

HELEN SCHMIDT

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EDUCATION

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

HONORS & AWARDS

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| 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

Ladyka-Wojcik, N.*, **Schmidt, H.***, Cooper, R. A.*, & Ritchey, M. (in press). Neural signatures of recollection are sensitive to memory quality and specific event features. *Journal of Cognitive Neuroscience*. Pre-print available at <https://doi.org/10.1101/2025.03.18.643924>

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>

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

Sullivan-Toole, H., Haynes, J., **Schmidt, H.**, Larsen, B., Haines, N., & Olino, T. M. (under review). Evidence of change in reward-specific learning parameters across adolescence and alterations in youth at-risk for depression. *Journal of Child Psychology and Psychiatry*.

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

**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

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

*denotes equal contribution | #mentored student

ORAL PRESENTATIONS

1. **Schmidt, H.**, Bergey, C. A., Zhou, C., Helion, C., & Hawkins, R. X. D. (2025, May). *Dynamics of topic exploration in conversation*. Data blitz presentation at the Princeton Naturalistic Conversation Workshop, Princeton, NJ.
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. **Schmidt, H.** (2025, December). *From Signals to Success: Inferring Complex Social Relationships*. Oral presentation to the Temple University Department of Psychology & Neuroscience, fourth-year Ph.D. presentation series.
4. 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.
5. 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.
6. **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.

POSTER PRESENTATIONS

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. 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.
3. 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.
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. 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.
 9. 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.
 10. 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.
 11. 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.
 12. 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.
 13. 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.
 14. **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.
 15. **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.**
 16. 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.
 17. **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.
 18. 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.
 19. 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.
 20. **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.
 21. **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.

22. **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.
23. 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

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

- **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

Instructor of Record – Temple University

| <u>Course</u> | <u>Level</u> | <u>Term/Year</u> | <u>Teaching Evaluation</u> |
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| 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

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| 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

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| 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

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| <i>Co-Director</i> | 2023 – present |
| ○ Student-run organization that creates free, publicly available tutorials for novice programmers and offers weekly technical support for students and faculty | |

Application Statement Feedback Program

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| <i>Core Team – Applicant Subgroup</i> | 2023 – present |
| ○ Volunteer-driven national initiative aiming to increase transparency and equity for underrepresented applicants to psychology doctoral programs | |

PROFESSIONAL SERVICE

"Grey Matters" Neuroscience Journal, Temple University

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

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

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| <i>Statement Editor</i> | 2021 – present |
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Professional Memberships

Social and Affective Neuroscience Society, Society for Personality and Social Psychology