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# Grad-Prep Workshop

Resource Document



CONTEXT LAB

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"The computer can't do what you don't tell it to do. It doesn't have a brain." -anonymous (personal communication, 2019). This quote explains a prevalent concept in the computer sciences deeply rooted in human-factors psychology: humans are the brain behind our brain-lacking systems. Thus, it is critical to fully understand human psychological worlds as they relate to our created systems and optimize our systems by optimizing how we think and interact with them. As technology progresses, neuroergonomic approaches to human performance optimization are necessary as the brain and mind are inextricable from one another.

My passion for applying neuroergonomics within the study of human performance is what led me to the University One's Human Factors and Cognitive Psychology doctoral program (UO). Within UO's program, I hope to study human performance in dynamic environments, specifically:

- Exploring the gap between attitudes and behaviors towards systems within high workload tasks.
- Investigating how environment, perception, and individual differences influence performance outcomes within dynamic tasks such as driving.

My first introduction to human-machine interaction topics was through a philosophy course taught by Dr. C at University One. Throughout this course, I took an interest in the importance of system optimization through less definable facets of the interaction experience: moral psychology, technology ethics, and human performance. These topics were fundamental to the development of my current research interests.

During my second undergraduate year, I entered the Lorem Ipsum Dolor (LID) laboratory directed by Dr. A at UO as an undergraduate research assistant. I assisted with a study that assessed the role of psychophysiological differences in aggressive driving between neurotypical individuals and individuals with ADHD. My role in this project allowed me to develop a deeper understanding of the effects of physiology on stress response within various workload environments. I gained insight into the importance of considering individual differences and environment within performance on varying workload tasks.



I was deeply inspired by this project to pursue further research exploring driver aggression. During my final undergraduate year, I produced an honors undergraduate thesis under the direction of Dr. A and Dr. B at UO. Following my research interests regarding individual differences, I hypothesized that the five personality factors of the Five-Factor Model would influence aggressive driving behaviors. My project produced evidence supporting my hypotheses about the influence of personality on driver aggression. These results provided vast implications for driver technology development that is adaptable to the uniqueness of the individual. The scope of these implications deepened my interest in individual differences within driver performance.

After I graduated, I continued to stay involved within for my gap year. I developed conference poster presentations from my thesis for various conferences. I also entered a mentorship relationship with another student who began their own thesis within the driving field under LID. Mentoring has allowed me the fulfilling experience of passing on the knowledge I gained throughout my thesis in a way that truly embodies scientific collaboration. Additionally, I recently accepted a research assistant position on a collaborative research study between UO and Another University (AU), which will encompass the rest of my gap year. This study further explores my interests in cognition within driving using neuropsychology methodology. Consequently, cognition within the dynamic task of driving was a topic that I first explored in my thesis.

Within the UO program, I hope to explore my interests utilizing biometric data and simulation techniques alongside psychological testing. I believe that it is important to explore human performance using neuroergonomic methodology. I find it crucial to understand the physiology behind the observed behavior, hence the approach I aim to take in my research.

I find the work of Dr. A, specifically regarding the performance of aging and non-normative populations (such as individuals with ADHD), a fascinating source for informing accessibility within commonly used systems. I would be thrilled to work under Dr. A, as his current research focus, research approach, and extensive experience would best align with my research interests and academic/career goals.



Additionally, I find Dr. D's work examining the roles of individual differences and cognitive load within human performance of great interest. Dr. D's psychophysiological approach in assessing the limits of human performance aligns with my methodological interests. I would be excited to work under the direction of Dr. D to explore my research questions further.

Overall, I aim to gain the knowledge and experience necessary to:

- Optimize automated systems that are becoming commonplace, such as automated ground transport vehicles, using neuroergonomic methodology.
- Develop effective training for these systems so that individuals of all traits and abilities can use advanced technology realistically and sustainably.

While some worry that technology will inadvertently "leave us in the dust," I am optimistic that as technology advances, our communities will also advance alongside. I aim to study human performance within the University One's Human-Factors Psychology and Cognitive program to contribute to these evolving conversations meaningfully. Working underneath UO's esteemed faculty and through UO's rigorous curriculum is an exciting prospect for my development as a human factors researcher. I hope to use my education to serve my community in enhancing safety, enhancing training, and developing accessible advanced technology systems. I feel that my interests and background fit well within University One's doctoral program and am eager to join the incoming class of 2022.



## CURRICULUM VITAE

**Your Name Here**  
City, State  
Phone: (407) xxx-xxxx  
E-mail: youremail@here.com

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EDUCATION

**B.S. Psychology**  
University of Central Florida  
2020  
Minor: Cognitive Sciences

Honors Thesis: *Title*  
Advisors: Advisor Names

GPA: x.xx  
Major GPA: x.xx

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RESEARCH EXPERIENCE

**Undergraduate Research Assistant**  
Department of Psychology  
University of Central Florida – Orlando, FL  
2021-Present  
**In-progress Project Title:** *Title*

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**Principal Investigator for Honors Undergraduate Thesis**  
Burnett Honors College, Department of Psychology  
University of Central Florida – Orlando, FL  
2020  
**Project Title:** *Title*

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**TEACHING EXPERIENCE**

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**Content Tutor**

Various Subjects

Department

University of Central Florida – Orlando, FL

2019

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**PUBLICATIONS**

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Author. (Year, Date). Title In *Journal/Conference/etc.* (Vol. 65, No. 1, pp. 972-976). Sage CA: Los Angeles, CA: SAGE Publications.

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**PRESENTATIONS**

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Author (Year, Dates). Title [Session Type]. Conference, Location. website.org.

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**MENTORSHIP**

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**Peer Mentor**

Lab/Department

University of Central Florida – Orlando, FL

2021-Present

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**PROFESSIONAL SERVICE**

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**Student Volunteer for Content/Schedule Review**Human Factors and Ergonomics Society, 64<sup>th</sup> Annual Meeting Virtual

2020

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**GRANTS, HONORS, & SCHOLARSHIPS**

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2020	Honors in the Major Degree Distinction Recipient
2020	President's Honor Roll, College of Sciences
2019	Dean's List, College of Sciences



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**PROFESSIONAL AFFILIATIONS**

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2020 – Present Student Affiliate of the Human Factors and Ergonomics Society  
2020 – Present Student Affiliate of the Southeastern Psychological Association  
2019 – Present Student Affiliate of the American Psychological Association

**PROFESSIONAL TRAINING**

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2019 – Present Collaborative Institutional Training Initiative (CITI) trained





# 3 Scholarships & Fellowships

- Rhodes Scholarship (Rhodes Scholar)
- Fulbright Scholarship and Fellowship
- Marshall Scholarship
- Rotary International Fellowship for Graduate Study Abroad
- Watson Scholarship
- Mellon Fellowship
- Winston Churchill Foundation Scholarship
- National Science Foundation Graduate Fellowships
- National Science Foundation Minority Graduate Fellowships
- The African-American Graduate Fellowship for Doctoral Study
- The Ford Foundation Fellowship for Minority Students
- The Jacob K. Javits Fellowship for Doctoral Studies
- National Defense Science and Engineering Graduate Fellowship Program
- **UCF:** Presidential Fellowship
- **UCF:** Graduate Dean's Fellowship

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This list is NOT exhaustive, consult your specific universities to learn more about scholarship and fellowship funding opportunities.



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## Links



### Workshop Materials hosted on our GitHub

- Find a copy of this workshop's slide deck, guide, templates, and more!
- [https://github.com/Context-Lab-UCF/gradprep\\_workshop](https://github.com/Context-Lab-UCF/gradprep_workshop)



### Context Lab Website

- Find out more about what we do here at Context Lab!
- **Our contact information is located here.**
- <https://sciences.ucf.edu/psychology/contextlab/>



### UCF Office of Undergraduate Research

- Find out more about undergraduate research opportunities at UCF!
- <https://academicsuccess.ucf.edu/our/>



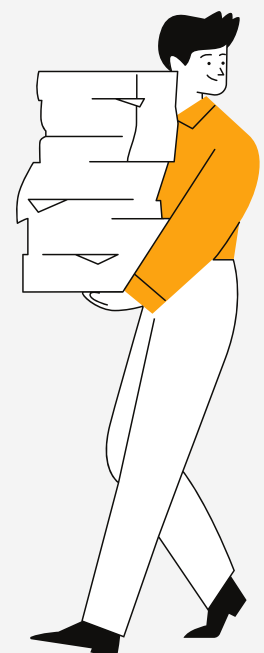
### UCF Career Services

- Find out more about how UCF helps your career development by connecting your academic and career pathways!
- <https://career.ucf.edu/about/>



### UCF Office of Experiential Learning

- Learn how UCF helps sustain your learning through hands-on learning and collaboration!
- <https://academicsuccess.ucf.edu/explearning/>





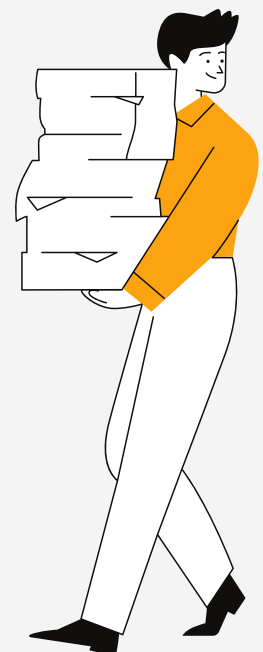
### UCF Department of Psychology

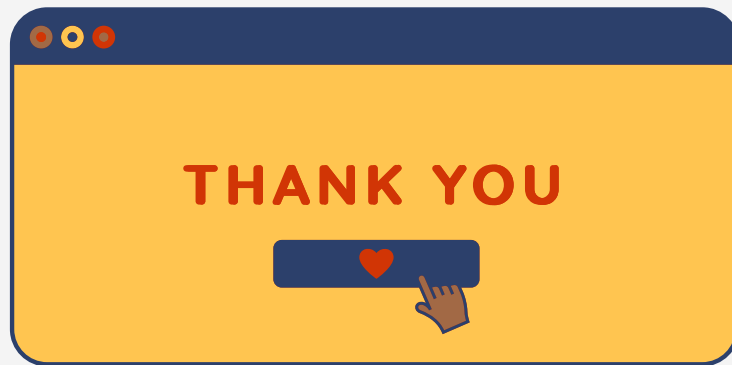
- Explore what the UCF Psychology department has to offer.
- Find out more about our labs, programs, classes, and more!
- <https://sciences.ucf.edu/psychology/>



### Graduate Admissions Essays by Don Asher

- We've found this book on the graduate admissions process by Don Asher very helpful in our own admissions journey.
- <https://www.amazon.com/Graduate-Admissions-Essays-Fourth-School>





From all of us here at Context Lab,

Thank you for attending and participating in this workshop! We hope that you found the information provided useful and beneficial to your career growth.

Please be on the lookout for future workshops we host. Don't hesitate to reach out to us to chat.

We hope you have a wonderful semester and as always, GO KNIGHTS!

-- Context Lab Research Team