

# HELEN SCHMIDT

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## EDUCATION

<b>Temple University</b> <b>Ph.D., Psychology</b> <ul style="list-style-type: none"><li>○ Concentration in Quantitative Methods</li><li>○ <i>Research Interests:</i> emotion, social neuroscience, interpersonal communication</li></ul>	Philadelphia, PA <i>Anticipated 2026</i>
<b>University College London</b> <b>M.Sc., Clinical Neuroscience</b>	London, United Kingdom 2018
<b>Tufts University</b> <b>B.S., Biology</b>	Medford, MA 2017

## HONORS & AWARDS

NIH F31 Ruth L. Kirschstein NRSA Individual Predoctoral Fellowship, <i>NHLBI</i>	2024 – 2026
Richard B. Vanderveer Social Psychology Award, <i>Temple University</i>	2024
Methods in Neuroscience at Dartmouth (MIND) Fellowship	2023
Graduate Travel Award, <i>Society for Personality and Social Psychology</i>	2023
Summer Research Fellowship, <i>Temple University</i>	2022
National German Honor Society, <i>Tufts University</i>	2017
Dean's List, <i>Tufts University</i>	2014 – 2017

## PUBLICATIONS

*\*denotes equal contribution*

### ***PUBLISHED / IN PRESS***

- Schmidt, H.\***, Tran, S.\*, Medaglia, J. D., Ulichney, V., Mitchell, W. J., & Helion, C. (2025). Conversational Linguistic Features Inform Social-Relational Inference. *Psychonomic Bulletin & Review*. <https://doi.org/10.3758/s13423-025-02654-0>
- Martinez, S. A., Cliver, K., Mitchell, W. J., **Schmidt, H.**, Ulichney, V., Helion, C., Chein, J., & Murty, V. P. (2025). Linguistic properties of memory expression differentially relate to accuracy, specificity, and perceived veracity. *Psychonomic Bulletin & Review*. <https://doi.org/10.3758/s13423-025-02667-9>
- Mitchell, W. J., Stasiak, J., Martinez, S. A., Cliver, K., Gregory, D., Reisman, S., **Schmidt, H.**, Murty, V. P., Helion, C. (2025). Emotion regulation strategy use and forecasting in response to dynamic, multimodal stimuli. *Journal of Experimental Psychology: General*. <https://doi.org/10.1037/xge0001715>
- 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>

## UNDER REVIEW / PREPRINT

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>

Ladyka-Wojcik, N.\* , **Schmidt, H.\***, Cooper, R. A.\* , & Ritchey, M. (R&R). Neural signatures of recollection are sensitive to memory quality and specific event features. *Journal of Cognitive Neuroscience*.

Calderaro, M.\* , Cunningham, R. M.\* , Quarmley, M., Clarkson, T., **Schmidt, H.**, Cassidy, C. M., & Jarcho, J. M. (under review). Dopamine Function in Adolescent Social Anxiety: Insights from Neuromelanin-Sensitive MRI. *Journal of Mood and Anxiety Disorders*.

## IN PREPARATION

**Schmidt, H.**, Bergey, C. A., Zhou, C., Helion, C., & Hawkins, R. X. D. (in preparation). Dynamics of topic exploration in conversation.

Mitchell, W. J., **Schmidt, H.**, & Helion, C. (in preparation). Neural effects of continuous ratings during active engagement within a video fMRI paradigm.

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.

## CONFERENCE PROCEEDINGS

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\*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>

## TEXTBOOK CHAPTERS

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**Schmidt, H.**, & Helion, C. (2025). Integrated Neural Circuitry Supporting Emotion Regulation and Decision Making. Forthcoming chapter in *Neuroeconomics: Core Topics and Future Directions*. <https://doi.org/10.31234/osf.io/adf3w>

## PRESENTATIONS

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\*denotes equal contribution | #mentored student

1. **Schmidt, H.** & Helion, C. (2025, April). *Associations Between Representational Similarity in Emotion Concepts and Empathic Accuracy*. Poster presentation at the Social and Affective Neuroscience Society Annual Conference, Chicago, IL.

2. **Schmidt, H.**, Bergey, C. A., Zhou, C., Helion, C., & Hawkins, R. X. D. (2025, March). *Dynamics of topic exploration in conversation*. Data blitz presentation at the Shared Reality Virtual Mini-Conference.
3. 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.
4. 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.
5. 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.
6. **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.
7. 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.
8. 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.
9. 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.
10. 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.
11. 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.
12. 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.

13. Johnson, A.<sup>#</sup>, 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.
14. Osuntokun, M.<sup>#</sup>, **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.
15. 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.
16. 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.
17. **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.
18. **Schmidt, H.**, Tran, S.<sup>#</sup>, & 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.**
19. 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.
20. **Schmidt, H.**, Tran, S.<sup>#</sup>, & Helion, C. (2022, May). *Conversational linguistic features that inform social network learning*. Poster presentation at the Philadelphia Decision Neuroscience Symposium, Philadelphia, PA.
21. **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.
22. 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.
23. Tran, S.<sup>#</sup>, **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.
24. **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.

25. **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.
26. **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.
27. 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.

## PROFESSIONAL & RESEARCH EXPERIENCE

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### **Fidelity Investments**

*Behavioral Science Research Intern*

Boston, MA

June – August 2024

### **Social and Affective Neuroscience Lab, Temple University**

*Doctoral Researcher*

Philadelphia, PA

August 2021 – present

### **Memory Modulation Lab, Boston College**

*Research Coordinator*

Chestnut Hill, MA

August 2018 – May 2021

### **Cognition and Computational Psychiatry Lab, UCL**

*Graduate Researcher*

London, United Kingdom

September 2017 – August 2018

### **Child and Adolescent Mood Disorders Laboratory, McLean Hospital**

*Research Assistant*

Belmont, MA

May – September 2017

### **Integrative Cognitive Neuroscience Lab, Tufts University**

*Research Assistant*

Medford, MA

May 2016 – May 2017

### **Rogulja Lab, Harvard Medical School**

*Research Assistant*

Boston, MA

May – August 2015

## SKILLS

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- **Programming:** Advanced proficiency in R (dplyr, sf, ggplot2), Python (NumPy, Pandas, Seaborn), and MATLAB (PsychToolbox, Machine Learning); intermediate proficiency in JavaScript and SQL.
- **Software & Tools:** Qualtrics, GitHub, certified fMRI Siemens operator, Geographic Information Systems, Open Science Framework
- **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)
- **Qualitative Research:** User interviews, survey design, thematic analysis
- **Data Collection:** Behavioral (Qualtrics, Prolific), neuroimaging (fMRI, EEG), experimental design (PsychoPy, PsychToolbox, jsPsych), survey design (Qualtrics), participant recruitment

- **Research Methods:** Experiment design, project management, research team management, technical writing, presenting, grant writing, interdisciplinary collaboration
- **Language:** English (native), German (intermediate)

## TEACHING & MENTORING EXPERIENCE

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### Instructor of Record – Temple University

<u>Course</u>	<u>Level</u>	<u>Term/Year</u>	<u>Teaching Evaluation</u>
PSY 2401: Foundations of Social Psychology	Undergraduate	Summer 2023	4.8 / 5.0

### Teaching Assistant – Temple University

<u>Course</u>	<u>Level</u>	<u>Term/Year</u>	<u>Teaching Evaluation</u>
PSY 8021: Graduate Statistics II	Graduate	Spring 2024	5.0 / 5.0
PSY 8011: Graduate Statistics I	Graduate	Fall 2023	4.9 / 5.0
PSY 1003: Statistics for Psychology	Undergraduate	Fall 2021	4.3 / 5.0

### Coding Outreach Group Workshop Leader – Temple University

Introduction to Coding Bootcamp (Python)	January 2025
Geospatial Analysis & Cartography in R	August 2024
Machine Learning in R	July 2023
Introduction to Coding Bootcamp (Bash)	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

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### Coding Outreach Group, Temple University

<i>Co-Director</i>	2023 – present
<ul style="list-style-type: none"> <li>○ Student-run organization that creates free, publicly available tutorials for novice programmers and offers weekly technical support for students and faculty</li> </ul>	

### Application Statement Feedback Program

<i>Core Team – Applicant Subgroup</i>	2023 – present
<ul style="list-style-type: none"> <li>○ Volunteer-driven national initiative aiming to increase transparency and equity for underrepresented applicants to psychology doctoral programs</li> </ul>	

## PROFESSIONAL SERVICE

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### "Grey Matters" Neuroscience Journal, Temple University

<i>Graduate Scientific Reviewer</i>	2022 – 2024
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### Psychology Graduate Students for Inclusivity, Temple University

<i>Undergraduate Outreach Workshop Leader</i>	2022
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## **Application Statement Feedback Program**

*Statement Editor*

2021 – present

### **Professional Memberships**

- Society for Affective Science
- Social and Affective Neuroscience Society
- Society for Personality and Social Psychology