

Shruti Jindal

Independent Researcher

School of Public Health,

The University of Sydney, Australia

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in : [LinkedIn](#)

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Objective

I am interested in understanding principles within cognitive psychology that enhance learning and memory performance, fostering critical thinking, curiosity, and core competence in educational contexts. Additionally, I am keen on investigating memory retrieval dynamics, particularly how diverse cues influence retrieval speed and efficiency, and delving into the underlying neural mechanisms.

Research Experience

University of California Los Angeles

Till date - Mar 2018

Position: Independent Researcher, Bjork Learning and Forgetting Lab

Role: Worked with [Professor Robert Bjork](#) in all phases of the research process, from conceptualizing the experimental design and conducting literature reviews to data collection, analysis, and manuscript preparation. The study focused on testing a retrieval-based method for effective learning.

Tools Used: Microsoft Excel, Microsoft Clipchamp, SPSS

Outcome: Developed a method that boosted the overall word retrieval by 70 percent with no extra effort; paper under peer review.

Skills

University of Sydney

Till date - Mar 2022

Position: Independent Researcher, School of Public Health

Role: Working with [Dr. Sabrina Pit](#) and [Dr. Hamiduzzaman](#) on 'Exploring the Challenges and Implications of People Living with Dementia and Employment.' My comprehensive involvement spanned from literature search to manuscript preparation, strictly adhering to PRISMA guidelines.

Tools Used: QDA Miner, Quillbot, Scholar AI, txyz.ai, Mendeley

Outcome: The project is currently under peer review and aims to fill a critical gap in the literature.

Tata Institute of Fundamental Research

Jul 2023 - May 2021

Position: Research Associate, Learning Sciences Research Group

Role: Worked with [Dr. Mukesh Makwana](#), Brown University to investigate the role of attention in reading Academic language using the Navon task by constructing a system simulation using Psytoolkit to test an analytical framework.

Tools Used: CSS, Javascript, HTML, Psytoolkit, PsychoPy

Outcome: The research was presented at the CogSci 2023 conference in Sydney and has been published in the proceedings, contributing to the academic discourse on language and scientific thinking. [Published Paper](#)

- **Experimental Design:** Implemented tailored designs.
- **Quantitative Analysis (H):** SPSS.
- **Qualitative Analysis (E):** Thematic Analysis, IPA, QDA Miner, NVivo.
- **Software Skills (H):** CSS, HTML, SPSS, Excel, Clipchamp, Quillbot, Scholar AI, txyz.ai, Mendeley, Psytoolkit.
- **Other Skills (B):** LaTeX, PsychoPy, Javascript.

***Note (Level of Proficiency):**

*B- Basic

*H- High

*E- Expert

Indian Institute of Management Kashipur

Dec 2021 - Sep 2021

Position: Research Fellow, Department of OBHRM

Role: Worked with [Dr. Devjani Chatterjee](#) Conducted an extensive literature review and identified key themes and gaps in the literature, including the psychological, social, and physical factors that affect the career aspirations of a women after motherhood.

Tools Used: Mendeley, Microsoft Excel

Outcome: Under peer review, the study identifies key factors affecting women's career post-motherhood, aiming to inform policy and fill a literature gap.

Sri Sri Institute for Advanced Research (SSIAR), Indraprastha Institute of Information Technology Delhi (IIIT-D)

(Jan 2019 - Dec 2018)

Position: Research Assistant, IIIT Delhi, Department of Computer Science Engineering

Role: Worked under guidance of [Dr. Vaibhav Tripathy](#), IIIT Delhi (now at Harvard University), and Divya Kanchibhotla, Executive Director, SSIAR, on a project examining the effect of the Art of Living Intuition Program on children's cognition and intuition. Conducted the pilot of paper-based tasks and captured the results.

Outcome: The paper was published, and the pilot results led to the execution of the main study. [Link to the paper](#).

Publication and Presentation

Publication

- **Jindal, S.**, & Hamiduzzaman, M. (in press). Last hired, first fired: Stereotype-based challenges faced by elderly workforce under young managers during COVID-19. *Frontiers in Sociology*.
- Salve, J., Khosla, K., **Jindal, S.**, Chandroth, A., Makwana, M., & Chandrasekharan, S. (2023). [Attention in the mind's eye](#): using the Navon attention task to track the way the grammatical structure of text passages modulate mental simulation of perspective. *Proceedings of the Annual Meeting of the Cognitive Science Society*, 45.
- **Jindal, S.**, & Bjork, R. A. (in prep.). Enhancing Memory Encoding for Improved Retrieval: Investigating the Effects of Series and Simultaneous Presentations on Recall Performance. Manuscript in preparation.
- **Jindal, S.**, Pit, S., & Hamiduzzaman, M. (in prep.). Exploring the Challenges and Implications of People living with Dementia and employment: A Scoping Review. Manuscript in preparation.

Editorial Contributions

[Mind & Music: Demystifying Thumri Maestros](#)

MLBD Publications

Professionally contributed to book development through transcription of interviews, qualitative thematic analysis, content organization, extensive literature review, and comprehensive editing, including proofreading, copy-editing, and enhancing manuscript clarity.

Poster Presentation

Salve, J., Khosla, K., **Jindal, S.**, Chandroth, A.S., Chandrasekharan, S. (2023). Attention in the mind's eye: using the Navon attention task to track the way the grammatical structure of text passages modulate the mental simulation of perspective. CogSci 2023, Sydney, AU.

Media Coverage

- [Mummy, My Phone is Not a Cause of My Anxiety](#). Rising Kashmir. *Oct 8, 2022*
- [Eliminating Ageism-Based Mental Health Concerns Among Older Workers in an Organizational Setting](#). Rising Kashmir. *Oct 15, 2022*

Education

- **Jamia Millia Islamia University (JMI), New Delhi, India**
 - **M.A. in Applied Psychology** *2020 – 2022*
 - * Major: Organizational Behavior
 - * Cumm. GPA: 8.96/10
 - * Achievements: Ranked in the top 1% among cohort of 50 students in the Organizational Specialization
- **Jamia Millia Islamia University, New Delhi, India**
 - **B.A.(Honors) in Psychology** *2016 – 2019*
 - * Cumm. GPA: 8.75/10
 - * Achievements:
 - Twice awarded (Merit and Central) scholarship by JMI (Class Rank 2)
 - Ranked in the top 3% of my cohort consisting of around 50 students

Other Certifications

- Qualified GATE (Graduate Aptitude Test in Engineering) exam in Psychology. 2023
- Advanced Diploma in German Language (A2 Level) 2016
- Advanced Diploma in Early Childhood Care and Education 2014

Relevant Courses Taken

Highly Relevant: Cognitive Psychology, Research Methods, Experimental Psychology, Advanced Statistics, Psychometric, Physiological Psychology.

Moderately Relevant: Developmental Psychology, Social Psychology, Guidance & Counseling, Rehabilitation Psychology, Peace Psychology, Psychopathology.

Less Relevant: Data Mining & Analytics, Machine Learning, Deep Learning, Engineering Mathematics, Organizational Behavior.

Accomplishments

Competitive Exams and Entrances

- Among the 517,000 candidates who appeared for GATE (Graduate Aptitude Test in Engineering), I was in the top 18 percent who qualified, securing All India Rank 444 in Psychology. 2023
- All India Rank 3 in the entrance exam for the admission in M. Sc. Psychology at University of Allahabad, one of India's best universities in Cognitive and Behavioral Sciences. 2020
- All India Rank 27 in the entrance exam for the admission in M.A. Applied Psychology at Jamia Millia Islamia University, ranked 3rd among all universities in the country in rankings released by the NIRF, Ministry of Education of India 2023. 2020

International Forums like MUN

- Selected as a Good Health & Well-Being and Quality Education Delegate at the 22nd Session of The Youth Assembly Conference, New York City. July 2018
- Selected as a Health and Social Policy Delegate at The Harvard Project for Asian and International Relations 2018 Conference at Harvard University, USA. Feb 2018

Others

- Ranked 2nd in the German Language Learning Advanced Level course at Y.W.C.A. of Delhi. 2016
- Conferred with the Dean's Award for All-Around Excellence in Academics, Research, and Extracurricular Involvement by Trinity Institute of Professional Studies. 2014

Professional Experience

EduMentor Educational Pvt. Ltd., New Delhi

April 2023 - June 2023

Visiting Faculty, Psychology

- Prepared students for CUET (Central Universities Common Entrance Test) for undergraduate exams by creating study materials, delivering engaging lectures, providing doubt resolution, and offering exam strategies.

RUFA Educational Services, New Delhi

Jan 2023 - May 2023

Visiting Lecturer, Psychology

- Prepared students for CUET for Master's exams. Responsibilities include delivering lectures, conducting seminars, and assessing student progress.

Mount Abu Public School, New Delhi

Oct 2022 - March 2023

Post Graduate Teacher, Psychology

- Provided instruction and guidance to senior school students in various aspects of psychology, including theories, concepts, research methods, and practical applications for their senior secondary board exams.

Outreach Experience

Art of Living, International Association for Human Value, WHO, India

Jan 2017 - Jul 2017

Social Work and Community Development Intern

- Raised 20 Lakhs INR for Okhla Slum development.
- Conducted campaigns on skill training and social issues, benefiting 500 residents.
- Taught STEM and Arts to children aged 6-12 years in the slum.

Tihar Prisons, Mental Health Foundation India, India

Apr 2018 - Jul 2018

Medical Intern

- Developed a self-regulation module, improving mental health in 65% of inmates.
- Identified and reported 250 cases of mental health issues using WHO-approved procedures.

Languages Known

English (Fluent), Hindi (Native), German (Intermediate)

Leadership and Community Engagement

Key Member, Sponsorship Committee

Oct 2017

TEDxJMI 2017, Jamia Millia Islamia, New Delhi

- Spearheaded sponsorship drives as one of only six committee members, successfully securing 10 Lakh (INR) in funding to facilitate a landmark event.

Lead Campus Ambassador

2016 - 2017

Art of Living, South Campus (University of Delhi), Jawaharlal Nehru University, Jamia Millia Islamia, New Delhi

- Orchestrated career counseling initiatives across prestigious institutions, laying the foundation for enhanced career prospects for students.

Chief Event Manager

2014

EL-VEDA Annual Fest, Trinity Institute of Professional Studies, New Delhi, India

- Conceived and executed a diverse range of events, significantly enriching the educational and social experience for undergraduates in the Delhi NCR region.

Extra-Curricular Activities

Core Team Member, Psytalk.io

In Progress, Expected Launch: 2024

Role: Actively involved in the development of an innovative platform aimed at democratizing mental health care. Our tool, "RAB", is named in honor of Dr. Robert Allen Bjork, whose invaluable contributions have significantly shaped my research career. The platform aims to offer basic mental health diagnoses for as low as 10 cents and provide free support through artificial intelligence.

Co-Founder, 4 You.. Wedding and Gourmet Gift Store

Sept 2020 – Dec 2021

Role: Spearheaded the establishment and operation of an offline store specializing in weddings and gourmet gifts. Crafted compelling sales pitches and forged sustainable business relationships to solidify the brand's presence in an emerging market.

References

Professor Robert A. Bjork

Distinguished Research Professor,
University of California Los Angeles
Email: rabjork@psych.ucla.edu

Dr. Mukesh Makwana

Post Doctoral Fellow,
Brown University
Email: mukesh_makwana@brown.edu

Dr. Vaibhav Tripathi

Post Doctoral Fellow,
Harvard University
Email: vaibhavtripathi@fas.harvard.edu

Dr. Sabrina Pit

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