered to advance contemplative research in K-12 classroom settings, with an emphasis on social, relational, and academic outcomes.**

The 1440 Awards are also intended to support the developing careers of exceptional scientists, scholars and professionals in applied areas involved in this field of study. In line with Mind and Life’s interdisciplinary approach, this grant program encourages the active collaboration of researchers with contemplative scholars/practitioners in all phases of investigation. An ancillary outcome of the Mind and Life 1440 Awards will be the development of rigorous methods to evaluate social functioning and relationships. By encouraging and enabling high-level research in the area of social and relational outcomes of contemplative practice, this funding mechanism aims to expand the applications and impact of contemplative practices in the world.

**AWARD INFORMATION**

Grants of up to $25,000 will be awarded through a competitive application, review and selection process. Applications are reviewed and selected based on five criteria:

- Significance and impact to the field
- Methodological approach
- Innovation and novelty of intervention, research question, and/or methods
- Quality of the applicant, likelihood of success and contribution to contemplative studies
- Strength of applicant’s academic environment and resources

Proposed research should be completed within a 2-year period, and annual progress reports are required for awardees to remain in good standing. It is expected that the completion of proposed research will result in the submission of findings to a peer-reviewed scientific journal and/or conference, and it is hoped that findings will lead to larger follow-on grant funding.
Eligibility: The Mind & Life 1440 Awards are open to any academic researchers, although we seek to specifically promote the careers and development of early investigators such as doctoral students, postdoctoral fellows, and junior faculty. Educators or others outside of a university setting should partner with an academic researcher (who would serve as the applicant) for access to IRB approval, research resources, and grants department where funds can be transferred.

To apply, please submit the following materials by February 24, 2017, through the online application at http://www.mindandlife.org/1440-awards/:

• Research Proposal, including:
  o Title
  o Lay Summary (200 words maximum)
  o Aims and Objectives (250 words maximum)
  o Background and Significance (500 words maximum)
  o Design and Methods (1000 words maximum)
  o Expected Findings/Hypotheses (150 words maximum)
  o References

• Other project information, including short statements on:
  o Timeline
  o Output
  o Relevance to goals of the awards program
  o Impact to field
  o Novelty
  o Potential of PI
  o Research Environment/Resources

• Applicant’s and study team members’ biosketches (NIH biosketch style preferred, click here for sample)

• Detailed budget (awards may only be used for direct research costs; they may not be used for salary support or indirect costs including overhead and administration – see FAQ at bottom of 1440 awards webpage for details)

• Two letters of recommendation (for graduate students and post-docs only). Letters should speak to the ability of the applicant to perform the proposed research, and the potential of the applicant to contribute to the field of contemplative science.

Awardees will be selected and announced in May 2017. For more details, please visit http://www.mindandlife.org/1440-awards/, or email 1440Awards@mindandlife.org with specific questions.