

ZHOUZHOU (JO) HE

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EDUCATION & EXPERIENCE

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| 2021 - 2026 | Ph.D., Psychology
Social Cognitive and Affective Neuroscience Lab (PI: Kevin Ochsner)
Columbia University, New York, New York |
| 2019 - 2021 | Research Assistant
Social and Affective Neuroscience Lab (PI: Naomi Eisenberger)
University of California, Los Angeles, California

Social Cognitive Neuroscience Lab (PI: Matthew Lieberman)
University of California, Los Angeles, California

Social Affective Neuroscience and Development Lab (PI: Jennifer Silvers)
University of California, Los Angeles, California |
| 2018 - 2021 | B.A., Psychology with a Specialization in Computing
University of California, Los Angeles, California |

AWARDS & HONORS

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| 2024 | Social Science Research Council Graduate Research Fellowship |
| 2023 | Graduate School of Arts and Sciences Travel Award, <i>Columbia University</i> |
| 2023 | Graduate Research and Teaching Fellow, <i>Columbia University</i> |
| 2022 | Teaching Observation Fellow, <i>Columbia University</i> |
| 2022 | Graduate Research and Teaching Fellow, <i>Columbia University</i> |
| 2021 | Graduate Research and Teaching Fellow, <i>Columbia University</i> |
| 2021 | Dean's Honors List, <i>UCLA</i> |
| 2021 | Wasserman Scholarship, <i>UCLA</i> |
| 2020 | Undergraduate Research Fellowship Program, <i>UCLA</i> |

PUBLICATIONS

Sahi, R. S., **He, Z.**, Silvers, J. A., & Eisenberger, N. I. (2022). One size does not fit all: Decomposing the implementation and differential benefits of social emotion regulation strategies. *Emotion*. PMID: 36480403

MANUSCRIPTS & PRE-PRINTS

* Indicates equal contributions

Digiovanni, A.M.*, **He, Z.***, Stanoi, O.A., Speer, M.E., Ochsner, K.N (2023). Advances in the study of Social Emotion Regulation: Centering the influence of context, goals and time. *(in prep)*

He, Z., Shu, J., Speer, M.E., Weber, J., Cohen, N., Ochsner, K.N., Neural Mechanisms of Social Regulation (2023). *(in prep)*

TALKS

He, Z., Ochsner, K.N. (2023). Neural bases of Self and Social Regulation. *Monday Seminar Speaker Series, Columbia University*

He, Z., Ochsner, K.N. (2022). Beliefs about Social Regulation. *Monday Seminar Speaker Series, Columbia University*

He, Z., Sahi, R. S., & Eisenberger, N. I. (2021). Contextual Factors Shaping the Benefits of Receiving Social Emotion Regulation. *UCLA Undergraduate Research Week, Los Angeles, California*

He, Z., Sahi, R. S., & Eisenberger, N. I. (2021). Contextual Factors Shaping the Benefits of Receiving Social Emotion Regulation. *UCLA Psychology Undergraduate Research Conference, Los Angeles, California*. [OSF](#)

He, Z., Sahi, R. S., & Eisenberger, N. I. (2020). Mirror my feedback? An exploratory analysis of preferences for giving and receiving social feedback. *UCLA Undergraduate Research Showcase, Los Angeles, California*

POSTERS

He, Z., Bolger, N., Ochsner, K. N. (2024). Beliefs about other's needs and one's self-efficacy coordinate to predict responses to negative emotional disclosures. *Society for Affective Science (SAS), New Orleans, Louisiana*.

He, Z., Bolger, N., Ochsner, K. N. (2024). How should I respond?: Beliefs about Other's Needs Predict Use of Social Regulation of Emotion Strategies and Outcomes. *Society for Personality and Social Psychology (SPSP), San Diego, California*.

He, Z., Ochsner, K. N. (2023). Development of the Beliefs about Social Regulation Scale. *Society for Affective Science (SAS), Long Beach, California*.

PRESS COVERAGE & INTERVIEWS

Moyer, M. (2022, December). The best way to comfort someone when they're sad. *The New York Times*.
<https://www.nytimes.com/2022/12/23/well/mind/sad-emotional-comfort-support.html>

PUBLIC DISSEMINATION

He, Z. & Sahi, R. S. (2021, April). What does it mean? How to rigorously test your psychological questions. *Psychology in Action*.
<https://www.psychologyinaction.org/psychology-in-action-1/2021/3/12/what-does-it-mean-how-to-rigorously-test-your-psychological-questions>

He, Z. & Sahi, R.S. (2020, April). Is happiness feeling what's "right"? *Psychology in Action*.
<https://www.psychologyinaction.org/psychology-in-action-1/2020/3/6/is-happiness-feeling-whats-right>

TEACHING EXPERIENCE

2021 - 2023	Teaching Assistant for Undergraduate Courses, Columbia University UN1450 Research Methods: Emotion and Social Cognition UN2630 Social Psychology
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MENTORING EXPERIENCE

Caroline Reid (*Research Assistant* at SCAN Lab)
Mayra Kalaora (*Research Assistant* at SCAN Lab)
Clare Donaldson (*Research Assistant* at SCAN Lab)
Natalia Scheinfeld (*Research Assistant* at SCAN Lab)
Halil Cenker Camci (*Research Assistant* at SCAN Lab)

OTHER ACTIVITIES

2019 - 2021	Peer Coach, <i>UCLA Depression Grand Challenge</i>
2019 - 2020	Content Writer, <i>UCLA Creative Labs</i>
2018	Forest Wolf, <i>Intern</i>
2018	Youth Worker, <i>Youth Guidance Outreach Services</i>