ZHOUZHOU (JO) HE

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EDUCATION & EXPERIENCE

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

2024	Social Science Research Council Graduate Research Fellowship ($10,000)
2022	Teaching Observation Fellow, *Columbia University*
2021	Wasserman Scholarship, *UCLA*
2020	Undergraduate Research Fellowship Program, *UCLA*

PUBLICATIONS

Digiovanni, A*., **He, Z.***, Ochsner, K. (under review). An integrative framework for studying social regulation of emotion.

He, Z., Vannucci, A., Meyer, M., Tottenham, N. (under review). Potential for the Medial Prefrontal Cortex to link Mentalizing and Attachment Knowledge.

He, Z., Cohen, N., Shu, J., Bo, K., Wager, T., & Ochsner, K. (under review). Comparing the Neural Bases of Self- and Social-Reappraisal. https://doi.org/10.31234/osf.io/xbhc4_v1

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

* Indicates equal contributions
+ Indicates mentee

TALKS

He, Z., Bolger, N., Ochsner, K. (2025). Beliefs about Social Regulation Predict Emotional and Social Well-being. *Society for Affective Science.* Symposium: Understanding when, how and for whom social emotion regulation improves well-being.

Kalaora, M.[+], **He, Z.**, Ochsner, K. (2025) Intolerance of uncertainty predicts social emotion regulation strategy use and relationship satisfaction in romantic relationships. *Society for Affective Science.*

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](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. (2024). Do beliefs about a target's need to feel heard help the target? *Society for Affective Science (SAS), New Orleans, Louisiana.*

Reid, C.[+], **He, Z.**, Ochsner, K. (2024). Investigating the Relationship Between an Individual's Use of Emotion Regulation Strategies Independently and in Close Relationships. *Society for Affective Science (SAS), New Orleans, Louisiana.*

Donaldson, C.[+], He, Z., Ochsner, K. (2024). The Relationship Between Attachment Style and Social Regulation of Emotion. *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.*

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

2024	**Innovative Course Design Seminar** Center for Teaching and Learning
2021 - 2024	**Teaching Assistant for Undergraduate Courses, Columbia University** Research Methods: Emotion and Social Cognition Abnormal Psychology Social Psychology

MENTORING EXPERIENCE

Shalini Kudinoor (*Research Assistant*, Summer Research Institute Barnard College)
Isidor Goldberg (Incoming PhD student at Adelphi University)
Caroline Reid (*Research Assistant*, Independent Research Project)
Mayra Kalaora (*Research Assistant,* Senior Honors Thesis)
Clare Donaldson (*Research Assistant*, Senior Honors Thesis)
Halil Cenker Camci (*Research Assistant,* Senior Honors Thesis)
Natalia Scheinfeld (*Research Assistant*)

OTHER ACTIVITIES

2019 - 2021	Peer Coach, *UCLA Depression Grand Challenge*

2019 - 2020	Content Writer, *UCLA Creative Labs*
2018	Forest Wolf, *Intern*
2018	Youth Worker, *Youth Guidance Outreach Services*