



Undergraduate Lab Manager Internship Spring 2026

General Information

Organization: University of Massachusetts Amherst, Moove and Snooze Lab

Department: Kinesiology, School of Public Health and Health Sciences

Supervisor: Dr. Christine St. Laurent (Assistant Professor & Lab Director)

Dates: January 20 to May 15, 2026

Positions Available: 1 to 3

Location: UMass Amherst, Totman Building, Room 6

Website: www.mooveandsnoozelab.com

Supervisor Contact: Dr. Christine St. Laurent | cstlaurent@umass.edu | 413-545-9436

About the Internship

The Moove and Snooze Lab studies the relations between movement, sleep, and health in preschool-aged children. We are seeking motivated undergraduate students to assist with the project management and coordination of ongoing research studies. This is an excellent opportunity for students interested in kinesiology, public health, psychology, or child development to gain hands-on experience in research, community engagement, and child health promotion.

Key Responsibilities

- Support project management across ongoing lab studies, including scheduling, coordination, and administrative tasks.
- Lead participant recruitment, enrollment, and communication with families, schools, and community partners.
- Serve as a liaison between lab personnel, study sites, and external collaborators to ensure smooth project operations.
- Assist with data collection, as well as data entry, cleaning, and basic data processing.
- Contribute to literature reviews, screening, and data extraction for systematic reviews or research manuscripts.
- Support marketing, outreach, and dissemination of research findings through newsletters, social media, or community resources.

Qualifications

Required:

- Undergraduate student in Kinesiology, Public Health, Psychology, or related field.
- Excellent interpersonal, communication, and organizational skills.
- Proficiency with Microsoft Office Suite (Word, Excel, PowerPoint).

- Ability to work independently and manage multiple priorities.

Preferred:

- Experience working with children, caregivers, or educators.
- Interest in child development, sleep, and physical activity research.

Internship Details

Hours: 12 to 36 hours/week (based on credit enrollment)

Credits: KIN 398 or KIN 498 (6 to 12 credits recommended)

Compensation: Tentatively, a stipend may be provided. (Students are also encouraged to apply for funding or stipends through their home institution.)

Supervision: Dr. Christine St. Laurent and 1 to 2 graduate student mentors.

Training: Structured onboarding covering research ethics, data collection, and lab procedures.

Application Instructions

Apply via Handshake with your résumé and a brief cover letter explaining your interest, goals, and any funding plans (if applicable).