

# Emma Caroline Burris

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Dedicated academic eager to leverage extensive research and writing experience to pursue clinical research and storytelling related to experiences of crisis mental healthcare and community-based alternatives to hospitalization.

## Education

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- Barnard College of Columbia University**, Bachelor's Degree      Sept 2022 – Expected Graduation May 2026
- **GPA:** 3.97/4.0 (Dean's List; each semester) **Major GPA:** 3.98/4.0
  - **Psychology and Human Rights**
  - **Relevant coursework:** Clinical Psychology, Clinical Field Practicum, Senior Research Thesis, Children at Risk, Science Writing, Forensic Psychology, The Science of Living Well, Behavioral Research Methods and Analysis, Statistics Lecture and Recitation, Psychology of Learning, Psychology of Personality, Human Rights and Public Health; Data, Race, Power, and Justice.
  - **Senior thesis:** Mixed-methods study on adolescent psychiatric hospitalization
- Maggie L. Walker Governor's School**, High School Diploma      Sept 2018 – Jun 2022
- **GPA:** 4.65/4.0
  - **AP Scholar with Distinction:** Psychology, Statistics, Spanish Language and Culture, English Language and Composition, United States History, United States Government, and Comparative Government.

## Experience

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### Washington University in St. Louis

- Research Assistant      Jan 2025 – Present
- Serve as a member of the Shields Lab at Washington University under Dr. Morgan Shields. Conduct literature review, qualitative analysis, and manuscript writing on a project studying trust in crisis mental health services. Presented two posters at ABCT and APHA on this work.

### Barnard College Department of Psychology

- Principal Investigator      May 2025 – Present
- Conducting senior thesis research on the experiences of adolescents hospitalized in psychiatric facilities, one of the first studies of this system focusing on the patient experience and the first study of institutional betrayal and adolescent inpatient psychiatry. Recipient of the Tow Summer Research Fellowship, Psi Chi Undergraduate Research Grant, and Center for Institutional Courage Research Grant. Have recruited over 500 valid participants.

### Teaching Assistant — Clinical Laboratory

- Jan 2026 – Present
- Serve as the teaching assistant for the Clinical Psychology Laboratory class. Aid students in learning JASP. Provide direct feedback on student papers.

### Teaching Assistant — Forensic Psychology

- Sept 2025 – Dec 2025
- Serve as a teaching assistant for Forensic Psychology, assisting students in understanding the application of psychology to the legal system.

### Teaching Assistant — Clinical Laboratory

Jan 2025 – May 2025

- Served as the teaching assistant for the Clinical Psychology Laboratory class. Aided students in learning JASP. Provided direct feedback on student papers.

#### Teaching Assistant — Introduction to Psychology

Sept 2024 – Dec 2024

- Served as the sole teaching assistant for Introduction to Psychology. Hold office hours, answer student questions, and assist in grading for a class of over 120 students.

### **The Door: A Center of Alternatives**

#### Intake Counselor

Jan 2025 – Jul 2025

- Conducted psychosocial intake assessments with new members, assessing recent life history, mental health, risky behavior, and goals for coming to The Door. Facilitated referrals to services at The Door and submitted intake reports.

### **Barnard College Athena Center for Leadership**

#### Athena Fellow

Sept 2024 – Dec 2024

- Member of select cohort of Barnard students working to develop individual projects related to social interventions.
- Conducted independent research on New York City Department of Health and Mental Hygiene programs for individuals with severe mental illness. Wrote report on findings and guide to ease applications to programs.
- Worked in collaboration with non-profit Streetlives and Columbia Center for Justice.

### **New York State Psychiatric Institute**

#### Research Intern

Oct 2023 – July 2024

- Served as a member of Dr. Nancy Kerner's Sleep Research Lab at the NYSPI Memory Disorders Clinic. Worked with the study Assessment of Sleep and Circadian Rhythms in Elderly Persons with Cognitive Concerns Evaluated for Alzheimer's Disease and Related Dementias (ADR).
- Studied participant wrist actigraphy, cleaned data, and analyzed based on sleep duration and cognitive status to deduce the relationship between the two. Conducted individual research.
- Received an internship grant in Fall 2023 and Spring 2024 through the Beyond Barnard Internship Program. Received a Summer 2024 research grant through the Barnard Summer Research Institute.

### **Virginia Commonwealth University**

#### Research Assistant

May 2023 – Aug 2023

- Served as a Research Assistant for the VCU CREATE and Social Psychology and Neurology labs.
- Conducted abstract screenings for a meta-analysis on the software Covidence with the BEST in CLASS project, which aims to assist students at risk of emotional or behavioral disorders by improving teacher-student relations.
- Conducted data management with the PRISM project. Conducted study recruitment for a Study on Genetic and Neural Factors in Alcohol-Related Cognition.

#### Research Assistant

Nov 2021 – May 2022

- Served for the RVA Breathes lab, executing REDCap data entry and focus group transcriptions for a community-based pediatric asthma management study. Shadowed participant visits and created a newsletter that was mailed to 250 local families.

### **ARMS Software**

#### Operations Team

Jun 2022 – Jul 2022

- Trained and led a group of eight interns to build custom automated workflows and import client data.

#### Operations Team

Jun 2021 – Aug 2021

- Built custom automated workflows and imported client files into the software as a service system using the SQL programming language.

#### Operations Team

Jun 2020 – Aug 2020

- Analyzed client business processes to build custom automated workflows in a software platform.

## **Extracurriculars/Volunteer Activities**

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### **Crisis Text Line**

#### Certified Crisis Counselor

Dec 2025 – Present

- Certified through 200-hour volunteer track to provide support for people in mental health crises, including active suicidality and self-harm. Work late-night shifts to ease long waits.

### **Psi Chi: Columbia University Chapter**

#### President

May 2025 – Present

- Lead executive board, collaborate with faculty advisor, and organize induction ceremonies.

#### Campus/SGA Liaison

Jul 2024 – May 2025

- Member of the Columbia Psi Chi chapter executive board. Duties included connecting Psi Chi with other students and campus organizations.

### **Nightline Peer Listening**

#### Listener

Jan 2023 – Present

- Member of Columbia anonymous peer listening hotline. Trained in empathetic listening skills and crisis management. Compile referrals and statistics on call topics to better understand the needs of the University community. Serve as a trainer for staff members in training.

### **Bwog (Columbia Student News)**

#### News Editor

Jan 2024 – Jan 2025

- Led writing of breaking news and investigative pieces for Columbia University student news organization. Noteworthy work includes reporting on the Columbia University student protests and the installation of the Gaza Solidarity Encampment.

#### Deputy News Editor

Jan 2023 – Jan 2024

- Edited breaking news articles before publishing. Wrote BwogLetter, a weekly newsletter of Bwog articles sent to over 1,000 individuals.

#### Staff Writer

Sept 2022 – Jan 2025

- Wrote over 100 published pieces and edited dozens more. Articles include breaking news, investigative pieces, arts coverage, guides to campus resources, playlists, poems, and humorous shortforms. Interviewed prominent individuals such as former Barnard president Sian Beilock, current Barnard president Laura Rosenbury, author Malcolm Gladwell, and professor and whistleblower Michael Thaddeus.

## **Posters**

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\*Lee, H.S., **Burris, E.**, McCall, K., Blackmon, J., Kennedy, A., Shields, M. (November 2025). Beyond the Medical Model: Understanding Mental Health Crises Through Lived Experiences. Accepted for presentation at the 59th Association for Behavioral and Cognitive Therapies Annual Convention. New Orleans, LA.

\***Burris, E.**, Lee, H. S., McCall, K., Blackmon, J., Kennedy, A., Shields, M. (November 2025). Who Defines a Mental Health Crisis? Perspectives from People with Lived Experience of Crisis Care. Accepted for presentation at the American Public Health Association 2025 Annual Meeting & Expo. Washington, DC.

Shields, M., **Burris, E.**, Lee, H.S., McCall, K. (November 2025). Characteristics of Trustworthy Crisis Behavioral Health Services: Perspectives from People with Lived Experience. Accepted for presentation at the American Public Health Association 2025 Annual Meeting & Expo. Washington, DC.

\***Burris, E.**, Kerner, N.A. (July 2024). Objective Measurements of Sleep Duration Across Cognitive Statuses in Elderly Populations: Are Normal Sleep Durations Protective Against Cognitive Decline? Barnard College Lida Orzeck '68 Poster Session. New York, NY.

Cha, M., Yang, Z., **Burris, E.**, Espiritu, M., Goldberg, T., Devanand, D. P., & Kerner, N. A. (May 2024). Examining the Effect of Sleep-Wake Disturbances on Immediate and Delayed Recall in Non-Demented Older Adults. American Geriatric Society Annual Scientific Meeting. Virtual.

\*Presented or will present.

## Manuscripts in Progress

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**Burris, E.**, Lee, H.S., McCall, K., Regales, L., Blackmon, J., Kennedy, A., Shields, M. Defining a Mental Health Crisis: Understanding Patient-Centered Crisis Perceptions and Consequences of Perceptual Differences [Manuscript in preparation].

Shields, M.C., Lee, H.S., **Burris, E.**, Regales, L., McCall, K. Trustworthy Crisis Mental Healthcare: Key Domains and Features [Manuscript submitted to Milbank Quarterly].

## Skills

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### Languages

- **Italian:** Professional Working Proficiency
- **Spanish:** Limited Working Proficiency

### Technologies

- **Statistical and research softwares:** IBM SPSS, REDCap, Qualtrics, Jamovi, Microsoft Excel, Covidence, Dedoose, EndNote, Zotero
- **Languages:** HTML, CSS, Python, R

## Awards

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### Distinguished Bartender Award

Jun 2025

- Awarded by the Columbia Bartending Agency and School of Mixology.

### Pulitzer Prize Board Commendation

May 2024

- Recognized Columbia University student journalists for “extraordinary real-time reporting...to document a major national news event under difficult and dangerous circumstances and at risk of arrest.”

### Barnard College

- Dean’s List: Fall 2022, Spring 2023, Fall 2023, Spring 2024, Fall 2024, Spring 2025, Fall 2025

## Grants and Fellowships

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### Center for Institutional Courage Research Grant

Jul 2025

- Early career grant funding research on institutional courage and institutional betrayal. Received \$5,000 for senior thesis funding. Only undergraduate to have ever received the grant.

### Psi Chi Undergraduate Research Grant

Jul 2025

- Received \$594 for independent research through Psi Chi.

### Tow Summer Research Fellowship

May 2025

- Recipient of competitive senior thesis fellowship for \$4,100.

### Athena Fellow

Sept 2024

- One of ten students selected to participate in a paid research fellowship through Barnard’s Athena Center for Leadership.

### Barnard Summer Research Institute

May 2024

- Received \$6,000 in funding for independent research at the New York State Psychiatric Institute.

### Beyond Barnard Internship Program

Sept 2023, Jan 2024

- Research at the New York State Psychiatric Institute funded through Beyond Barnard.

## **Professional Societies**

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<b>Association For Behavioral and Cognitive Therapies</b>	Jul 2025 - Present
<b>American Public Health Association</b>	Jul 2025 – Present
<b>Columbia Bartending Agency</b>	Jun 2025 – Present
<b>Psi Chi, The International Honor Society in Psychology</b>	Feb 2024 - Present
• President of Columbia University undergraduate and graduate chapter	