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

• Psi Chi National Honor Society	Spring 2016 – Current
• Stony Brook University Psychology Honors Program	Spring 2016 – Spring 2017
• Presidential Scholarship (Stony Brook University, $2,500/year)	Fall 2013 – Spring 2017
• Dean's List (Stony Brook University)	Fall 2014 – Spring 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

• 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

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Independent Research in Psychology (Brooklyn College)   Fall 2017 - Current

Character - Disgust: Thesis Study
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 Study
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 wear headphones and are told that they are listening to their own heartbeat; in reality, they are randomly assigned to hear either a fast or normal heartbeat. 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)   Spring 2016 – Spring 2017

Mindfulness Meditation – Delay Discounting: Honors Project
As part of Stony Brook University's Honors Program, I conducted independent research under the guidance of my mentor and research advisor Dr. Nancy Franklin. My honors project focused on the effect of mindfulness meditation on delay discounting rates. Delay discounting refers to the tendency to behave as though future rewards are less valuable than equivalent immediate rewards. 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. Because mindfulness meditation has been identified as an effective treatment for substance abuse and binge eating disorders, I hypothesized that a single session of guided mindfulness meditation would reduce delay discounting rates, or in other words, reduce the rate at which people devalue future rewards.

Supervised Research in Psychology (Stony Brook University)   Fall 2015 – Spring 2016

Boundary Extension Experiment
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.

Teaching Experience

- Lab Instructor, Experimental Psychology   Summer & Fall 2018, Spring 2019
    - (PSYC3450; Brooklyn College)
- Lab Instructor, Statistical Methods in Psychological Research   Spring 2018
    - (PSYC3400; Brooklyn College)

Professional Affiliations

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

Programming, Data Analysis, and Data Collection

- R, R Markdown
- MATLAB
- SPSS
- C++
- HTML, CSS (currently learning)

- Qualtrics
- Amazon's MTurk, TurkPrime
- SONA
- Microsoft Office (Word, Excel, PowerPoint)
- Github

My coursework in a *R for Reproducible Research* course can be found here:
- https://jeffkravitz.github.io/Learn_R/index.html

My Github account can be found here:
- https://github.com/jeffkravitz

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