HELEN SCHMIDT

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EDUCATION

Temple University   Philadelphia, PA
Ph.D., Psychology   *Anticipated 2026*
- o   Specialization in Social Psychology | Concentration in Quantitative Methods
- o   *Research Interests*: emotion, social neuroscience, interpersonal communication

University College London   London, United Kingdom
M.Sc., Clinical Neuroscience   2018

Tufts University   Medford, MA
B.S., Biology   2017

PUBLICATIONS

*denotes equal contribution

Ulichney, V., **Schmidt, H.**, & Helion, C. (2024). Perceived Relational Support Is Associated With Everyday Positive, But Not Negative, Affectivity in a U.S. Sample. *Personality & Social Psychology Bulletin*. https://doi.org/10.1177/01461672231224991

Eckardt, D., Helion, C., **Schmidt, H.**, Chen, J., & Murty, V. P. (2024). Storytelling changes the content and perceived value of event memories. *Cognition*. https://doi.org/10.1016/j.cognition.2024.105884

Schmidt, H.*, Tran, S.*, Medaglia, J. D., Ulichney, V., Mitchell, W. J., & Helion, C. (pre-print). Conversational Linguistic Features Inform Social-Relational Inference. *PsyArXiv*. https://doi.org/10.31234/osf.io/fn4my

Schmidt, H., & Helion, C. (pre-print). Integrated Neural Circuitry Supporting Emotion Regulation and Decision Making. *PsyArXiv*. https://doi.org/10.31234/osf.io/adf3w

Mahaphanit, W.*, Welker, C. L.*, **Schmidt, H.**, Chang, L. J., & Hawkins, R. X. D. (pre-print). When and why does shared reality generalize? *PsyArXiv*. https://doi.org/10.31234/osf.io/g9p3e

Mitchell, W. J., Stasiak, J., Martinez, S. A., Cliver, K., Gregory, D., Reisman, S., **Schmidt, H.**, Murty, V. P., Helion, C. (pre-print). Emotion regulation strategy use and forecasting in response to dynamic, multimodal stimuli. *PsyArXiv*. https://doi.org/10.31234/osf.io/23wtz

Mitchell, W. J., **Schmidt, H.**, & Helion, C. (in preparation). The use of active and passing viewing paradigms in social neuroscience.

Mitchell, W. J., Bounyarith, T., O'Shea, I., Stasiak, J., **Schmidt, H.**, & Helion, C. (in preparation). Synchrony in dynamic social and non-social decision-making under uncertainty.

Martinez, S. A., Cliver, K., Mitchell, W. J., **Schmidt, H.**, Ulichney, V., Helion, C., Chein, J., & Murty, V. P. (in preparation). Linguistic properties of memory expression influence perceptions of veracity, despite being unrelated to memory accuracy.

CONFERENCE PROCEEDINGS

denotes equal contribution

Mahaphanit, W.*, Welker, C. L.*, **Schmidt, H.**, Chang, L. J., & Hawkins, R. X. D. (2024). When and why does shared reality generalize? *Proceedings of the 46th Annual Meeting of the Cognitive Science Society*. https://escholarship.org/uc/item/6t6195s5

PRESENTATIONS

denotes equal contribution | [#]mentored student

1. Cunningham, R. M., Calderaro, M., Quarmley, M., Clarkson, T., **Schmidt, H.**, Wynngaarden, J. B., Cassidy, C. M., & Jarcho, J. M. (2024, September). *Social Anxiety in Adolescents: Insights from Neuromelanin-Sensitive MRI in the Substantia Nigra*. Poster presentation at Flux: The Society for Developmental Cognitive Neuroscience Annual Meeting, Baltimore, MD.

2. Mahaphanit, W.*, Welker, C. L.*, **Schmidt, H.**, Chang, L. J., & Hawkins, R. X. D. (2024, August). *How does shared reality generalize?* Poster presentation at the Cognitive Computational Neuroscience Annual Conference, Boston, MA.

3. Mahaphanit, W.*, Welker, C. L.*, **Schmidt, H.**, Chang, L. J., & Hawkins, R. X. D. (2024, July). *When and why does shared reality generalize?* Oral talk at the Cognitive Science Society Annual Conference, Rotterdam, Netherlands.

4. **Schmidt, H.**, Tran, S.[#], Medaglia, J. D., Ulichney, V., Mitchell, W. J., & Helion, C. (2024, April). *Conversation Similarity Predicts Social Relational Inference*. Poster presentation at the Social and Affective Neuroscience Society Annual Conference, Toronto, Canada.

5. Calderaro, M. L., Cunningham, R. M., Quarmley, M., Clarkson, T., **Schmidt, H.**, Cassidy, C. M., & Jarcho, J. M. (2024, April). *Social Anxiety in Adolescents: Insights from Neuromelanin-Sensitive MRI in the Substantia Nigra*. Poster presentation at the Anxiety and Depression Association of America Annual Conference, Boston, MA.

6. Ewell, L.[#], Ulichney, V., **Schmidt, H.**, & Helion, C. (2024, April). *The impact of content- and affect-labeling on emotional recall in dynamic narrative experiences*. Poster presentation at the Temple University Symposium for Undergraduate Research and Creativity, Philadelphia, PA.

7. Cunningham, R. M., Calderaro, M. L., Quarmley, M., Clarkson, T., **Schmidt, H.**, Cassidy, C. M., & Jarcho, J. M. (2024, April). *Social Anxiety in Adolescents: Insights from Neuromelanin-Sensitive MRI in the Substantia Nigra*. Poster presentation at the Social and Affective Neuroscience Society Annual Conference, Toronto, Canada.

8. Mahaphanit, W.*, Welker, C. L.*, **Schmidt, H.**, Chang, L. J., & Hawkins, R. X. D. (2024, February). *Does shared reality generalize?* Data blitz presentation at the Shared Reality Virtual Mini-Conference.

9. Ulichney, V., **Schmidt, H.**, & Helion, C. (2024, February). *Evaluating associations between relational support and everyday emotional well-being.* Poster presentation at the Society for Personality and Social Psychology Annual Conference, San Diego, CA.

10. Calderaro, M. L, Cunningham, R. M., Quarmley, M., Clarkson, T., **Schmidt, H.**, Cassidy, C. M., & Jarcho, J. M. (2023, October). *Relations between neuromelanin in substantia nigra and peer-based aggression in adolescents are potentiated by irritability.* Poster presentation at the Society for the Study of Human Development Conference, Philadelphia, PA.

11. Johnson, A.[#], Helion, C., **Schmidt, H.**, & Mitchell, W. J. (2023, September). *The relationship between emotional experience & moral judgment.* Poster presentation at the Mid-Atlantic Diversity Scholars Retreat, Philadelphia, PA.

12. Osuntokun, M.[#], **Schmidt, H.**, & Helion, C. (2023, April). *Can linguistic aspects predict relationship formation and future outcomes?* Poster presentation at the Temple University Psychology Honors Poster Session, Philadelphia, PA.

13. Cunningham, R. M., Quarmley, M., Calderaro, M. L., Clarkson, T., **Schmidt, H.**, Cassidy, C. M., & Jarcho, J. M. (2023, April). *Relations between neuromelanin in substantia nigra and peer-based aggression in adolescents are potentiated by irritability.* Poster presentation at the Social and Affective Neuroscience Society Annual Meeting, Santa Barbara, CA.

14. Martinez, S. A., Cliver, K., Mitchell, W. J., **Schmidt, H.**, Helion, C., Chein, J., & Murty, V. P. (2023, March). *Linguistic cues of memory accuracy differ for low-threat and high-threat memories*. Poster presentation at the Cognitive Neuroscience Society Annual Meeting, San Francisco, CA.

15. **Schmidt, H.**, & Helion, C. (2023, March). *Emotion regulatory effects of emotion and content labeling in a naturalistic context*. Poster presentation at the Society for Affective Science Annual Conference, Long Beach, CA.

16. **Schmidt, H.**, Tran, S.[#], & Helion, C. (2023, February). *Conversations predict social network learning*. Poster presentation at the Society for Personality and Social Psychology Annual Convention, Atlanta, GA. **Graduate Travel Award Received.**

17. Eckardt, D., Helion, C., **Schmidt, H.**, Chen, J., & Murty, V. P. (2022, November). *What makes a story: Uncovering mechanisms of memory communication.* Poster presentation at the Psychonomic Society Annual Meeting, Boston, MA.

18. **Schmidt, H.**, Tran, S.[#], & Helion, C. (2022, May). *Conversational linguistic features that inform social network learning*. Poster presentation at the Philadelphia Decision Neuroscience Symposium, Philadelphia, PA.

19. **Schmidt, H.** (2022, April). *Conversational linguistic features that inform social network learning*. Oral presentation to the Temple University Department of Psychology & Neuroscience, first-year Ph.D. presentation series.

20. Eckardt, D., Helion, C., **Schmidt, H.**, Chen, J., & Murty, V. P. (2022, April). *What makes a story: Uncovering mechanisms of memory communication.* Poster presentation at the Temple University Neuroscience Research Day, Philadelphia, PA.

21. Tran, S.[#], **Schmidt, H.**, & Helion, C. (2022, April). *Social network learning across evaluative domains.* Poster presentation at the Temple University Symposium for Undergraduate Research and Creativity, Philadelphia, PA.

22. **Schmidt, H.**, & Ritchey, M. (2020, August). *The protective effects of retrieval practice on positive memories*. Virtual poster presentation at the Context and Episodic Memory Symposium.

23. **Schmidt, H.**, Cooper, R. A., & Ritchey, M. (2020, May). *Temporal dynamics supporting the multidimensional quality of episodic memory*. Virtual poster presentation at the Cognitive Neuroscience Society Annual Meeting.

24. **Schmidt, H.**, Samide, R., Cooper, R. A., & Ritchey, M. (2019, May). *News flash! Investigating the dynamics of emotional memory using real-life event videos*. Poster presentation at the Context and Episodic Memory Symposium, Philadelphia, PA.

25. Distefano, D., **Schmidt, H.**, Hickey, P., & Race, E. (2018, March). *Characterizing EEG signatures of inattention that predict forgetting.* Poster presentation at the Cognitive Neuroscience Society Annual Meeting, Boston, MA.

HONORS & AWARDS

Methods in Neuroscience at Dartmouth (MIND) Fellowship	2023
Graduate Travel Award ($500), Society for Personality and Social Psychology	2023
Summer Research Fellowship ($5000), Temple University	2022
National German Honor Society, Tufts University	2017
Dean's List, Tufts University	2014 – 2017

RESEARCH & PROFESSIONAL EXPERIENCE

Fidelity Investments   Boston, MA
Behavioral Science Research Intern   June – August 2024

Social and Affective Neuroscience Lab, Temple University   Philadelphia, PA
Doctoral Researcher   August 2021 – present
   o   Designed and conducted survey and experimental research for 10+ projects; analyzed and visualized data using R, Python, and MATLAB; implemented quantitative text analysis and computational modeling; applied statistical analysis, including ANOVA, correlation, mixed-effects modeling, and Bayesian modeling.

Memory Modulation Lab, Boston College   Chestnut Hill, MA
Research Coordinator   August 2018 – May 2021
- o   Managed team of 10+ undergraduate research assistants; oversaw participant recruitment, IRB documentation, and project progression; presented analytical findings at 3 national conferences.

Cognition and Computational Psychiatry Lab, UCL   London, United Kingdom
Graduate Researcher   September 2017 – August 2018
- o   Executed independent research project focused on decision-making in emotional contexts; recruited participants, collected and analyzed neuroimaging data, and defended master's thesis.

Child and Adolescent Mood Disorders Laboratory, McLean Hospital   Belmont, MA
Research Assistant   May – September 2017
- o   Processed and analyzed EEG data and conducted clinical study interviews.

Integrative Cognitive Neuroscience Lab, Tufts University   Medford, MA
Research Assistant   May 2016 – May 2017
- o   Conducted literature reviews, recruited participants, and collected and analyzed EEG data.

Rogulja Lab, Harvard Medical School   Boston, MA
Research Assistant   May – August 2015
- o   Managed fruit fly populations, collected brain tissue via dissection, and conducted immunofluorescent staining and imaging.

SKILLS

- o   **Programming:** Advanced proficiency in R (dplyr, sf, ggplot2), Python (NumPy, Pandas, Seaborn), and MATLAB (PsychToolbox, Machine Learning); intermediate proficiency in HTML, SQL, and JavaScript.
- o   **Software & Tools:** Qualtrics, GitHub, certified fMRI Siemens operator, Geographic Information Systems, Open Science Framework
- o   **Quantitative Research:** Frequentist statistics (mixed-effects models, regression, ANOVA, power analysis), Bayesian statistics, computational modeling, natural language processing (embedding models, sentiment analysis, topic modeling), machine learning (TensorFlow, PyTorch)
- o   **Qualitative Research:** User interviews, survey design, thematic analysis
- o   **Data Collection:** Behavioral (Qualtrics, Prolific), neuroimaging (fMRI, EEG), experimental design (PsychoPy, PsychToolbox, jsPsych), survey design (Qualtrics), participant recruitment
- o   **Research Methods:** Experiment design, project management, research team management, technical writing, presenting, grant writing, interdisciplinary collaboration
- o   **Language:** English (native), German (intermediate)

TEACHING & MENTORING EXPERIENCE

Instructor of Record – Temple University
Foundations of Social Psychology (2023)
- o   **4.8 / 5.0** average teaching effectiveness rating from student evaluations

Teaching Assistant – **Temple University**

Graduate Statistics II (2024)
- o **5.0 / 5.0** average teaching effectiveness rating from student evaluations

Graduate Statistics I (2023)
- o **4.9 / 5.0** average teaching effectiveness rating from student evaluations

Statistics for Psychology (2021)
- o **4.3 / 5.0** average teaching effectiveness rating from student evaluations

Coding Outreach Group Workshop Leader – **Temple University**

Geospatial Analysis & Cartography in R	August 2024
Introduction to Coding	August 2024
Machine Learning in R	July 2023
Introduction to Coding – Bash Command Line	August 2023

Undergraduate Research Advising

Graduate student mentor for 9 undergraduate research assistants, Temple University	2021 – present
Research coordinator for 10+ undergraduate research assistants, Boston College	2018 – 2021

LEADERSHIP EXPERIENCE

Coding Outreach Group, Temple University

Co-Director   2023 – present
- o Student-run organization that creates free, publicly available tutorials for novice programmers and offers weekly technical support for students and faculty

Applicant Statement Feedback Program

Core Team – Applicant Subgroup   2023 – present
- o Volunteer-driven initiative aiming to increase transparency and equity for underrepresented applicants to psychology doctoral programs

PROFESSIONAL SERVICE

"Grey Matters" Neuroscience Journal, Temple University

Graduate Scientific Reviewer   2022 – present

Psychology Graduate Students for Inclusivity, Temple University

Undergraduate Outreach Workshop Leader   2022

Professional Memberships
- o Society for Affective Science
- o Social and Affective Neuroscience Society
- o Society for Personality and Social Psychology