

Jeffrey Kravitz

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Education

Brooklyn College

M.A. Experimental Psychology

May, 2019

GPA: 4.00

Master's Thesis: The Distinct Social Function of Emotion in Morality: Disgust and Anger Adaptively Respond to Moral Character and Actions

Advisor: Dr. Hanah Chapman

Stony Brook University

B.S. Psychology, *cum laude*

May, 2017

GPA: 3.64 **Psychology GPA:** 3.98

Honors Project: Focusing on the Present Could Potentially Help Your Future: The Effects of Mindfulness Meditation on Delay Discounting Rates

Advisor: Dr. Nancy Franklin

Honors, Awards, and Creative Works

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| • Psi Chi National Honor Society | Spr 2016 – Current |
| • Stony Brook University Psychology Honors Program | Spr 2016 – Spr 2017 |
| • Presidential Scholarship (Stony Brook University, \$2,500/year) | Fall 2013 – Spr 2017 |
| • Dean's List (Stony Brook University) | Fall 2014 – Spr 2017 |
| • Photograph in URECA Art Exhibition | April 2016 |

Poster Presentations

Kravitz, J., & Chapman, H. (May 2018). *The effect of positive character information on disgust and anger*. Poster presentation at Science Research Day. Brooklyn College, Brooklyn, NY.

Kravitz, J., & Franklin, N. (April 2017). *Focusing on the present could potentially help your future: The effects of mindfulness meditation on delay discounting rates*. Poster presentation at Undergraduate Research and Creative Activities (URECA). Stony Brook University, Stony Brook, NY.

Research Interests

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| • The relationship between emotion and moral judgment | • Morality |
| • The role of morality in social cooperation | • Social Cooperation |
| • The impact of stress and other automatic processes in moral judgment | • Social Learning |
| • The cognitive and social benefits of mindfulness meditation | • Emotion |

Research Experience

Independent Research in Psychology (Brooklyn College)

Fall 2017 – Current

Character – Disgust [Thesis]

My Master's thesis focuses on the distinct social functions of moral disgust and anger. Specifically, I theorize that anger, an approach-tendency emotion, causes us to engage with those who have transgressed to elicit behavioral changes in the transgressor, placing us in immediate precarious situations but maximizing positive outcomes in the future. In contrast, when a transgressor has stable, negative traits (bad moral character) the likelihood of inciting behavioral change decreases, and the avoidance-tendencies of disgust instead function to withdraw from the transgressor, reducing the likelihood of becoming the target of future immoral behavior.

False Physiological Feedback

In a second line of research, I am currently developing a study that aims to determine whether automatic processes such as stress have a causal role in moral judgment or if they are merely the result of such judgment. This study utilizes false physiological feedback to test the hypothesis that perceived stress causes more severe moral judgment. In the experiment, participants are randomly assigned to hear a fast or normal heartbeat and are told that it is their own. I hypothesize that participants in the fast-heartbeat condition will attribute their perceived stress response to moral transgressions presented in a vignette, and thus judge them more severely. Further, I hypothesize that this effect will be moderated by mindfulness such that people high in mindfulness will be aware of and non-reactive to their physiological feedback, and thus judge less severely than those lower in mindfulness.

Independent Research in Psychology (Stony Brook University)

Spr 2016 – Spr 2017

Mindfulness Meditation and Delay Discounting [Honors Project]

In Stony Brook University's Psychology Honors Program, I conducted independent research under the guidance of my mentor and research advisor Dr. Nancy Franklin. My honors project focused on whether mindfulness meditation can reduce inherent bias in decision making. People have the tendency to devalue future rewards, a phenomenon known as delay discounting. Delay discounting is widely used as a measure of impulsivity. Mindfulness meditation is a practice that emphasizes a present-focused, non-reactive awareness of one's experiences; in essence, control over one's attention and emotions. I hypothesized that a single session of guided mindfulness meditation would reduce delay discounting rates by causing people to be non-reactive to their impulses. The results of the study supported this idea.

Supervised Research in Psychology (Stony Brook University)

Fall 2015 – Spr 2016

Boundary Extension

As my introduction to psychology research as an undergraduate, I worked in Dr. Nancy Franklin's memory lab. In the lab, I worked on a project that aimed to determine the effect of anger on memory through the use of a boundary extension paradigm. The primary hypothesis of this study was that anger, an approach-tendency emotion, causes people to focus on central aspects of experience, and would thus cause recognition of a zoomed-in version of an original image. As part of my responsibilities for the study I administered an anger induction to participants, which included a variety of hands-on tactics intended to evoke anger and frustration. Additionally, while working in the lab I set up and managed Amazon's Mechanical Turk using TurkPrime, and designed multiple surveys using the survey programming software Qualtrics.

Research Skills

- Literature Review
- Experimental Design
- IRB Preparation
- Survey Programming
- Stimuli Generation
- OSF Registration
- Data Collection
- Data Analysis
- Manuscript Preparation
- Poster Presentation

Programming, Data Analysis, and Data Collection

- R, R Markdown
- MATLAB
- SPSS
- C++
- HTML, CSS
- Qualtrics
- Amazon's MTurk, TurkPrime
- SONA
- Microsoft Office (Word, Excel, PowerPoint)
- Github

Personal website: <https://jeffkravitz.github.io/personal/index.html>

R for Reproducible Research portfolio: https://jeffkravitz.github.io/Learn_R/index.html

Teaching Experience

- Lab Instructor, Experimental Psychology Sum 2018 – Spr 2019
 - (PSYC3450; Brooklyn College)
- Lab Instructor, Statistical Methods in Psychological Research Spr 2018
 - (PSYC3400; Brooklyn College)

Professional Affiliations

- Society for Personality and Social Psychology (SPSP) Fall 2018 – Current
- Psi Chi National Honor Society Spr 2016 – Current

Professional References

- Dr. Hanah Chapman – Assistant Professor, Brooklyn College
 - Relationship: Research Advisor
 - hchapman@brooklyn.cuny.edu
 - (718) 951-5000 x6038
- Dr. Nancy Franklin – Associate Professor, Stony Brook University
 - Relationship: Research Advisor & Mentor
 - nancy.franklin@stonybrook.edu
 - (631) 632-7840

- Dr. Jacob Shane – Assistant Professor, Brooklyn College
 - Relationship: Developmental Psychology Professor
 - jshane@brooklyn.cuny.edu
 - (718) 951-5000 x3845

- Dr. Patricia Whitaker – Professor, Stony Brook University
 - Relationship: Honors Program Director
 - patricia.whitaker@stonybrook.edu
 - (631) 632-9899