

HELEN SCHMIDT

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EDUCATION

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. (with Merit), Clinical Neuroscience	London, United Kingdom 2018
Tufts University B.S., Biology	Medford, MA 2017

AWARDS, GRANTS, & FELLOWSHIPS

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

Calderaro, M.*, Cunningham, R. M.*, Quarmley, M., Clarkson, T., **Schmidt, H.**, Cassidy, C. M., & Jarcho, J. M. (2025). Dopamine Function in Adolescent Social Anxiety: Insights from Neuromelanin-Sensitive MRI. *Journal of Mood and Anxiety Disorders*. <https://doi.org/10.1016/j.xjmad.2025.100124>

Ladyka-Wojcik, N.*, **Schmidt, H.***, Cooper, R. A.*, & Ritchey, M. (2025). Neural signatures of recollection are sensitive to memory quality and specific event features. *Journal of Cognitive Neuroscience*. https://doi.org/10.1162/jocn_a_02335

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

Schmidt, H., Bergey, C. A., Zhou, C., Helion, C., & Hawkins, R. X. D. (pre-print). Dynamics of topic exploration in conversation. *PsyArXiv*. https://doi.org/10.31234/osf.io/69yw2_v2

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>

Sullivan-Toole, H., Haynes, J., **Schmidt, H.**, Larsen, B., Haines, N., & Olino, T. M. (under review). Changes in reward-specific learning parameters across adolescence and associations with depression risk. *Journal of Child Psychology and Psychiatry*. https://doi.org/10.31234/osf.io/vkx8n_v1

CONFERENCE PROCEEDINGS

*denotes equal contribution

Schmidt, H., Bergey, C. A., Zhou, C., Helion, C., & Hawkins, R. X. D. (accepted). Dynamics of topic exploration in conversation. *Proceedings of the 47th Annual Meeting of the Cognitive Science Society*.

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*. Invited 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.** (2024, 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.**, Bergey, C. A., Zhou, C., Helion, C., & Hawkins, R. X. D. (2025, July). *Dynamics of topic exploration in conversation*. Poster presentation at the 47th Annual Meeting of the Cognitive Science Society, San Francisco, CA.
2. **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.
3. Mitchell, W. J., **Schmidt, H.**, Bounyarith, T., O'Shea, I., Stasiak, J., & Helion, C. (2025, April). *The Neural Impact of Continuous Ratings in a Naturalistic Video Paradigm*. Poster presentation at the Social and Affective Neuroscience Society Annual Conference, Chicago, IL.
4. 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.
5. 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.
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. 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.
11. 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.
12. 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.
13. 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.
14. 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.
15. 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.
16. **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.
17. **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.**
18. 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.
19. **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.
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.

PROFESSIONAL & RESEARCH EXPERIENCE

Netflix <i>Consumer Insights Intern</i>	Los Gatos, CA June – August 2025
Fidelity Investments <i>Behavioral Science Research Intern</i>	Boston, MA June – August 2024
Social and Affective Neuroscience Lab, Temple University <i>Doctoral Researcher</i>	Philadelphia, PA August 2021 – present
Memory Modulation Lab, Boston College <i>Research Coordinator</i>	Chestnut Hill, MA August 2018 – May 2021
Cognition and Computational Psychiatry Lab, UCL <i>Graduate Researcher</i>	London, United Kingdom September 2017 – August 2018
Child and Adolescent Mood Disorders Laboratory, McLean Hospital <i>Research Assistant</i>	Belmont, MA May – September 2017
Integrative Cognitive Neuroscience Lab, Tufts University <i>Research Assistant</i>	Medford, MA May 2016 – May 2017
Rogulja Lab, Harvard Medical School <i>Research Assistant</i>	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

TEACHING & MENTORING EXPERIENCE

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

Coding Outreach Group, Temple University

<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

<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

<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

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

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