

# AMBER (ADKINS) THRO

738 Summit Street Apt. C | Winston-Salem, NC 27101  
amberadkinsthro@gmail.com | (859) 420-8523 | [www.linkedin.com/in/amber-adkins-thro](http://www.linkedin.com/in/amber-adkins-thro)

## EDUCATION

---

### Wake Forest University

*Bachelor of Arts, Psychology (with honors)*  
*Minors: Neuroscience, French Studies*

Winston-Salem, NC  
*August 2018 – May 2022*

**GPA:** 3.957 | *Summa cum laude*

- **Honors Thesis:** “Age Differences in Well-Being in the Context of the COVID-19 Pandemic”, advised by Dr. Eranda Jayawickreme, Professor of Psychology
- **Honors & Affiliations:** Stamps Scholarship, Phi Beta Kappa Honor Society, Psi Chi Psychology Honor Society, Omicron Delta Kappa Honor Society, Wake Forest University Dean’s List (2018-2022)
- **Awards & Fellowships:** Wake Forest Robert C. Beck Excellence in Psychology Award, Wake Forest Florence Robinson Neuroscience Award, Psychology Senior Spotlight, Wake Forest Research Fellowship
- **Language Skills:** Proficient in French

## RESEARCH EXPERIENCE

---

### Wake Forest University School of Medicine Section of Gerontology and Geriatric Medicine

**Supervisor:** Dr. Laura Baker, PhD  
*Project Manager – U.S. POINTER Study*

Winston-Salem, NC  
*February 2022 – Present*

- Coordinate the procedures and clinical operations for the disclosure of APOE genotype results to participants of a multisite, lifestyle intervention clinical trial (U.S. POINTER)
- Collaborate with study neuropsychologists to ensure that all cognitive aspects of the study are conducted in accordance to the study protocol
- Certify examiners on the U.S. POINTER modified neuropsychological test battery (PmNTB) and the Clinical Dementia Rating (CDR) as needed
- Review and monitor PmNTB and CDR assessments administered by examiners at U.S. POINTER clinic visits; provide feedback on accuracy of administration technique and scoring
- Create efficient systems for verifying examiner follow through in response to feedback and for requesting documents needed for auditing
- Communicate findings through the development of manuscripts and presentations
- Manage communications across study leadership by organizing meetings and facilitating the creation of meeting agendas and minutes

### Wake Forest University Department of Psychology

**Supervisor:** Dr. Eranda Jayawickreme, PhD  
*Honors Student*

Winston-Salem, NC  
*March 2021 – May 2022*

- Designed a study to examine how people use autobiographical reasoning processes to make sense of COVID-19 related challenges at different ages, and how these differences impact well-being
- Worked with the Wake Forest IRB to ensure that all aspects of the study protocol complied with necessary regulations
- Collected data on over 200 college students and over 200 older adults using online research platforms (SONA, Prolific) and an online survey tool (Qualtrics)
- Trained and oversaw a lab group comprised of four undergraduate psychology students on the scoring of autobiographical reasoning processes within narrative interview responses; facilitated weekly lab meetings to discuss scoring questions
- Conducted and interpreted data analyses for use in written and oral communications about the study

**Wake Forest University School of Medicine  
Section of Gerontology and Geriatric Medicine**

**Supervisor:** Dr. Christina Hugenschmidt, PhD  
*Research Assistant*

Winston-Salem, NC  
*August 2021 – May 2022*

- Wrote a draft of a manuscript for a study utilizing ecological momentary assessment to examine the effects of an intergenerational Kindermusik class on stress and affect in older adults with dementia and their caregivers
- Conducted a literature review on the roles of arts-based therapies and intergenerational programming for alleviating stress and improving affect in persons with dementia and their caregivers
- Utilized skull stripping techniques to isolate brain tissue in MR brain images to improve the accuracy of voxel-based morphometry

**Wake Forest University  
Department of Psychology**

**Supervisor:** Dr. Janine Jennings, PhD  
*Undergraduate Research Fellow*

Winston-Salem, NC  
*May 2021 – October 2021*

- Examined differences in various aspects of semantic verbal fluency performance between older adults with amnesic mild cognitive impairment and cognitively normal controls using data from the Wake Forest University Alzheimer's Disease Clinical Core Study conducted by the Wake Forest Alzheimer's Disease Research Center
- Compared different scoring methods for processes underlying verbal fluency performance (such as clustering and switching) and analyzed the relationship between these processes and other aspects of cognition

## **PUBLICATIONS**

---

**Thro, A.,** Weststrate, N. M., Wells, M., Cummings, S., Strickler, C., Mabe, E., Jayawickreme, E (2023). Redemptive processing of impactful COVID-19 experiences predicts flourishing among older but not younger adults. *Social and Personality Psychology Compass*, 17(9), e12796.  
<https://doi.org/10.1111/spc3.12796>

**Thro, A.,** Fanning, J., Babcock, P., Covington, T. L., Green, K., Penney, C., Hugenschmidt, C. E (2023). *Effects of an intergenerational Kindermusik class on stress and affect in older adults with dementia and their caregivers: An ecological momentary assessment.* [Manuscript in preparation].

## **PRESENTATIONS**

---

Papp, K. V., Ngandu, T., **Thro, A. A.**, Caudle, B., Howard, M., Harrison, T., Landau, S., Snyder, H., Espeland, E., Baker, L. on behalf of the U.S. POINTER Study Group (2024, February 14-17). Development and validation of the modified neuropsychological test battery (PmNTB) and associations with cardiovascular and Alzheimer's disease biomarkers in the U.S. POINTER study. In K. V. Papp (Chair), *Risk factors for cognitive decline among representative samples: baseline findings from the U.S. POINTER study*. [Symposium]. To be presented at the 52<sup>nd</sup> Annual North American Meeting of the International Neuropsychological Society, New York, NY, United States.

Krueger, K. R., Papp, K. V., Farias, S., Garcia, K., Lovato, L., Sachs, B., Lee, A., Landau, S., Harrison, T., **Thro, A.**, Caudle, B., Snyder, H., Espeland, M., Baker, L. on behalf of the U.S. POINTER Neuropsychologists and Larger Study Group (2024, February 14-17). Depressive symptoms were related to processing speed in older adults, but not to blood biomarkers in the U.S. POINTER trial at baseline. In K. V. Papp (Chair), *Risk factors for cognitive decline among representative samples: baseline findings from the U.S. POINTER study*. [Symposium]. To be presented at the 52<sup>nd</sup> Annual North American Meeting of the International Neuropsychological Society, New York, NY, United States.

**Thro, A.** (2023, October 13-15). Redemptive processing of impactful COVID-19 experiences predicts well-being among older but not younger adults. In E. Jayawickreme (Chair), *The contours of thriving: clarifying the roles of self-regulation, meaning-making, and affiliation*. [Symposium]. Society for the Study of Human Development Biennial Conference, Philadelphia, PA, United States.

Papp, K. V., Farias, S., Ngandu, T., Sachs, B. C., Chan, M., Krueger, K. R., York, M., Lee, A., Hartman, E. R. T., **Thro, A.**, Caudle, B., Howard, M., Leng, I., Snyder, H. M., Carrillo, M. C., Whitmer, R. A., Espeland, M., Baker, L. D. on behalf of the U.S. POINTER Study Group (2023, July 16-20). *Development and validation of the modified neuropsychologist test battery (PmNTB) in the study to protect brain health through lifestyle intervention to reduce risk (U.S. POINTER)* [Oral presentation]. Alzheimer's Association International Conference, Amsterdam, Netherlands.

Krueger, K. R., Papp, K. V., Farias, S., Garcia, K., **Thro, A.**, Caudle, B., Snyder, H., Baker, L. on behalf of the U.S. POINTER Neuropsychologists and Larger Study Group (2023, July 16-20). *Relationship between depressive symptoms and cognitive function in the U.S. POINTER study* [Poster presentation]. Alzheimer's Association International Conference, Amsterdam, Netherlands.

Sachs, B. C., Baker, L. D., Caudle, B., Farias, S., Katula, J., Lee, A., Lovato, L., Snyder, H., **Thro, A. A.**, Papp, K. on behalf of the U.S. POINTER Neuropsychology Team and the Larger U.S. POINTER Study Group (2023, July 16-20). *Relationship between baseline levels of subjective cognitive concern and physical, cognitive and social activity in the U.S. POINTER study* [Poster presentation]. Alzheimer's Association International Conference, Amsterdam, Netherlands.

Latham, L. A., Jennings, J. M., **Adkins, A. K.**, Blankenstein, A.P. (2021, November 4-7). *An examination of clustering, switching, and lexical frequency to better understand changes in verbal fluency performance in amnesic mild cognitive impairment* [Poster presentation]. 62<sup>nd</sup> Annual Meeting of the Psychonomic Society, Chicago, IL, United States.

**Adkins, A. K.**, Jennings, J. M., Latham, L. A. (2021, October 1). *Characteristics of semantic verbal fluency performance in older adults with mild cognitive impairment* [Poster presentation]. Wake Forest Undergraduate Research Day, Winston-Salem, NC, United States.

## PROFESSIONAL EXPERIENCE

---

Wake Forest University  
Office of Civic and Community Engagement

Winston-Salem, NC

*Summer Intern, Senior Services**May 2021 – August 2021*

- Coordinated the delivery of senior-friendly tablets to cognitively impaired older adults in the Winston-Salem community; provided software training to caregivers
- Researched relevant questions commonly raised by older adults in Winston-Salem and communicated responses by publishing articles in the AgeWise column of the Winston-Salem Journal
- Assisted with administrative tasks related to volunteer coordination

**Highgrove at Tates Creek Senior Living**

Lexington, KY

*Nursing Assistant, Memory Care**May 2020 – January 2021*

- Provided direct patient care and related support for over 30 older adults with dementia by: 1) assisting with activities of daily living such as eating, dressing, bathing, and toileting; 2) implementing safety precautions related to the COVID-19 pandemic; and 3) coordinating socially distanced interactions between residents and their family members
- Organized and planned socially engaging and active projects to promote interaction between residents

**VOLUNTEER AND LEADERSHIP EXPERIENCE**

---

**Meals on Wheels**

Winston-Salem, NC

*Volunteer**May 2021 – Present*

- Deliver lunch bimonthly to 6+ older adults who have difficulty leaving home and who find it challenging to prepare meals; provide social interaction

**Wake Forest University****Musical Empowerment**

Winston-Salem, NC

*Co-President**May 2021 – May 2022*

- Led executive team in creating opportunities for elementary and middle school students in Winston-Salem to have free access to music lessons and instruments
- Coordinated weekly music lessons for over 20 pairs of students and teachers
- Facilitated transition from virtual learning opportunities to a blended format of in-person and virtual learning
- Organized two recitals to provide students with performance opportunities
- Collaborated with leadership of chapters from other universities to identify best practices and strategies

**Wake Forest University****Office of the President**

Winston-Salem, NC

*President's Aide**August 2020 – May 2022*

- Reviewed issues and concerns facing the student body through monthly meetings with the Wake Forest President
- Acted as a representative for the Office of the President at campus and community events

**Wake Forest University****Student Government**

Winston-Salem, NC

*Student Organizations Council Co-Chair**August 2019 – May 2022*

- Oversaw an eight-person team tasked with reviewing undergraduate student organizations seeking a University sponsored charter; evaluated organization applications and presentations over the course of nine weeks before communicating the decisions of the council each semester
- Collaborated with administrative and student leaders to create and implement a new chartering process for student organizations