

CURRICULIM VITAE

Helena Rose Karnilowicz

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EDUCATION

- August 2015-present** UC Berkeley (Ph.D. student)
Social/Personality Psychology
Advisor: Iris Mauss, Ph.D.
- January 2010-May 2013** University of San Francisco (BA)
Major: Psychology
Minor: Child and Youth Studies
Concentrations: Honors in Psychology
Cumulative GPA: 3.99; Major GPA: 4.00
Date of graduation: May 2013

AWARDS AND HONORS

- Spring 2009-Spring 2013** Dean's List
- Spring 2012-Fall 2012** Honors in Psychology Program
- Spring 2012** Recipient of the APS/Psi Chi Summer Research Grant (\$5,000)
- Spring 2013** Recipient of the Fred Minnigerode Award for the most outstanding graduating senior in Psychology (\$500 purse)
- Spring 2016** Honorable Mention for National Science Foundation Graduate Research Fellowship
- Spring 2017** Recipient of National Science Foundation Graduate Research Fellowship
- Fall 2017** Recipient of American Psychological Foundation/Council of Graduate Departments of Psychology Graduate Research Scholarship
- Fall 2017** Featured on USF Psi Chi Notable Alumni Series

RESEARCH EXPERIENCE

Emotion and Emotion Regulation Lab (August 2015 – Present)

Department of Psychology, University of California, Berkeley

Director: Iris Mauss, Ph.D.

Graduate Researcher: *Friendship, Emotion, and Wellness Study* (August 2015-Present)

- Run participants in 8 hour lab visit collecting audiovisual, self-report, psychophysiological, and health measures (e.g. glucose and cholesterol from blood sample); manage editing of psychophysiological data (EDA, ECG, ICG, SKT, RESP, BP, PPG); analyze data for manuscripts and presentations

Family and Culture Lab (Spring 2016 – Present)

Department of Psychology, University of California, Berkeley

Director: Qing Zhou, Ph.D.

Graduate Researcher: *Language and Emotion in Chinese and Mexican American Pre-schoolers* (August 2015-Present)

- Develop a behavioral coding scheme; interview, train, and select research assistants; analyze data for manuscripts and presentations

Emotion, Health, and Psychophysiology Laboratory (January 2013 – July 2015)

Department of Psychiatry, University of California, San Francisco

Director: Wendy Berry Mendes, Ph.D.

Research Assistant: *Multiple Projects* (January 2013 – May 2013)

- Ran participants in experiments (including saliva sampling, AV and physiological data collection, in addition to administrative responsibilities); trained as a confederate, operator, experimenter, and video coder.

Project Coordinator: *Effects of Emotional and Pharmacological Interventions on Social and Analytical Accuracy Study* (May 2013 – September 2013)

- Recruited and scheduled 18-30 year old adults, assisted in administration of oxytocin nasal spray during experiment, scored physiological data (i.e. electrocardiography, continuous blood pressure), trained research assistants, maintained FDA Investigational New Drug (IND) regulatory binder, prepared and submitted CHR continuing review and modification forms.

Project Coordinator: *Social Interactions of Infants and Parents Study*, (May 2013 – April 2014)

- Created emotional video stimuli, created electronic surveys using Redcap, edited protocols, created Acqknowledge template, trained research assistants, assisted in the set up of a new laboratory space (including purchasing necessary materials, coordinating moving and storage of existing furniture, and assembling furniture and physiological equipment), recruited and scheduled mothers and their 11-14 month old infants, managed data entry and video coding

Project Coordinator: *Social Interactions of Parents and Children Study* (May 2014 – July 2015)

- Assisted with study design; created task materials, including electronic surveys using Redcap; piloted and edited protocol; prepare and submit CHR continuing review and modification forms; recruited and scheduled parents and their 7-12 year old children

Project Coordinator: *Economic Inequality and Individual Decision Making Study* (November 2013 – July 2015)

- Prepared and submitted CHR initial application review packet, assisted with study design, revised protocol and online experiment, piloted study

Lab Manager (May 2014 – July 2015)

- Select and train research assistants, create lab schedules, purchase lab supplies via Bearbuy and credit card, submit expense reports as a delegate for lab director and post-doctoral fellows, manage petty cash funds, reserve rooms, troubleshoot physiological equipment and programs, manage datasets, score psychophysiological data (impedance

cardiography, electrocardiography, pulse plethysmography, skin conductance, blood pressure, skin temperature), plan lab events, correspond with FDA and CHR, organize lab visits for collaborators

Honors in Psychology Program (January 2012 – December 2012)

Department of Psychology, University of San Francisco

Faculty Advisor: Marisa R. Knight, Ph.D.

Principal Investigator: *Emotion-Regulation Preferences Study* (January 2012 - December 2012)

- Submitted a grant proposal and received the APS/Psi Chi Summer Research Grant to conduct research; obtained IRB approval; constructed the study design and assessment material; created stimulus presentation using PsyScope; oversaw data collection, data entry and cleaning; trained and supervised three research assistants; presented at a national conference; currently preparing manuscript for journal publication.

Family Relationships Laboratory (May 2011 – May 2013)

Department of Psychology, University of San Francisco

Director: Shirley McGuire, Ph.D.

Research Assistant: *Twins, Adoptees, Peers, Siblings (TAPS) Study* (May 2011-May 2012)

- Assisted with data management (i.e. data entry, maintaining measure book, etc.); coded videos of sibling interactions; assisted in the preparation of a poster for presentation at a regional conference (wrote introduction and conclusion, created graphs of results).

Lab Manager: *Twins, Adoptees, Peers, Siblings (TAPS) Study* (May 2012-May 2013)

- Developed a coding scheme with lab director; supervised and delegated tasks to research assistants; interviewed, selected, and trained research assistants; conducted group meetings; led the preparation of a poster for presentation at a regional conference; maintained quantitative, qualitative, and behavioral data for 300+ siblings and their parents.

MANUSCRIPTS UNDER REVIEW & IN PREPARATION

Waters, S. F., Human, L., **Karnilowicz, H. R.**, & Mendes, W. B. (submitted). Parents' accurate perceptions of child behavior are moderated by parental emotion suppression and child attachment.

Ford, B., Q. **Karnilowicz, H. R.**, & Mauss, I. B. (in press). Understanding reappraisal as a multi-component process: The psychological health benefits of attempting to use reappraisal depend on reappraisal success. *Emotion*.

Waters, S. F., West, T. V., **Karnilowicz, H. R.**, & Mendes, W. B. (in press). Mother-infant emotion contagion: The role of touch and valence. *Journal of Experimental Psychology-General*.

Karnilowicz, H. R., Willroth, E. C., Lam, P., Ford, B. Q., Mauss, I. B., John, O. P. (in preparation). Thinking positive versus keeping cool: Using positive reappraisal has broader emotional benefits than using neutral reappraisal. Planned submission to *JPSP*.

Karnilowicz, H. R. & Mauss, I. B. (in preparation). A comprehensive examination of instructed reappraisal during a speech task: subjective, behavioral, and physiological effects.

Karnilowicz, H. R. & Knight, M. R. (in preparation). Individual differences in emotion regulation tendencies predict strategy use outcomes.

Waters, S. F., **Karnilowicz, H. R.**, West, T. V., & Mendes, W. B. (in preparation). Not in front of the kids: The effects of emotion suppression on physiological contagion in mother- and father-child dyads.

Muhtadie, L., **Karnilowicz, H. R.**, & Mendes, W. B. (in preparation). Vagal flexibility across the lifespan: Age-related differences in the social effects of vagal withdrawal and vagal activation.

INVITED TALKS

Karnilowicz, H. R., Ford, B. Q., & Mauss, I. B. (March, 2017). Control yourself! Parents' beliefs that children can control their emotions are linked with maladaptive responses to their children's emotions. *Berkeley-Stanford-Davis Talks*, Berkeley, CA.

Karnilowicz, H. R., Ford, B. Q., & Mauss, I. B. (April, 2017). Control yourself! Parents' beliefs that children can control their emotions are linked with maladaptive responses to their children's emotions. *Society for Affective Science*, Boston, MA.

SYMPOSIA

Waters, S. F., West, T. V., **Karnilowicz, H. R.**, & Mendes, W. B. (April 2017). Does emotion suppression influence parent-child physiological coordination? An examination of mother- and father-child dyads. Presented at the *Society for Research on Child Development*, Austin, TX.

Ford, B. Q., & **Karnilowicz, H. R.** (May, 2017). Understanding reappraisal as a multi-component process: The psychological health benefits of attempting to use reappraisal depend on reappraisal success. To be presented at the *Association for Psychological Science*, Boston, MA.

Karnilowicz, H. R., Ford, B. Q., & Mauss, I. B. (June, 2017). Control yourself! Parents' beliefs that children can control their emotions are linked with maladaptive responses to their children's emotions. *Association for Research in Personality*, Sacramento, CA.

POSTER PRESENTATIONS (* denotes peers under my supervision)

Karnilowicz, H. R., Waters, S. F., & Mendes, W. B. (April 2015). *The role of infant cardiac vagal tone and maternal depression in mother-infant interactions*. Poster presented at the 2nd annual convention of the Society for Affective Science, Oakland, CA.

Karnilowicz, H. R., Waters, S. F., & Mendes, W. B. (May 2014). *Reunited and it feels so good: Attachment security moderates contextual effects on maternal physiology*. Poster

presented at the 26th annual convention of the Association for Psychological Science, San Francisco, CA.

Aulet-Leon, M., Flores, A., **Karnilowicz, H. R.**, Aschbacher, K. & Mendes, W. B. (May 2014). *The relationship between anger expression and cardiovascular health outcomes in minority populations*. Poster presented at the 26th annual convention of the Association for Psychological Science, San Francisco, CA.

Karnilowicz, H. R., Tahija*, N., Saroha*, C., & Gross*, M. (April 2014). *Complete the puzzle: A behavioral genetic examination of sibling cooperation*. Poster presented at the 94th annual convention of the Western Psychological Association, Portland, OR.

Karnilowicz, H. R. & Knight, M. R. (May 2013). *Emotion-regulation preferences and outcomes differ by attachment style and arousal*. Poster presented at the Regulating the World, Regulating the Mind poster session at the 25th annual convention of the Association for Psychological Science, Washington, D.C.

Karnilowicz, H. R., Kreter, V. H.*, Gross, M.*, Butera, L.*, & McGuire, S. (April 2013) *Effortful control in middle childhood: A twin-sibling-adoptee study*. Poster presented at the 93rd annual convention of the Western Psychological Association, Reno, CA.

Gross, M., Butera, L., **Karnilowicz, H. R.**, Kreter, V. H., & Segal, N. (April 2013). *Maternal Employment and Children's Externalizing and Internalizing Behavior*. Poster presented at the 93rd annual convention of the Western Psychological Association, Reno, CA.

Karnilowicz, H. R., Palaniappan, M.*, McCarthy, S.*, Larribas, T.*, Gross, M.*, & McGuire, S. (April 2012). *Social competence and parental differential treatment across sibling dyads*. Poster presented at the University of San Francisco 2nd Annual Student Research & Creativity Day of Celebration, San Francisco, CA.

Larribas, T., Gross, M., Palaniappan, M., **Karnilowicz, H. R.**, McCarthy, S., & Segal, N. (April, 2012). *Loneliness in middle childhood: Social connectedness and genetic relatedness*. Poster presented at the 92nd annual convention of the Western Psychological Association, San Francisco, CA.

Palaniappan, M., **Karnilowicz, H. R.**, McCarthy, S., Larribas, T., Gross, M., & McGuire, S. (April, 2012). *Parental differential treatment: A twin-sibling-adoptee study*. Poster presented at the 92nd annual convention of the Western Psychological Association, San Francisco, CA.

TEACHING EXPERIENCE

Personality Psychology – Teaching Assistant to Ozlem Ayduk, Ph.D. at UC Berkeley (Spring 2017)

- Lead discussion sections, design exams, proctor exams, hold review sessions, grade exams and student presentations, meet individually with students during office hours and appointments

General Psychology – Teaching Assistant to Chris Gade, Ph.D. at UC Berkeley (Fall 2016)

- Lead discussion sections, proctor exams, hold review sessions, grade exams and essays, meet individually with students during office hours and appointments

Cognitive Neuroscience – Instructor at UC Berkeley (Summer 2016)

- Created lesson plans, syllabus, and assignments, produced video lectures, graded assignments and wrote narrative evaluations, attended weekly faculty meetings with Academic Talent Development Program (ATDP) instructors.

Social Psychology – Teaching Assistant to Iris Mauss, Ph.D. at UC Berkeley (Spring 2016)

- Led discussion sections, proctored exams, held review sessions, graded exams and discussion questions, met individually with students during office hours and appointments

Social Psychology – Teaching Assistant to Serena Chen, Ph.D. at UC Berkeley (Fall 2015)

- Led discussion sections, proctored exams, held review sessions, graded exams, met individually with students during office hours and appointments

Advanced Research Methods – Teaching Assistant to Davina P. Chan, Ph. D. at University of San Francisco (Summer 2013)

- Organized, taught, and assisted with the lab portion of the class; held office tutoring hours; assisted with the grading of exams and statistics exercises.

General Psychology - Teaching Assistant to Davina P. Chan, Ph.D. at University of San Francisco (Spring 2013)

- Graded and proctored exams.

Advanced Research Methods – Teaching Assistant to Davina P. Chan, Ph.D. at University of San Francisco (Spring 2013)

- Organized, taught, and assisted with the lab portion of the class; held office tutoring hours; assisted with the grading of exams and statistics exercises.

Honors Thesis Development Seminar – Teaching Assistant to Marisa R. Knight, Ph.D. at University of San Francisco (Spring 2013)

- Provided assistance to students developing their Honors Thesis (i.e. help with finding measures, relevant research); organized and taught a PsyScope tutorial.

Research Design – Teaching Assistant to John. E. Perez, Ph.D. at University of San Francisco (Fall 2012)

- Held office tutoring hours; organized and conducted review sessions; assisted with laboratory and statistics exercises; assisted students with essays, homework, and exam preparation.

Personal Statement Development – Tutor for Mission Graduates, San Francisco (Summer 2010)

- Helped high school students brainstorm, write, and edit their personal statements

English, History, Algebra I and II – Homework leader for Teen Center Lite at Richmond District Neighborhood Center, San Francisco (Fall 2011-Summer 2012)

- Managed a classroom of 20+ students; worked with students of diverse backgrounds, including special needs, low-income, minority students; tutored students on individual and group levels; taught, organized, and publicized academic support workshops

PROFESSIONAL ACTIVITIES

2012-2013

President, Psi Chi, International Honors Society in Psychology, University of San Francisco Chapter

- 2014** Poster Reviewer for Social Psychology Poster Session, 26th annual convention of the Association for Psychological Science, San Francisco, CA.
- 2015** Invited panelist at Biological Honors Society Career Panel (Tri Beta) at University of San Francisco
- 2016** Poster Reviewer for Society for Research on Child Development 2017 Biannual Meeting
- 2017** Invited panelist at Honors Society in Psychology Career Panel (Psi Chi) at University of San Francisco
- 2017** Ad hoc reviewer for Journal of Psychophysiology

PROFESSIONAL AFFILIATIONS AND SOCIETIES

Alpha Sigma Nu, Jesuit Honors Society
Association for Psychological Science (APS)
Association for Research in Personality (ARP)
Psi Chi, International Honors Society in Psychology
Society for Affective Science (SAS)
Society for Personality and Social Psychology (SPSP)
Society for Research on Child Development (SRCD)
Western Psychological Association (WPA)