

# Neekaan Oshidary

[www.neekaan.com](http://www.neekaan.com)

## Education

M.A. in Communication (Focus in Media Use and Well-being) University of California, Santa Barbara	Summer 2019
M.S. in Symbolic Systems (Cognitive Science) Stanford University	Spring 2012
B.A. with Honors in Psychology (Focus in Neuroscience, Phi Beta Kappa) Stanford University	Spring 2010

## Major Research

- [\*The Intersection of Media Multitasking and Procrastination in Academic Performance\*](#) (M.A. Thesis, Communication, UC Santa Barbara, 2019)
- [\*High School On Facebook: An Ethnography of Social Media, New Technology, and Psychosocial Risks of "Always On" Teenagers\*](#) (M.S. Thesis, Symbolic Systems, Stanford University, 2012)
- [\*Nondual Meditation with Novices and Negative Emotion Reactivity and Cognitive Dissonance Discomfort\*](#) (Undergraduate Honors Thesis, Psychology, Stanford University, 2010)

## Other Publications

- Co-author on seminal paper introducing the field of [\*Calming Technologies\*](#) (2011)
- Co-author on a paper published in *Nature Medicine* on [\*novel technology for proteomics\*](#) (2008)

## Books

- [\*On the Dynamics of Emotion and Consciousness\*](#) (Unpublished, 2011)
  - Tackles the hard problem of consciousness
- [\*The Spark that Became the Fire\*](#) (Spenta Sky Books, 2017)
  - A journey of metaphors through American society and politics
- [\*The Field in the Wilderness\*](#) (In progress)
  - An adventure story with themes in memory, neuroscience, and human vitality

## Talks

- TEDxHayward Talk on [\*Imagining Inner Peace Innovation\*](#) (2011)
- [\*Always-On Life of High School Teens\*](#) (Talk given at Inflection) (2013)

## Employment Experience

Graduate Student, University of California, Santa Barbara	Sept. 2017 - Sept. 2019
<ul style="list-style-type: none"><li>• Emphasis in media use and well-being, plus research in media multitasking and study habits</li><li>• Teaching assistant for courses in emotion; media effects; and introduction to communication</li></ul>	
Product Manager Roles in Growth and Privacy, Inflection	Aug. 2012 - March 2016
<ul style="list-style-type: none"><li>• Managed A/B split testing and growth for customer acquisition channels and customer retention</li><li>• Ran full life cycle development including ideation, designs, development, QA, and launch</li><li>• Helped advocate for, analyze, and drive a transformation to a values-based business model</li></ul>	

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- Helped lead discussions that paved the way for Inflection becoming a B-Corporation
- Led privacy and consumer advocacy initiatives

## Other Research Experience

Researcher, Stanford Calming Technology Lab Nov. 2010 - June 2011

- Research assistant on a “breathcasting” prototype and interface that would later become the basis for the company Spire with its wearable breath-tracking device
- Coauthored paper introducing field of Calming Technologies to a scholarly audience

Researcher, Stanford Peace Innovation Lab Nov. 2010 - Feb. 2011

- Conceived idea of an “acts of kindness/peace” map and delegated project which became a network of crowdsourced maps that included several universities
- Facilitated collaboration between the Peace Innovation lab and the Center for Compassion and Altruistic and Education (CCARE) at Stanford

## Contemplative Science Experience

Undergrad Researcher, Stanford Psychophysiology Lab June 2007 - Aug. 2010

- Researched emotion regulation; mindfulness, loving-kindness, & compassion meditation
- Two-time attendee of the Mind and Life Summer Research Institute (2008, 2009)
- Completed research-based senior honors thesis on non-dual meditation, negative emotion, and cognitive dissonance (2010)

Co-founder, Project Compassion student group, Stanford University Winter 2010 - Summer 2011

- Co-founded a student group focusing on the science of compassion and related activities
- Co-organized a course on compassion meditation and co-led research journal discussions on the science of compassion
- Helped facilitate a science of compassion conference with HH the Dalai Lama at Stanford

Last Updated: September 2019