

# Lauren Wilkins

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[GitHub](#) | [Open Science Framework](#)

## EDUCATION

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### Columbia University

New York, NY

*Bachelor of Arts, Psychology*

May 2022

- Magna Cum Laude - 3.999 GPA
- Honors Thesis: Individual differences in affect labeling: the impact of anxiety on affect regulation
- Advisor: Dr. Kevin Ochsner

## AWARDS AND HONORS

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Phi Beta Kappa, *Columbia University* (2022)

Columbia College Senior Thesis Funding (2022) - \$250

Dean's List, *Columbia College* (2018-2022)

Psi Chi International Psychology Honors Society, *Columbia University* (2021)

Global Learning Scholarship, *Columbia College* (2020) - \$5,300

Columbia College Oxbridge Scholars Program - 2020 (canceled due to COVID-19)

Class of 1939 Summer Research Fellowship (2020) - \$3,500

## MANUSCRIPTS

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Kim, J.S., **Wilkins, L.J.**, Crockett, M.J. *et al.* (2023). Proceedings of the 2022 Moral Narratives Workshop. *PsyArXiv* <https://doi.org/10.31234/osf.io/m59vz>

Prosser, A.M.B., **Wilkins, L.J.**, Yaden, D.B., Goldy, S.P., Crockett, M.J., (manuscript in prep) Transformation Narratives in 3D: Triangulating qualitative, quantitative and computational methodologies.

Ruggeri, K., Većkalov, B., Bojanić, L. *et al.* (2021). The general fault in our fault lines. *Nat Hum Behav* <https://doi.org/10.1038/s41562-021-01092-x>

Shin, Y.S., **Wilkins, L.J.**, Siegel, J., Mathys, C., Rutledge, R., Saunders, K., Crockett, M.J. (manuscript in prep). Adaptive social learning is disrupted in highly antagonistic individuals.

Thieu, M. K., **Wilkins, L.J.**, & Aly, M. (under review at *Psychonomic Bulletin & Review*). Episodic-semantic linkage for \$1000: Episodic memory bolsters acquisition of new semantic knowledge in trivia experts. Preprint available on PsyArXiv: <https://doi.org/10.31234/osf.io/fm82b>

Xie, S., **Wilkins, L.J.**, Crockett, M.J., (manuscript in prep) Gender's cognitive cage: How ideas (and ideals) about gender constrain the way we see ourselves.

Xie, S.Y., **Wilkins, L.J.**, McLean, K., Paul, L.A., Thai, S., & Crockett, M. J. (manuscript in prep). How transformative experiences shape adult identity development.

## PRESENTATIONS

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**Wilkins, L.J.**, Xie, S.Y., Crockett, M.J. (February, 2024). *The ideal (wo)man: alignment between gender ideals and self-perception predicts well-being*. Poster accepted at the Society for Personality and Social Psychology 2024 Conference; San Diego, CA.

Schneider, M.J., **Wilkins, L.J.**, Tamir, D.I., Crockett, M.J. (February, 2024). *Transformative experiences during COVID-19*. Poster accepted at the Society for Personality and Social Psychology 2024 Conference; San Diego, CA.

**Wilkins, L.J.**, Shin, Y.S., Siegel, J., Mathys, C., Rutledge, R., Saunders, K., Crockett, M.J. (May, 2023). *Adversity, Attachment, and Antagonism: Optimistic Social Beliefs and Attachment Security Buffer the Link Between Childhood Trauma and Psychopathy*. Poster presented at the annual Association for Psychological Science Conference; Washington, D.C.

Monica, T., **Wilkins, L.J.**, Aly, M. (February, 2023). *Episodic-semantic linkage for \$1000: Episodic memory bolsters acquisition of new semantic knowledge in trivia experts*. Poster presented at the annual Cognitive Neuroscience Society Conference; San Francisco, CA.

**Wilkins, L.J.**, Monica, T., Ochsner, K. (May, 2022). *Individual differences in affect labeling: the effect of anxiety on affect regulation*. Senior thesis presented to the Columbia University Department of Psychology; New York, NY.

**Wilkins, L.J.**, Monica, T., Ochsner, K. (August, 2021). *The Effect of Gender on Confidence and Performance in a Trivia Task*. Data blitz presented at the Summer Internship in Psychological Science Conference; New York, NY.

**Wilkins, L.J.**, Monica, T., Ochsner, K. (October, 2020). *Emotional Expressivity Across Genders*. Poster presented virtually at the annual Columbia College Undergraduate Research Symposium; New York, NY.

## RESEARCH EXPERIENCE

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### Lab Manager

*Crockett Lab, Princeton University*

Supervisor: Dr. Molly Crockett

July 2022 - Present

*Princeton, NJ*

- Conduct literature reviews, propose, design, run, and analyze studies on identity transformation, gender, and moral inference.
- Manage internal lab wiki and code on Github; maintain lab website (Squarespace) and OSF.
- Coordinate weekly in-person/virtual lab meetings and lab events (e.g., socials, lab retreat).
- Maintain, update, & renew active IRB study submissions.
- Collect data for four ongoing lab projects using Qualtrics, Prolific, and SONA.

### Research Assistant

*Social Cognitive and Affective Neuroscience Lab, Columbia University*

Supervisors: Dr. Kevin Ochsner, Dr. Monica Thieu

February 2020 - May 2022

*New York, NY*

- Aid in literature reviews, participant recruitment, and fMRI scans.
- Assist in design and analysis of research studies.
- Research topics include memory in trivia experts, the categorization of ambiguous social and emotional stimuli, and how emotion labels affect/are affected by our experiences.

**Research Intern**

May 2021 - August 2021

*Summer Internship Program in Psychological Science, Columbia University*

New York, NY

Supervisors: Ana DiGiovanni, Dr. Monica Thieu

- Research semantic memory formation in trivia experts of varying ability.
- Conduct a secondary analysis looking at the impact of gender on confidence and performance in the trivia task.

**Research Intern**

January 2020 - August 2020

*Summer Research Practicum in Global Behavioral Science, Columbia University*

New York, NY

Supervisor: Dr. Kai Ruggeri

- Conduct a global replication of Lees & Cikara (2020) with over 10,000 participants across 26 countries.
- Collaborate with students from around the world by creating and circulating a survey, drafting and editing a preprint, and conducting data analysis.

**Research Assistant**

August 2019 - May 2020

*Shohamy Lab, Columbia University*

New York, NY

Supervisors: Dr. Zarrar Shehzad, Dr. Daphna Shohamy

- Assist in literature searches, fMRI scanning, and scoring psychological tasks.
- Research topics included the influence of semantic memory on decision making, abstraction and categorization, eating behaviors, and the tradeoff between exploration and exploitation.

**CLINICAL EXPERIENCE**

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**Research Assistant**

September 2022 - Present

*Princeton Center for Eating Disorders*

Princeton, NJ

Supervisor: Dr. Rebecca Boswell

- Assist in creation, scoring, and analysis of a longitudinal study to evaluate change in psychiatric symptoms and potential predictors, moderators, and mediators of treatment outcomes for in pediatric and adult patients completing inpatient eating disorder treatment.
- Conduct systematic literature reviews.
- Shadow therapists and facilitate group sessions with adolescents and adults in the unit.

**Peer Advocate**

August 2021 - May 2022

*Gay Health Advocacy Project, Columbia Health*

New York, NY

Supervisor: Daniel Chiarelli

- Work with Columbia Health medical providers to provide STI testing and resources to students.
- Host twice weekly drop-in hours for students to talk about sex, pleasure, concerns about sexuality, identity, and relationships in a non-judgmental space.

**ROAR Facilitator**

August 2021 - May 2022

*Alice! Health Promotion, Columbia Health*

New York, NY

Supervisor: Jaclyn Hawkins

- Work with Alice! staff at Columbia Health to talk to incoming students about being responsible, optimal, authentic, and resilient (ROAR) during their first year at Columbia.
- Teach stress management strategies, connect students to campus resources, and discuss the role of substances in the college experience during new student orientation.

## TEACHING EXPERIENCE

### **Teaching Assistant**

August 2020 - May 2022

*Department of Psychology, Columbia University*

*New York, NY*

Supervisors: Patricia Lindemann, Katherine Fox-Glassman, E'mett McCaskill

- Courses: Science of Psychology, Thinking and Decision Making, and Abnormal Behavior.
- Answer student questions, grade quizzes, exams, discussion posts, and papers, hold weekly discussion sections, hold twice-weekly office hours, and assist in course content creation.

### **Near Peer Mentor**

June 2021 - August 2021

*Summer Internship in Psychological Science, Columbia University*

*New York, NY*

Mentees: Phil Jauregui, Anne Harris, Rachel Jacobson

- Guide undergraduate students with no prior research experience through an independent summer research project.
- Organize weekly meetings to discuss students' research project ideas and learning goals.
- Provide support, empathy, and enthusiasm to students in the program.

## WORK EXPERIENCE

### **Administrative Assistant**

June 2019 – December 2019

*Alumni Career Management, Columbia Business School*

*New York, NY*

Supervisor: Nancy Johnston

- Assist in the creation and management of an alumni database.
- Edit and manage content on the Alumni Career Management website, prepare materials for events, and draft email communications between students and staff using mail merges.

### **Tour Guide, Office Assistant**

June 2019 – August 2019

*Visitor Center, Columbia University*

*New York, NY*

Supervisor: Kathryn Saunders

- Greet visitors and provide directions, materials, and information about the University.
- Lead groups of visitors on daily campus tours.
- Monitor the front office, including answering phones and stocking desks and shelves as needed.

### **Administrative Assistant**

January 2019 – May 2019

*Department of Economics, Columbia University*

*New York, NY*

Supervisor: Celeste Ransom

- Greet students and visitors at the front desk, answer phones, respond to emails, sort mail, and deliver packages between department buildings.
- Organize and set up weekly staff lunches, colloquia, and other events.
- File papers and deal with departmental records of confidential nature.

## LEADERSHIP AND COMMUNITY SERVICE

### **Peer Advisor**

October 2020 - May 2022

*Department of Psychology, Columbia University*

*New York, NY*

Supervisors: Caroline Marvin, Katherine Fox-Glassman

- Provide departmental information to students and devise new, more effective ways to facilitate contact between majors and faculty advisors.
- Hold office hours to talk with students and oversee new programs and events in the department.

**Creative Director**

September 2021 – February 2022

*Columbia University MaMa Project*

New York, NY

- Manage the production of an evening-length dance show from auditioning and casting dancers to choreographing and directing movement for the stage.
- Hold twice-weekly dance rehearsals and lead monthly board meetings to discuss marketing strategies, performance logistics, and creative direction.
- Organize and manage a creative team of board members, stage managers, lighting designers, graphic designers, and theater crew.
- Facilitate group bonding and community building through organized bonding events.

**Choreographer**

September 2019 – December 2021

*Columbia Orchestis Dance Group*

New York, NY

- Choreograph a 2-3-minute-long piece for the Orchestis winter and spring dance shows.
- Audition dancers, select music, set formations, schedule practices, and lead weekly rehearsals.

**Marketing Chair**

September 2019 – May 2020

*Office of University Life Events Council, Columbia University*

New York, NY

Supervisors: Nina Khampha, Fatime Osmani

- Promote the events and brand of University Life Events Council by making and distributing flyers and hosting tabling events around campus.
- Coordinate videography and photography for all events and create promotional materials.

**Secretary**

September 2019 – May 2020

*CU Generation Dance Team*

New York, NY

- Take minutes at weekly board meetings and share them with the entire team.
- Collect and update member contact information to create a team directory.
- Organize and schedule general events including board meetings, auditions, open classes, study breaks, and bonding events.

**Volunteer**

September 2019 – March 2020

*Community Lunch, Columbia University*

New York, NY

- Work with a team every Friday to cook and serve a meal from scratch for 120-140 guests at the Broadway Presbyterian Church.
- Organize holiday parties for homeless and low-income children and fundraising events to support program goals and food justice issues.

**Public Relations Co-Chair**

December 2018 – December 2019

*Columbia Orchestis Dance Group*

New York, NY

- Design and distribute posters, fliers, and digital promotional materials for semesterly shows.
- Curate the Orchestis social media presence on Facebook, Instagram, and our website.
- Publicize group events such as auditions, meetings, master classes, and performances through tabling events around campus.

**Shelter Support**

July 2019 – October 2019

*ASPCA*

New York, NY

Supervisor: Julie Sonenberg

- Assist with daily care tasks under the guidance of Integrated Care Assistants.
- Help with laundry, sorting donated goods, stripping and cleaning empty animal enclosures, stocking supplies, and washing and sanitizing dishes.
- Socialize and feed cats and ensure clean litter cages.

## PROFESSIONAL ORGANIZATION MEMBERSHIPS

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Society for Personality and Social Psychology (2023 - Present)

Cognitive Neuroscience Society (2023 - Present)

Association for Psychological Science (2022 - Present)

Phi Beta Kappa (2022 - Present)

Psi Chi International Psychology Honors Society (2021 - Present)