

# Stephen R. Aichele

---

University of California, Davis  
Center for Mind & Brain  
267 Cousteau Place  
Davis, CA 95618

Email: [saichele@ucdavis.edu](mailto:saichele@ucdavis.edu)  
Web: [www.stephenaichele.info](http://www.stephenaichele.info)  
Phone: (530) 297-4473  
Fax: (530) 297-4400

## EDUCATION

---

2008 to Present      Ph.D. Quantitative Psychology ~ University of California, Davis  
*Advisors: Emilio Ferrer & Phillip Shaver*

1994                    B.Sci. Biopsychology ~ University of California, Santa Barbara

## AWARDS & FELLOWSHIPS

---

- National Science Foundation, Graduate Research Fellowship ~ Honorable Mention (2009)
- Yoga Research and Education Foundation ~ Graduate Research Stipend (2008 – 2009)
- Mind and Life Summer Research Institute ~ Fellow (2008)

## PUBLICATIONS

---

MacLean, K.A., Ferrer, E., **Aichele, S.R.**, Bridwell, D.A., Zanesco, A.P., Jacobs, T.L., King, B.G., Rosenberg, E.L., Sahdra, B.K., Shaver, P.R., Wallace, A.B., Mangun, G.R., & Saron, C.D. (*Accepted for Publication*). Intensive meditation training leads to improvements in perceptual discrimination and sustained attention. *Psychological Science*.

MacLean, K.A., **Aichele, S.R.**, Bridwell, D.A., Mangun, G.R., Wojciulik, E., & Saron, C.D. (2009). Interactions between Endogenous and Exogenous Attention during Vigilance. *Attention, Perception, & Psychophysics*, *71*, 1042-1058.

## PRESENTATIONS

---

MacLean, K.A., **Aichele, S.R.**, Bridwell, D.A., Zanesco, A.P., Jacobs, T.L., King, B.G., Sagar, M., Mazaheri, A., Ferrer, E., Rosenberg, E., Sahdra, B.K., Shaver, P.R., Wallace, B.A., Mangun, G.R., & Saron, C.D. (scheduled for Fall, 2009). Effects of intensive meditation training on sustained attention: changes in visual event-related potentials, ongoing EEG and behavioral performance. Poster presentation at the *Society for Neuroscience*. Washington, DC.

Sagar, M., **Aichele, S.R.**, Jacobs, T.L., Zanesco, A.P., Bridwell, D.A., MacLean, K.A., King, B.G., Sahdra, B.K., Rosenberg, E., Shaver, P.R., Ferrer, E., Tang, A.C., Wallace, B.A., Mangun, G.R., Miikkulainen, R., & Saron, C.D. (scheduled for Fall, 2009). Longitudinal changes in brain activity associated with intensive meditation training. Poster presentation at the *Society for Neuroscience*. Washington, D.C.

Jacobs, T.L., Epel, E.S., Lin, J., Blackburn, E.L., Wolkowitz, O.M., Bridwell, D.A., Zanesco, A.P., **Aichele, S.R.**, King, B.G., Sahdra, B.K., MacLean, K.A., Lavy, S., Shaver, P.R., Ferrer, E., Rosenberg, E.L., Wallace, B.A., and Saron, C.D. (July, 2009) Telomerase Activity is Modulated by Changes in Psychological Well-Being as a Function of Intensive Meditation. Paper presented at the annual meeting of the *International Society for Psychoneuroendocrinology*, San Francisco, CA.

Rosenberg, E.L., Zanesco, A.P., King, B.G., **Aichele, S.R.**, Jacobs, T.L., MacLean, K.A., Bridwell, D.A., Wallace, B.A., and Saron, C.D. (May, 2009) Intensive Meditative Training Changes Facial Responses to Scenes of Human Suffering. Paper presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

Maclean, K.A., **Aichele, S.R.**, Bridwell, D.A., Jacobs, T.L., Zanesco, A.P., King, B.G., Ferrer, E., Mangun, G.R., & Saron, C.D. (2008). Intensive attention training in concentration meditation leads to improvements in visual sustained attention and response inhibition. Poster presentation at the *Society for Neuroscience*. Washington, D.C.

Maclean, K.A., **Aichele, S.R.**, Bridwell, D.A., Jacobs, T.L., Zanesco, A.P., Mangun, G.R., & Saron, C.D. (2008). Improvements in perceptual threshold with intensive attention training through concentration meditation. Poster presentation at the *Cognitive Neuroscience Society Annual Meeting*. San Francisco, CA.

## RESEARCH EXPERIENCE

---

- 2008 to Present      Graduate Research Assistant. University of California, Davis.  
*Principal Investigator:* Dr. Clifford Saron. *Study:* The Shamatha Project
- 2006 - 2008          Research Specialist. University of California, Davis.  
*Principal Investigator:* Dr. Clifford Saron. *Study:* The Shamatha Project.

## ADDITIONAL TECHNICAL TRAINING

---

- Structural Equation Modeling in Longitudinal Research* ~ UC Davis, Spring 2009
- Brain Electrical Source Analysis (BESA)* ~ Cortech Solutions. San Francisco, CA. Spring, 2008.
- ERP 'Bootcamp'* ~ Steve Luck. UC Davis Center for Mind & Brain, CA. Summer, 2007.
- Facial Action Coding System* ~ Erika Rosenberg. Boulder, CO. Certified in Spring, 2006.
- Computer Science & Mathematics Coursework* ~ Los Rios Community College, CA. 2005 to 2006.
- Computer Science Coursework* ~ UC Berkeley & UC Santa Cruz Extension, CA. 2000 to 2001.

## ACADEMIC & PROFESSIONAL MEMBERSHIPS

---

- American Psychological Association, Division 5
- The R Foundation for Statistical Computing
- UC Davis Psychology Graduate Student Association – Quantitative Area Representative

---

*References available upon request.*