

# Neekaan Oshidary

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

## Education

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

## 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- *On the Dynamics of Emotion and Consciousness* (Unpublished, 2011)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
- *Beauty in a Dark Age* (In progress)
  - A collection of original aphorisms and poetry illustrated with drawings

## Talks

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

## Employment Experience

- Product Manager, Lark Health March 2021 - present
- Managed growth and product of a mobile app dedicated to helping individuals with chronic disease live healthier lives
- Graduate Student, University of California, Santa Barbara Sept. 2017 - Sept. 2019
- Emphasis in media use and well-being, plus research in media multitasking and study habits
  - Teaching assistant for courses in emotion; media effects; and introduction to communication

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Product Manager Roles in Growth and Privacy, Inflection Aug. 2012 - March 2016

- Managed A/B split testing and growth for customer acquisition channels and customer retention
- Ran full life cycle development including ideation, designs, development, QA, and launch
- Helped advocate for, analyze, and drive a transformation to a values-based business model
- 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: May 2021