

Razia S. Sahi

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APPOINTMENTS AND EDUCATION

2026 – Present	Assistant Professor , Department of Psychology Rutgers University, Newark, NJ
2023 – 2025	Postdoctoral Fellow , Department of Psychology Princeton University, Princeton, NJ
2017 – 2023	Ph.D., M.A. , Psychology (Area: Social Psychology) University of California Los Angeles, Los Angeles, CA
2016 – 2017	Research Assistant , Department of Psychology University of Colorado Boulder, Boulder, CO
2015 – 2016	Research Assistant , Department of Psychology Emory University, Atlanta, GA
2014 – 2017	M.A. , Philosophy (Area: Neuro-Philosophy) Georgia State University, Atlanta, GA
2008 – 2012	B.A. , Psychology & Philosophy New York University, New York, NY

AWARDS AND HONORS

2024	SBE Postdoctoral Research Fellowship, <i>National Science Foundation</i>
2024	Best Poster, <i>Society for Personality and Social Psychology Emotions Pre-Conference</i>
2023	Gengerelli Distinguished Dissertation Award (across all areas of Psychology), <i>UCLA</i>
2023	Shelley Taylor Dissertation Award in Social Psychology, <i>UCLA</i>
2023	Featured Abstract (among best submissions), <i>Society for Affective Science</i>
2022	Dissertation Year Fellowship, <i>UCLA</i>
2021	Graduate Student Scholarship (COGDOP), <i>American Psychological Foundation</i>
2020	Harold H. Kelley Award for Exceptionally Meritorious Paper, <i>UCLA</i>
2020	Graduate Research Fellowship, <i>UCLA</i>
2019	Summer Fellow, <i>NIA Social Neuroscience and Neuroeconomics School</i>
2018	Summer Fellow, <i>NIH University of Michigan Training Course in fMRI</i>
2018	Summer Fellow, <i>FAPESP School in Social and Affective Neuroscience</i>
2018	Graduate Summer Research Fellowship, <i>UCLA</i>
2016	Ralf F. Munster Fellowship for Excellence in Research, <i>Georgia State University</i>
2015	Ralf F. Munster Travel Fellowship, <i>Georgia State University</i>
2012	Honors Scholar/Founders' Day Award, <i>New York University</i>

RESEARCH GRANTS & FUNDING

2024	National Science Foundation SBE Postdoctoral Research Fellowship (PI; \$160,000) <i>Investigating contextual, social, and temporal dimensions of emotion regulation</i>
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- 2023 **UCLA Psychology Joseph and Carmen Gengerelli Award (PI; \$500)**
Social facilitation of emotion regulation: Uncovering the mechanisms and outcomes of social regulatory support
- 2023 **National Institute of Health R21HD108751 (Co-I; \$432,375)**
Social facilitation of emotion regulation in adolescence
- 2022 **Dissertation Year Fellowship (PI; \$38,043.04)**
Social facilitation of emotion regulation
- 2021 **American Psychological Foundation COGDOP Graduate Student Scholarship (PI; \$5,000)**
Social facilitation of emotion regulation in adolescence
- 2021 **Center for Cognitive Neuroscience Seed Grant (Co-I; \$7,200)**
Social facilitation of emotion regulation in adolescence
- 2020 **UCLA Graduate Research Mentorship Program (PI; \$37,272.28)**
Softening past pain: Adaptive reconsolidation of emotional memories through touch
- 2018 **UCLA Graduate Summer Research Mentorship Program (PI; \$6,000)**
Examining neural synchrony and empathic processing in romantic couples during consoling touch
- 2015 **Georgia State University Ralf F. Munster Travel Fellowship (PI; \$500)**
The MSCEIT misses the mark: Emotional intelligence is a practical ability

PUBLICATIONS

* Indicates equal contributions. Mentees are underlined.

Crowder, C., **Sahi, R. S.**, Hazlett, L. I., Shamay-Tsoory, S. G., & Eisenberger, N. I. (in press). Hand-holding reduces the long-term painfulness of social memories. *Emotion*.

Sahi, R. S.*, Nussbaum, S. G.*, Guassi Moreira, J. M., Ninova, E., Gaines, E. M., Lee, D., Eisenberger, N. I., & Silvers, J. A. (2025). Vocal pitch as an acoustic marker of social support efficacy in women friendships. *Journal of Experimental Psychology: General*. Advance online publication. [Link](#). [Data/code](#).

Abdou, M., **Sahi, R. S.**, Hull, D., Nook, E. C., & Daw, N. (2025). Leveraging large language models to estimate clinically relevant psychological constructs from psychotherapy transcripts. *Computational Psychiatry*, 9(1): pp. 187–209. [Link](#).

Sahi, R. S., Gaines, E. M., Nussbaum, S. G., Lee, D., Lieberman, M. D., Eisenberger, N. I., & Silvers, J. A. (2025). You changed my mind: Immediate and enduring impacts of social emotion regulation. *Emotion*, 25(2), 330–339. [Link](#). [Data/code](#).

Guassi Moreira, J. F., **Sahi, R. S.**, Calderon Leon, M., Saragosa-Harris, N., Waizman, Y., Sedykin, A., Ninova, E., Peris, T., Gross J., & Silvers, J. A. (2024). A data-driven typology of emotion regulation profiles. *Emotion*, 24(5), 1125–1136. [Link](#). [Data/code](#).

Sahi, R. S., Eisenberger, N. I., & Silvers, J. A. (2023). Peer facilitation of emotion regulation in adolescence. *Developmental Cognitive Neuroscience*, 101262. [Link](#).

- Sahi, R. S., He, Z., Silvers, J. A., & Eisenberger, N. I. (2023).** One size does not fit all: Decomposing the implementation and differential benefits of social emotion regulation strategies. *Emotion*, 23(6), 1522–1535. [Link](#). [Data/code](#).
- Guassi Moreira, J. F., **Sahi, R.**, Ninova, E., Parkinson, C., Silvers, J. A. (2022) Performance and belief-based emotion regulation capacity and tendency: Mapping links with cognitive flexibility and perceived stress. *Emotion*, 22(4), 653–668. [Link](#). [Data/code](#).
- Sahi, R. S.***, Schwyck, M. E.*, Parkinson, C., & Eisenberger, N. I. (2021). Having more virtual interaction partners during COVID-19 physical distancing measures may benefit mental health. *Scientific Reports* 11(1), 18273. [Link](#). [Data/code](#).
- Sahi, R. S.**, Dieffenbach, M. C., Gan, S., Lee, M., Hazlett, L. I., Burns, S. M., Lieberman, M. D., Shamay-Tsoory, S. G., & Eisenberger, N. I. (2021). The comfort in touch: Immediate and lasting effects of handholding on emotional experiences. *PLOS ONE* 16(2): e0246753. [Link](#). [Data/code](#).
- Sahi, R. S.**, Ninova, E., & Silvers, J. A. (2021). With a little help from my friends: Selective social potentiation of emotion regulation. *Journal of Experimental Psychology: General* 150(6), 1237–1249. [Link](#). [Data/code](#).
- Sahi, R. S. & Eisenberger, N. I. (2020).** Why don't you like me: The role of the mentalizing network in social rejection. In *The Neural Basis of Mentalizing*; Gilead, M., Ochsner, K.N., Eds.; Springer AG: Cham, Switzerland, 2021; pp. 613–628. [Link](#).
- Sahi, R. S. (2019).** It's okay to be angry: A functionalist perspective of the dangers of over-regulating anger. *Philosophical Topics* 47 (2), 53-73. [Link](#).

MANUSCRIPTS UNDER REVIEW & PRE-PRINTS

- Sahi, R. S.**, Hull, D., Vine, V., & Nook, E. C. (in revision). Affect labeling is linked with better mental health in psychotherapeutic conversations. [Pre-print](#). [Data/code](#).
- Cao, T., **Sahi, R. S.**, Valdivia-Moreno, C. A., & Nook, E. C. (in revision). Examining differences in social reappraisal efficacy across first- and second-language in Spanish-English bilinguals. [Pre-print](#). [Data/code](#).
- Sahi, R. S.**, Challman, A. R., & Nook, E. C. (under review) Sharing is believing: Saying or writing reframes of emotional experiences boosts cognitive emotion regulation. [Pre-print](#). [Data/code](#).
- Guassi Moreira, J. F., **Sahi, R. S.**, & Silvers, J. A. (under review). From traits to moments: How emotion regulation repertoires shape daily affective experiences. [Pre-print](#).
- Corbani, F. E., **Sahi, R. S.**, Nook, E. C., & Tamir, D. I. (under review). People regulate emotions during spontaneous thought using detectable linguistic signatures. [Pre-print](#). [Data/code](#).
- Sahi, R. S.**, Guassi Moreira, J. F., Torre, J. B., & Lieberman, M. D. (2023). The Affect Labeling Questionnaire (ALQ): Decomposing affect labeling ability and implications for individual differences in socio-emotional well-being. *PsyArXiv*. [Pre-print](#). [Data/code](#).

INVITED TALKS

Jan 2026	Social Area Seminar Series, <i>Simon Fraser University</i>
Oct 2025	Princeton Summit on Affective Science, <i>Princeton University</i>
May 2025	Motivation Lab, <i>New York University</i>
May 2025	Crockett Lab, <i>Princeton University</i>
April 2025	Social & Affective Processes Seminar, <i>Columbia University</i>
April 2025	Cognitive Science Lunch Talk, <i>Princeton University</i>
Dec 2024	Social Psychology Department, <i>Rutgers University-Newark</i>
Dec 2024	Nock Lab, <i>Harvard University</i>
Sep 2024	Social Psychology Department, <i>Washington University in St. Louis</i>
July 2024	Princeton Social Neuroscience Laboratory, <i>Princeton University</i>
Dec 2023	Social Psychology Department, <i>New York University</i>
Nov 2023	Nock Lab, <i>Harvard University</i>
Sep 2023	Social Connection Lab, <i>University of Southern California</i>
Aug 2021	Positive Emotion and Psychopathology Lab, <i>University of Colorado Boulder</i>
July 2021	Social Cognitive and Affective Neuroscience Lab, <i>Columbia University</i>
May 2021	Empathy & Compassion Seminar, <i>UCSD Rady School of Management</i>
April 2019	Developmental Psychology Forum Talk Series, <i>UCLA</i>

CONFERENCE TALKS

This section only includes first-author oral presentations.

- Sahi, R. S.,** Ninova, E., Gaines, E., Nussbaum, S., Guassi Moreira, J. G., Lee, D., Challman, A. Lieberman, M. D., Eisenberger, N. I., Nook, E. C., & Silvers, J. A. (2025). *Social reappraisal: Finding new perspectives with other people can boost emotion regulation*. Society of Experimental Social Psychology (SESP), Lisbon, Portugal.
- Sahi R. S.,** Hull, D., Vine, V., & Nook, E. C. (2025). *Emotion vocabularies in psychotherapeutic conversations*. Society for Research in Psychopathology (SRP), Los Angeles, California.
- Sahi R. S.,** Hull, D., Vine, V., & Nook, E. C. (2025). *Large natural emotion vocabularies are linked with better mental health in psychotherapeutic conversations*. Society for Affective Science (SAS) Emotion Regulation Pre-Conference, Portland, Oregon.
- Sahi R. S.,** Hull, D., Vine, V., & Nook, E. C. (2025). *Large natural emotion vocabularies are linked with better mental health in psychotherapeutic conversations*. Society for Personality and Social Psychology (SPSP) Emotions Pre-Conference, Denver, Colorado.
- Sahi, R. S.,** Gaines, E., Nussbaum, S., Lee, D., Eisenberger, N. I., & Silvers, J. A. (2023). *Change my mind: Does social reappraisal have a greater enduring impact than reappraising alone?* Society for Affective Science (SAS), Long Beach California. ***Top-rated abstract featured in *Affective Science***
- Sahi, R. S.,** Nussbaum, S., Guassi Moreira, J. M., Ninova, E., Gaines, E., & Silvers, J. A. (2022). *It's how you say it: Support giver's pitch predicts social emotion regulation efficacy*. International Society for the Research of Emotions (ISRE), Los Angeles, California.
- Sahi, R. S.,** He, Z., & Eisenberger, N. I. (2021). *What we want to hear: Decomposing the benefits of social reappraisal strategies*. Society for Affective Science (SAS), Virtual.

Sahi, R. S., Ninova, E., & Silvers, J. A. (2020). *With a little help from my friends: Social reappraisal is more effective than reappraising alone*. Society for Affective Science (SAS). Cancelled due to pandemic – Pre-recorded talk featured online.

Sahi, R. S. (2018). *A functionalist defense of the feeling and expression of moral anger*. Emotions and Expressions Workshop at University of Connecticut (ECOM), Mansfield, Connecticut.

Sahi, R. S. (2015). *The MSCEIT misses the mark: Emotional intelligence is a practical ability*. European Philosophical Society for the Study of Emotions Conference (EPSSE), Edinburgh, Scotland.

CONFERENCE POSTER PRESENTATIONS

This section only includes first-author posters or posters first-authored by a direct mentee. Mentees are underlined.

Sahi R. S., Hull, D., Vine, V., & Nook, E. C. (2025). *Natural emotion vocabularies in psychotherapeutic conversations*. Society for Affective Science (SAS), Portland, Oregon.

Challman, A., **Sahi R. S.,** & Nook, E. C. (2025). *Does effort explain why cognitive reappraisal is more effective when spoken than thought?* Society for Affective Science (SAS), Portland, Oregon. ***Top-rated abstract featured in *Affective Science***

Cao, T., Valdivia-Moreno, C. A., **Sahi, R. S.** & Nook, E. C. (2024). *Examining differences in social reappraisal efficacy across first- and second-language in Spanish-English bilinguals*. Society for Affective Science (SAS), New Orleans, Louisiana. ***Top-rated abstract featured in *Affective Science***

Sahi, R. S. & Nook, E. C. (2024). *Investigating the effects of emotion naming on emotion regulation: Contextual, social, and temporal dimensions*. Society for Affective Science (SAS) Emotion Regulation Pre-Conference, New Orleans, Louisiana.

Sahi, R. S. & Nook, E. C. (2024). *Investigating the effects of emotion naming on emotion regulation: Contextual, social, and temporal dimensions*. Society for Affective Science (SAS), New Orleans, Louisiana.

Sahi, R. S., Gaines, E., Nussbaum, S., Lee, D., Eisenberger, N. I., & Silvers, J. A. (2024). *Immediate and enduring impacts of social emotion regulation in friendships*. Society for Personality and Social Psychology (SPSP) Emotions Pre-Conference, San Diego, California. ***Best poster award**

Sahi, R. S., Gaines, E., Nussbaum, S., Lee, D., Eisenberger, N. I., & Silvers, J. A. (2024). *Immediate and enduring impacts of social emotion regulation in friendships*. Society for Personality and Social Psychology (SPSP), San Diego, California.

Lai, A., **Sahi, R.,** Gaines, E., & Silvers, J. A. (2023). *Memories about friendship and its effects on emotion regulation*. Psychology Undergraduate Research Conference (PURC), Los Angeles, California.

Sahi, R. S., Nussbaum, S., Guassi Moreira, J. M., Gaines, E., Ninova, E., Lee, D., Eisenberger, N., & Silvers, J. A. (2023). *Support giver's pitch is associated with social emotion regulation outcomes across three samples*. Social and Affective Neuroscience Society (SANS), Santa Barbara, California.

Lee, D., **Sahi, R. S.,** Gaines, E., Ninova, E., Nussbaum, S., & Silvers, J. A. (2023). *How you tell me matters! How do different types of social reappraisals affect negative feelings?* Society for Affective Science (SAS), Long Beach, California.

- Nussbaum, S., Sahi, R. S., & Silvers, J. A. (2022). *Friend-directed speech: The voice that comforts us and helps us to remember and learn.* Society for Affective Science (SAS), Virtual.
- Sahi, R. S., Nussbaum, S., Guassi Moreira, J. M., & Silvers, J. A. (2022).** *It's how you say it: Support giver's pitch predicts social emotion regulation efficacy.* Society for Affective Science (SAS), Virtual.
- He, Z., Sahi, R. S., & Eisenberger, N. I. (2021). *Contextual factors shaping the benefits of receiving social emotion regulation.* Psychology Undergraduate Research Conference (PURC), Los Angeles, California.
- Sahi, R. S., Cooper-White, M., Hazlett, L., Gan, S., Lee, M., Lieberman, M., & Eisenberger, N. I. (2019).** *Silent support: Examining the dual-brain mechanisms underlying consoling touch.* International Society for the Research of Emotions (ISRE), Amsterdam, Netherlands.
- Lee, M., Sahi, R. S., & Eisenberger, N. I. (2019). *Consoling touch: Showing you care.* Psychology Undergraduate Research Conference (PURC), Los Angeles, California.
- Sahi, R. S., Cooper-White, M., Hazlett, L., Gan, S., Lee, M., Lieberman, M., & Eisenberger, N. I. (2019).** *I'm here for you: The effects of consoling touch on negative emotional experiences.* Society for Personality and Social Psychology (SPSP), Portland, Oregon.
- Sahi, R. S., Cooper-White, M., Hazlett, L., Lieberman, M., & Eisenberger, N. I. (2018).** *I feel your pain: Examining empathic processing and coregulation in romantic couples during consoling touch.* Sao Paulo School of Affective Neuroscience (SPSAN), São Paulo, Brazil.
- Sahi, R. S. (2016).** *The MSCEIT misses the mark: Emotional intelligence is a practical ability.* Foundations of Emotions in Mind, Brain, and Culture (hosted by Emory University), Atlanta, Georgia.
- Sahi, R. S. (2016).** *The MSCEIT misses the mark: Emotional intelligence is a practical ability.* Neuroscience Institute Brains and Behavior Retreat (hosted by Georgia State University), Atlanta, Georgia.
- Sahi, R. S. (2015).** *The MSCEIT misses the mark: Emotional intelligence is a practical ability.* International Society for the Research of Emotions (ISRE), Geneva, Switzerland.

TEACHING

Note: GSU & NYU courses are on the semester system (Fall, Spring, Summer), whereas UCLA courses are on the quarter system (Fall, Winter, Spring, Summer).

Graduate Courses:

Spring 2022	Persuasion and Influence (Teaching Assistant) UCLA Anderson School of Management, Los Angeles, CA
Winter 2022, Winter 2020	Intermediate Statistical Methods (Teaching Assistant) UCLA Department of Sociology, Los Angeles, CA
Fall 2021	Beginner Statistical Methods (Teaching Assistant) UCLA Department of Sociology, Los Angeles, CA

Undergraduate Courses:

Spring 2023	Departmental Honors Research Seminar (Guest Lecturer) UCLA Department of Psychology, Los Angeles, CA
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Summer 2021	Intimate Relationships (Teaching Assistant) UCLA Department of Psychology, Los Angeles, CA
Summer 2020, Fall 2019	Experimental Research Methods (Teaching Assistant) UCLA Department of Psychology, Los Angeles, CA
Spring 2019	Psychology of Emotion (Teaching Assistant) UCLA Department of Psychology, Los Angeles, CA
Winter 2019	Social Psychology (Teaching Assistant & Guest Lecturer) UCLA Department of Psychology, Los Angeles, CA
Spring 2018	Introduction to Psychology (Teaching Assistant) UCLA Department of Psychology, Los Angeles, CA
Fall 2015 – Spring 2017	Critical Thinking (Instructor) GSU Department of Philosophy, Atlanta, GA
Spring 2012	Logic (Teaching Assistant) NYU Department of Philosophy, New York, NY

Primary School & Community-Based Programs:

2013 – 2014	Lower School Math (Instructor, Team Leader & Curriculum Developer) East Harlem Tutorial Program/Scholar's Academy, New York, NY
2012 – 2013	Lower School Math (Supplemental Instructor) Brownsville Ascend Lower School, New York, NY
Summer 2012, Summer 2011	Introduction to Logic (Teaching Assistant & Guest Lecturer) NYU EXCEL Academy, New York, NY

RESEARCH ADVISING

+ Thesis student | * Received honors

	<u>Name and Institution</u>	<u>Subsequent Position</u>
2025	Sofia Fernandez, Princeton University	<i>Thesis Student in Nook Lab, Princeton University</i>
2024 – 2025	Angela Challman ⁺ , Princeton University	<i>Clinical Research Coordinator at BIDMC</i>
2023 – 2024	Tiffany Cao ⁺ , Princeton University	<i>Medical Scribe, Northwell Health</i>
2022 – 2023	Audrey Lai, UCLA	<i>Research Assistant, UCLA</i>
2022 – 2023	Daniel Lee, UCLA	<i>Behavioral Technician, ACES</i>
2018 – 2023	Siyan Gan Nussbaum, Pepperdine/USC	<i>Lab Manager, UCLA</i>
2019 – 2021	Zhouzhou He ⁺ , UCLA	<i>Psychology PhD Student, Columbia University</i>
2019 – 2021	Devika Shenoy, UCLA	<i>Medical Student, Duke University</i>
2018 – 2020	Maya Lee, UCLA	<i>Management Consulting Associate, KPMG</i>

PRESS COVERAGE & INTERVIEWS

de Sousa, A. M. (2025, June). S4 Ep14: Your mind on social emotion regulation with Dr. Razia Sahi. [Audio podcast]. *Minds Matter*. [Link](#).

- Bradley, C., Greer, L., & Sanchez-Burks, J. (2024, August). When your employee feels angry, sad, or dejected. *Harvard Business Review*. [Link](#).
- Hom, A. (2024, August). Asking for help is actually really good for you, according to science. *National Geographic*. [Link](#).
- Aronoff, M. (2024, March). [Radio broadcast]. *Doctor Radio: Psychiatry*. Sirius XM. [Link](#).
- Atikpoh, O. (2023, May). Episode # 112: Dr. Razia Sahi. [Audio podcast]. *A Song Called Life*. [Link](#).
- Aronoff, M. (2023, March). [Radio broadcast]. *Doctor Radio: Psychiatry*. Sirius XM. [Link](#).
- Volpe, A. (2023, February). How to offer help when you don't know what to say. *Vox*. [Link](#).
- Moyer, M. (2022, December). The best way to comfort someone when they're sad. *The New York Times*. [Link](#).
- Ellwood, B. (2021, March). Holding a partner's hand while processing painful memories can weaken the lasting effects of emotional pain. *PsyPost*. [Link](#).
- Johnson, H. (2021, March). Hand-holding may ease painful memories. *Psychiatry Advisor*. [Link](#).
- Newman, K. (2021, February). How friends help you regulate your emotions. *Greater Good Magazine*. [Link](#).

PUBLIC BLOG POSTS

Mentees are underlined.

- Nussbaum, S. G. & **Sahi, R. S.** (2026, March). Effective social support depends on how you say it. *Character and Context*. [Link](#).
- Sahi, R. S.** (2024, February). Friends shape how we think and feel. *Psychology Today*. [Link](#).
- Sahi, R. S.** (2024, February). We get by with a little help from our friends. *Character and Context*. [Link](#).
- He, Z. & **Sahi, R. S.** (2021, April). What does it mean? How to rigorously test your psychological questions. *Psychology in Action*. [Link](#).
- He, Z. & **Sahi, R. S.** (2020, April). Is happiness feeling what's "right"? *Psychology in Action*. [Link](#).
- Sahi, R. S.** (2019, September). The costs of emotion regulation. *Psychology in Action*. [Link](#).
- Sahi, R. S.** (2019, March). Ouch: Understanding the pain of social rejection. *Psychology in Action*. [Link](#).
- Sahi, R. S.** (2018, February). What is empathy? *Psychology in Action*. [Link](#).
- Sahi, R. S.** (2017, November). Social cognition and language. *Psychology in Action*. [Link](#).

PROFESSIONAL SERVICE, MEMBERSHIPS, AND OTHER ACTIVITIES

Publishing:

2023 – present **Consulting Editor, *Emotion***

2018 – present **Manuscript Review**
 Psychological Science, PNAS, Biological Psychiatry, Journal of Experimental Psychology: General, Nature Communications, Emotion, Affective Science, Social Cognitive Affective Neuroscience, Behavioral Brain Research, Personality and Social Psychology Bulletin, Social Psychology, Social and Personality Psychology Compass, Journal of Experimental Social Psychology, Journal of Anxiety Disorders, Psychology of Sport and Exercise

Conferences:

2025 **Co-organized Princeton Summit on Affective Science (with Dr. Erik Nook)**

2024 – present **Conference programming at Society for Affective Science**
 Emotion Regulation Pre-Conference organizer (2025 – present), methods roundtable host (2025), moderator (2024)

2021 – present **Abstract review**
 Society for Affective Science (2022-present), Social and Affective Neuroscience Society (2024), UCLA Psychology Undergraduate Research Conference (2021)

Other Professional Service:

2019 – present **Professional Development Workshops for Undergraduate Students**
Princeton University: Led thesis meeting huddles twice per semester to provide students with feedback on their ongoing independent research.
UCLA: Led quarterly workshops focused on statistical methods, coding, new literature, and other professional development topics for research assistants.

2024 **Community Outreach**
 Participated in the *Spring Into Science* program hosted by Princeton University to provide college access support to students from marginalized backgrounds.

2018 – 2021 **Departmental Service at UCLA**
Diversity Issues Committee: Revised pedagogical curriculum for graduate students incorporating DEI-focused training + streamlined grievances process to support students experiencing hardships (2 years)
Social Psychology Student Colloquium Representative: Coordinated weekly talk series and student coffee hours with invited speakers (2 years)
Panel Participant: Panel for social psychology graduate students planning their next career steps (“How to succeed in graduate school”)

Professional Trainings and Workshops:

2025 Workshop on Naturalistic Conversation at Princeton University

2022 University of California Consortium on Adolescence: Summer Institute

2020 Towards More Reproducible Neuroimaging Research: A Hands-on Workshop

2019 Duke University Summer School in Social Neuroscience and Neuroeconomics (NIA)

2018 The São Paulo School of Advanced Science on Social and Affective Neuroscience

2018 University of Michigan Training Course in fMRI (NIMH)

2018 University of Connecticut Emotions and Expressions Workshop (NSF)

Other Activities:

- 2024 – present **Onward Inc.**, New York City, NY
Consulting on development of single-session therapy mental health app
- 2022 **Headspace Inc.**, Los Angeles, CA
Consulting on “Navigating Emotions” educational series
- 2018 **Resonance Inc.**, Los Angeles, CA
Functional near infrared spectroscopy (fNIRS) technician
- 2016 – 2017 **The Oxford Handbook of Positive Emotion and Psychopathology (2019)**
Copyeditor for Dr. June Gruber

