

1808 Greenwich St.
San Francisco, CA 94123

EDUCATION

- 2020 UNIVERSITY OF PENNSYLVANIA, Ph.D. with Distinction in Education Policy
Dissertation: *An Experimental Evaluation of a Brief Self-Compassion Training with First Year Teachers*
- 2014 UNIVERSITY OF PENNSYLVANIA, M.S. in Education
- 2012 PRINCETON UNIVERSITY, Certificate in Teacher Preparation
- 2009 PRINCETON UNIVERSITY, A.B. in Religious Studies, Certificate in Environmental Studies

ACADEMIC POSITIONS

- University of Illinois Chicago Chicago, IL
Postdoctoral Fellow for Dr. Kimberly Schonert-Reichl, Department of Psychology 2021-present
- Columbia University New York, NY
Visiting Lecturer, Klingenstein Center at Teachers College 2020-present
- University of Virginia Charlottesville, VA
Lecturer, School of Education and Human Development Summer, 2021
- Princeton University Princeton, NJ
Visiting Lecturer, Program in Teacher Preparation Fall, 2020

OTHER RESEARCH & TEACHING POSITIONS

- University of Pennsylvania Philadelphia, PA
Graduate Assistant for Dr. Rebecca Maynard, Graduate School of Education 2016-2020
- University of Pennsylvania Philadelphia, PA
Research Coordinator for Dr. Angela Duckworth, Positive Psychology Center 2014-2016
- The Lawrenceville School Lawrenceville, NJ
Teaching Fellow, History & Religious Studies Departments 2012-2014
- The Island School Eleuthera, The Bahamas
Teacher, History Department Summer, 2013
- Princeton High School Princeton, NJ
Student Teacher, History Department 2012

PROFESSIONAL HONORS & AWARDS

- Honoree*, Jolley Bruce Christman and Steven S. Goldberg Annual Award for Best Dissertation in Urban Education, Graduate School of Education, University of Pennsylvania, 2021
- Fellowship*, Lee Spelman Doty & George E. Doty, Jr. Endowed Fellowship, Graduate School of Education, University of Pennsylvania, 2016-2020
- Award for Outstanding Research Proposal*, 1440 Grant, Mind and Life Institute, 2017
- New Jersey State Certificate of Eligibility with Advanced Standing for Social Studies*, 2012
- Best Senior Thesis in Field of Judaic Studies*, Carolyn L. Drucker '80 Prize, Princeton University, 2009

PUBLICATIONS

PEER-REVIEWED JOURNAL ARTICLES

- Maynard, R. A., **Baelen, R. N.**, Fein, D. J., & Souvanna, P. (2020). Using an iterative experimental evaluation to accelerate program improvement: A case example. *Evaluation Review*. <https://doi.org/10.1177/0193841X20923199>
- Metz, S. E., **Baelen, R. N.**, & Yu, A. (2020). Actively open-minded thinking in American adolescents. *Review of Education*, 8(3), 768-799. <https://doi/10.1002/rev3.3232>
- Liau, I., **Baelen, R. N.**, Borah, R. F., Yu, A., & Colby, A. (2018). Gratitude for teachers as a psychological resource for early adolescents: A mixed-methods study. *Journal of Moral Education*, 1-18. <https://doi.org/10.1080/03057240.2017.1415872>
- Park, A., Yu, A., **Baelen, R. N.** & Duckworth, A. L. (2018). Perceived school goal structure influences growth in grit and grades. *Contemporary Educational Psychology*, 55, 120-128. <https://www.sciencedirect.com/science/article/abs/pii/S0361476X17303958>
- Galla, B. M., **Baelen, R. N.**, Duckworth, A. L., & Baime, M. J. (2016). Mindfulness, meet self-regulation: Boosting out-of-class meditation practice with brief action plans. *Motivation Science*, 2(4), 220-237. <https://psycnet.apa.org/record/2017-10577-002>

BOOK CHAPTERS

- Baelen, R. N.** & Chang, T. F. H. (forthcoming). Getting to the essence of leadership: Yoga as a Foundational Framework. In S. K. Dhiman (Ed.), *Routledge companion to leadership and change management*. Routledge.
- Baelen, R. N.**, Esposito, M. V., & Galla, B. M. (2019). A selective review of mindfulness training programs for children and adolescents in school settings. In P. Jennings (Ed.), *The mindful school: Transforming school culture with mindfulness and compassion*. Guilford.

REPORTS

- Baelen, R. N.**, Britt, J., Maynard, R. A., Souvanna, P. & Warfield, G. (2020). *To improve and to prove: Tools to improve academic monitoring and support for young adults*. Rockville, MD: Abt Associates Inc.
- Fein, D. J., Maynard, R. A., **Baelen, R. N.**, Shivji, A., & Souvanna, P. (2020). *To improve and to prove: A development and innovation study of Year Up's Professional Training Corps*. Rockville, MD: Abt Associates Inc. <https://www.abtassociates.com/files/insights/reports/2020/tip-report-10-7-20.pdf>
- Roeser, R.W., Galla, B.M., & **Baelen, R.N.** (2020). *Mindfulness in schools: Evidence on the impacts of school-based mindfulness programs on student outcomes in P-12 educational settings*. University Park, PA: Edna Bennett Pierce Prevention Research Center, The Pennsylvania State University. <https://www.prevention.psu.edu/uploads/files/RWJF-Mindfulness-Brief-Dec2020.pdf>
- Maynard, R. A. & **Baelen, R. N.** (2018). *Reflections from a mini-experiment to test alternative strategies for academic monitoring and support of students in Year Up's Professional Training Corps Programs*. Philadelphia, PA: University of Pennsylvania.

Maynard, R. A., **Baelen, R. N.**, Souvanna, P., Fein, D. J., & Shivji, A. (2018). *Final evaluation report for Year Up's Professional Training Corps Program in Philadelphia*. Rockville, MD: Abt Associates.

MANUSCRIPTS UNDER REVIEW

Chang, T. F. H., **Baelen, R. N.**, Ramburn, T. T., & Purandare, P. (Accepted, pending revisions). Developing positive self-leadership through "Inner Engineering." *Journal of Management Development*.

MANUSCRIPTS IN PREPARATION

Baelen, R. N. Self-compassion in the first year of teaching. In B. Mattingly (Ed.), *Independent school teacher well-being*. Center for Spiritual and Ethical Education.

Baelen, R. N., Harris, A. R., & Jennings, P. A. Mindfulness interventions for teachers and students. In J. M. Froiland, (Ed.), *Cambridge handbook of positive psychology in education*. Cambridge University Press.

Baelen, R. N., Galla, B. M., & Maynard, R. A. A brief self-compassion intervention builds a resilient mindset and growth orientation toward teaching six-months later: A longitudinal field experiment with first-year teachers.

Baelen, R. N., Gould, L. F., Felver, J. C., & Schussler, D. L. Implementation reporting recommendations for school-based mindfulness programs.

Galla, B. M., **Baelen, R. N.**, Fiore, H., Hutt, S., & Shenhav, A. Social media desire and impulsiveness: Intensified by self-immersion, reduced by mindfulness. <https://doi.org/10.31234/osf.io/ch43n>

FUNDED RESEARCH PROJECTS

Developing and Testing the Effectiveness of a Self-Compassion Intervention for Beginning Teachers.

Principal Investigator: Rebecca N. Baelen. Co-PI: Brian M. Galla. Advisor: Rebecca A. Maynard. Agency: Mind & Life Institute (1440 Award). Project Period: 08/2017-08/2019. Amount: \$25,000.

CONFERENCE PRESENTATIONS

Baelen, R. N. (2020, November). *A brief self-compassion training fosters a resilient mindset and growth orientation toward teaching six months later: A longitudinal field experiment with first-year teachers*. Poster presented at the virtual Mind & Life Contemplative Research Conference (CRC).

Baelen, R.N., & Roeser, R. W. (2020, October). *Improving the science of mindfulness-based interventions for children and youth*. The Robert Wood Johnson Foundation & Edna Bennett Pierce Prevention Research Center, Penn State.

Baelen, R.N., Galla, B. M., & Maynard, R. A. (2020, March). *A brief self-compassion training boosts teachers' resilient mindset and growth orientation toward teaching six-months later: A longitudinal field experiment with first-year teachers*. Virtual poster presentation at the annual Society for Research on Educational Effectiveness Conference (SREE).

Baelen, R.N. (2019, July). *Taking a self-compassionate approach to curb self-doubt in the transition to*

teaching. Roundtable presentation at the 6th World Congress on Positive Psychology, Melbourne, Australia.

Baelen, R. N. & Chang, T. F. H. (2019, July). *Yoga as a foundation for positive leadership*. Poster presented at the 6th World Congress on Positive Psychology, Melbourne, Australia.

Chang, T. F. H & **Baelen, R. N.** (2019, June). *An inclusive framework of flourishing leaders and positive leadership*. Paper presented at the Positive Organizational Scholarship (POS) Research Conference, Ann Arbor, Michigan.

Baelen, R. N. & Maynard, R. A. (2019, May). *Developing and testing the effectiveness of a self-compassion intervention for beginning teachers*. Paper presented at the School District of Philadelphia's 2019 Research, Policy and Practice (R2P) Conference, Philadelphia, PA.

Yang, H., Edgerton, A. K., Williams, N., & **Baelen, R. N.** (2019, April). *Time not wasted: The effects of principal time and autonomy on student achievement and attendance*. Paper presented at the annual American Educational Research Association Conference (AERA), Toronto, Ontario.

Galla, B. M., **Baelen, R. N.**, Fiore, H., Hutt, S., & Shenhav, A. (2018, November). *Compared to self-immersion, mindfulness reduces social media desires and boosts academic self-control in undergraduates*. Poster presented at the biennial meeting of the International Symposium for Contemplative Research (ISCR), Phoenix, AZ.

Maynard, R., **Baelen, R. N.**, Britt, J. Fein, D., Shivji, A, Souvanna, P., & Yursza Warfield, G. A. R. (2018, June). *Improving academic success in Year Up's Professional Training Corps: Program improvement through integrating rigorous evaluation into routines of practice*. Panel Presentation at the Research & Evaluation Conference on Self-Sufficiency, Washington, D.C.

Fein, D., **Baelen, R. N.**, Yursza Warfield, G. A. R, Maynard, R.M., Britt, J., Souvanna, P., & Shivji, A. (2018, February). *Learning Together: Building Evidence to Close the Opportunity Gap for Low-Income Youth*. Panel Presentation at the annual Society for Research on Educational Effectiveness Conference (SREE), Washington, D.C.

Fein, D., Maynard, R., Yursza Warfield, G. A. R., **Baelen, R. N.**, Britt, J., Souvanna, P., Shivji, A. (2017, November). *Learning together: Building evidence to close the opportunity gap for low-income youth*. Panel Presentation at 39th Annual Fall Research Conference, Association for Public Policy Analysis and Management (APPAM), Chicago, IL.

Schurr, M., Shryrock, C., & **Baelen, R. N.**, (2017, April). *Creating a teacher well-being program*. Learning & the Brain Conference: Educating Mindful Minds, New York, NY.

Baelen, R.N., Jonathan, O., Heath, M., Colket, L., & Rust, F. (2017, February). *Inquiry over time: Layered reflections from researcher inquirers and university-based faculty who support them*. Panel Presentation at 38th Annual Ethnography in Education Research Forum, University of Pennsylvania, Philadelphia, PA.

Galla, B. M. & **Baelen, R. N.** (2017, January). *Coping with #FOMO (fear of missing out): Brief mindfulness strategies reduce craving for social media in undergraduates*. Poster presented at the annual meeting of the Society for Personality and Social Psychology (SPSP), San Antonio, TX.

Nyquist, R. & Colket, L. (2016, February). *Teacher research: A process for cultivating historical empathy and a mindful practitioner stance*. Presented at 37th Annual Ethnography in Education Research Forum, University of Pennsylvania, Philadelphia, PA.

INVITED TALKS (SELECTED)

Baelen, R. N. (2021, March). *Mindfulness in schools: Evidence on the impacts of school-based mindfulness programs on student outcomes in P-12 educational settings*. Invited speaker at the Center for Responsive Schools, virtual webinar.

Baelen, R. N. & Chander, V. (2020, March). *Tools for turning inwards & flourishing in teaching*. Invited speakers at Princeton University: Teachers as Scholars Seminar, Princeton, NJ.

Baelen, R.N. (2019, December). *Flourishing in teaching & helping students to flourish*. Invited speaker at Princeton Program in Teacher Preparation, Princeton, NJ.

Baelen, R. N. (2019, August). *Flourishing in Dental School*. Invited speaker at Maurice H. Kornberg School of Dentistry's Orientation, Temple University, Philadelphia, PA.

Baelen, R. N. (2018, December). *Mindfulness: Learning how to flourish on the path to achievement and innovation*. Invited keynote speaker at the Enspire Conference: Young Entrepreneur Institute, Cleveland, Ohio.

Maynard, R. M., **Baelen, R.N.**, & Fein, D. (2018, October). *Improvement science with a twist: Embedding experimental tests of improvement into routines of practice*. Invited speakers at OPRE's Meeting on Rapid Learning: Methods for Testing and Evaluating Change in Social Service Programs, Washington, DC.

Baelen, R. N. (2018, August). *Using positive psychology & mindfulness-based approaches to flourish in dental school*. Invited speaker at Maurice H. Kornberg School of Dentistry's Orientation, Temple University, Philadelphia, PA.

Baelen, R. N. & Galla, B. M. (2018, July). *Should we bring mindfulness into schools? Exploring the evidence base and practical considerations for implementation*. Character Lab & Relay GSE Educator Summit, Philadelphia, PA.

Baelen, R. N. (2018, June). *Using positive psychology and mindfulness to flourish*. Invited speaker at the Holderness School, Holderness, NH.

Baelen, R. N. (2018, March). *Mindfulness: From reactivity to responsiveness*. Invited speaker at Moorestown School District, Moorestown, NJ.

Baelen, R. N. (2017, December). *Mindfulness: Flourishing in school*. Invited speaker at the Ensworth School, Nashville, TN.

Baelen, R. N. & Galla, B. M. (2017, July). *What is mindfulness really? Understanding the benefits and potential for schools*. Presentation at Character Lab & Relay GSE Educator Summit, Philadelphia, PA.

Baelen, R. N. (2017, January). *The power of grit and mindfulness: Using positive psychology to help kids flourish*. Invited speaker at Ontario Camping Association's Annual Conference, Toronto, Ontario, Canada.

Baelen, R. N. (2016, October). *Grit and mindfulness: Cultivating character through and for scientific research*. Invited speaker at Research Teachers Conference, Society for Science and the Public, Washington, DC.

Baelen, R. N. (2016, August). *The importance of grit for college success: What we know about it and how we can grow it*. Invited speaker at Student Success Training: A Learning Community for Scholarship Professionals, National Scholarship Providers Association, Washington, DC.

Nyquist, R. (2016, March). *Mindfulness: A practice for cultivating self-control and promoting greater learning in students*. Invited speaker at Extra Learning Opportunities Conference, 21st Century Community Learning Centers, Harrisburg, PA.

Nyquist, R. (2015, June). *The psychology of achievement: Strategies for cultivating self-control and grit in adolescence*. Invited speaker at Bright Futures Conference, Eastern Michigan University, Ypsilanti, MI.

Nyquist, R. (2015, April). *The psychology of achievement: Strategies for cultivating self-control and grit in adolescence*. Middle States: Sustaining Excellence Conference, Lawrenceville, NJ.

Nyquist, R. (2015, April). *Mindfulness training to promote self-regulation and stress reduction in Wharton students*. Invited speaker at Wharton Business School: Student Life Fellows Training, Philadelphia, PA.

Nyquist, R. & Galla, B. (2015, March). *Mindfulness and craving*. Invited speakers at Wharton Business School, Philadelphia, PA.

Nyquist, R. & Galla, B. (2014, October). *Mindfulness training to promote self-regulation in youth*. Invited speakers at Aronson Lab, New York University, New York, NY.

COURSES TAUGHT & ADVISING

HIGH SCHOOL

World History, World Religions, & The Banning of the Veil in France, Primary Instructor, The Lawrenceville School, Lawrenceville, NJ, 2012-2014

Academic Advisor & Residential Advisor, The Lawrenceville School, Lawrenceville, NJ, 2012-2014

History of Eleuthera, Primary Instructor, The Island School, Eleuthera, The Bahamas, 2013

World & American History, Student Teacher, Princeton High School, Princeton, NJ, 2012

UNDERGRADUATE

Seminar on Student Learning and Methods for Teaching, Guest Lecturer, Princeton University Program in Teacher Preparation, Princeton, NJ, 2017-2020

English Language for Educators, Princeton in Asia Teaching Fellow, Can Tho University, Can Tho, Vietnam, 2010-2011

Advisor of English-Speaking Club and Student Environmental Club, Can Tho University, Can Tho, Vietnam, 2010-2011

GRADUATE

Mindfulness for Teachers, Primary Instructor, University of Virginia, School of Education and Human Development, Department of Curriculum, Instruction, & Special Education, 2021

Compassionate Leadership, Visiting Lecturer, Klingenstein Center, Teachers College, Columbia University, 2019-present

Applied Research Methods to Inform Policy and Practice, Guest Lecturer & Teaching Assistant, University of Pennsylvania, Graduate School of Education, 2017-2019

Mentor, Mentor & Mentee Program at Penn, University of Pennsylvania, 2015-2017

PROFESSIONAL & SERVICE-RELATED ACTIVITIES

Membership Coordinator, Teacher Induction Special Interest Group, American Educational Research Association, 2021-2023

Advisor on Success Metrics, [Homeworks](#), Trenton, NJ, 2018-present

Founding Columnist, [The Behavioral Scientist](#), 2017-present

Conference Reviewer, Society for Research on Educational Effectiveness, 2021

Research Advisor, Bayview Become, Rise Preparatory Academy, San Francisco, CA, 2018

Yoga & Mindfulness Instructor, Reconstruction Inc., Philadelphia, PA, 2017-2018

Yoga & Mindfulness Instructor, Princeton University Women's Swimming & Diving Team, 2016-2018

Content Developer, [Expert Practice for Classrooms](#), [Character Lab](#), 2017

Co-Founder & Manager, Imagination Institute Summer Internship Program, Positive Psychology Center, University of Pennsylvania, 2015

AmeriCorps/VISTA Volunteer, Venice Community Housing Corporation, Venice Beach, CA, 2009-2010

POPULAR MEDIA ARTICLES

Baelen, R. N. (2020, January). [Imagining the next decade of behavioral science](#). *Behavioral Scientist*.

Baelen, R.N. (2018, August). [To cultivate a mindfulness practice, you need to do just that: Practice](#). *Behavioral Scientist*.

Baelen, R.N. (2017, September). [The mindful student](#). *Behavioral Scientist*.