

KATHRYN E. SCHERTZ

Curriculum Vitae

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[OSF](#) | [Google scholar](#) | [Research Gate](#)

ACADEMIC APPOINTMENTS

Aug 2022-Present Postdoctoral Research Fellow

University of Michigan, Department of Psychology
Emotion & Self Control Lab, Director: Ethan Kross, PhD

Feb 2024-Present Postdoctoral Research Fellow

Michigan State University, Department of Psychology
Clinical Psychophysiology Lab, Director: Jason Moser, PhD

EDUCATION

Jun 2022 University of Chicago

Ph.D., Psychology (Integrative Neuroscience concentration)
Certificate in Urban Science & Sustainable Development

Jun 2019 University of Chicago

M.A., Psychology

May 2008 University of Pennsylvania

B.A., Cognitive Science (Cognitive Neuroscience concentration)
Magna cum laude

EMPLOYMENT HISTORY

2008–2014 Surface Warfare Officer, U.S. Navy
Norfolk, VA / Pearl Harbor, HI

GRANTS & AWARDS

2023	UROP Research Grant, University of Michigan
2022	Norman H. Anderson Travel Grant, University of Chicago
2020	Norman H. Anderson Travel Grant, University of Chicago
2019	Norman H. Anderson Travel Grant, University of Chicago
2018	National Science Foundation Graduate Research Fellowship
2018	University of Chicago App Challenge First Place

PUBLICATIONS

Patents

Schertz, K.E., Kardan, O., Berman, M.G., & Kompare, T.N. (2019). Routing in Navigation Applications based on Restorative Score. *U.S. Patent Accepted No. 16/418,522*. Washington, DC: U.S. Patent and Trademark Office.

Journal Articles and Chapters

* Indicates authors contributed equally

Rim, N.*, **Schertz, K.E.***, & Berman, M.G. (In press). The affective, cognitive, and social benefits of interacting with nature. *Journal of Consumer Psychology*.

Akcelik, G.N., Choe, K.W., Rosenberg, M.D., **Schertz, K.E.**, Meidenbauer, K.L., Zhang, T., Rim, N. Tucker, R., Talen, E., & Berman, M.G. (2024). Quantifying urban environments: Aesthetic preference through the lens of prospect-refuge theory. *Journal of Environmental Psychology*, 97, 102344.

Cardenas-Iniguez, C., Schachner, J.N., Ip, K.I, **Schertz, K.E.**, Gonzalez, M.R., Abad, S., Herting, M.M. (2024). Building towards an adolescent neural urbanome: Expanding environmental measures using linked external data (LED) in the ABCD Study. *Developmental Cognitive Neuroscience*, 65, 101338.

Schertz, K.E., Kotabe, H.P., Meidenbauer, K.L., Layden, E.A., Zhen, J., Bowman, J.E., ... & Berman, M.G. (2023). Nature's path to thinking about others and the surrounding environment. *Journal of Environmental Psychology*, 89, 102046.

Schertz, K.E., Bowman, J.E., Kotabe, H.P., Layden, E.A., Zhen, J., Lakhtakia, T., Lyu, M., Paraschos, O., Van Hedger, S.C., Vohs, K.D., & Berman, M.G. (2022). Environmental influences on affect and cognition: A study of natural and commercial semi-public spaces. *Journal of Environmental Psychology*, 83, 101852.

Kardan, O., Stier, A.J., Cardenas-Iniguez, C., **Schertz, K.E.**, Pruin, J.C., Deng, Y.,... & Rosenberg, M.D. (2022). Differences in the functional brain architecture of sustained attention and working memory in youth and adults. *PLoS Biology*, 20(12): e3001938.

Akcelik, G.N., **Schertz, K.E.**, & Berman, M.G. (2022). The influence of low- and mid-level visual features on the perception of streetscape qualities. In B. Ionescu & W. Bainbridge, *Human perceptions of visual information: Psychological and computational perspectives*. Springer.

Schertz, K.E., Saxon, J., Cardenas-Iniguez, C., Bettencourt, L.M.A., Ding, Y., Hoffmann, H., & Berman, M.G. (2021). Neighborhood street activity and greenspace usage uniquely contribute to predicting crime. *npj Urban Sustainability*, 1, 19.

Stier, A.J., **Schertz, K.E.**, Rim, N.W., Cardenas-Iniguez, C., Lahey, B.B., Bettencourt, L.M.A., & Berman, M.G. (2021). Evidence and theory for lower rates of depression in larger US urban areas. *Proceedings of the National Academy of Sciences*, 118 (31).

Berman, M.G., Stenfors, C.U.D., **Schertz, K.E.**, & Meidenbauer, K.L. (2021). Response to "Conceptual replication study and meta-analysis suggest simulated nature does not reliably restore pure executive attention measured by the Attention Network Task." *Journal of Environmental Psychology*, 78, 101719.

Schertz, K.E.*, Meidenbauer, K.L.*, & Berman, M.G. (2021). Understanding the affective benefits of interacting with nature. In E. Brymer, M. Rogerson, & J. Barton, *Nature and Health: Physical activity in nature*. Rutledge.

Schertz, K.E., Kardan, O., & Berman, M.G. (2020). Visual features influence expressed thoughts in the absence of overt semantic content. *Attention, Perception, & Psychophysics*. doi: 10.3758/s13414-020-02121-z

Meidenbauer, K.L., Stenfors, C.U.D., Bratman, G.N., Gross, J.J., **Schertz, K.E.**, Choe, K.W., & Berman, M.G. (2020). The affective benefits of nature exposure: What's nature got to do with it? *Journal of Environmental Psychology*, 72, 101498.

Layden, E.A., Li, H., **Schertz, K.E.**, Berman, M.G., & London, S.E. (2020). Experience selectively alters functional connectivity within a neural network to predict learned behavior in juvenile songbirds. *NeuroImage*. doi: 10.1016/j.neuroimage.2020.117218

Schertz, K.E. & Berman, M.G. (2019). Understanding nature and its cognitive benefits. *Current Directions in Psychological Science*. doi: 10.1177/0963721419854100

Stenfors, C.U.D., Van Hedger, S.C., **Schertz, K.E.**, Meyer, F.A., Smith, K.E.L., Norman, G.J., ... & Berman, M.G. (2019). Positive effects of nature on cognitive performance across multiple experiments: Test order but not affect modulates the cognitive effects. *Frontiers in Psychology*. doi: 10.3389/fpsyg.2019.01413

Meidenbauer, K.L., Stenfors, C.U.D., Young, J., Layden, E.A., **Schertz, K.E.**, Kardan, O., Decety, J., Berman, M.G. (2019). The gradual development of the preference for natural environments. *Journal of Environmental Psychology*. doi: 10.1016/j.jenvp.2019.101328

Layden, E.A., **Schertz, K.E.**, London, S.E., & Berman, M.G. (2019). Interhemispheric functional connectivity in the zebra finch brain, absent the corpus callosum in normal ontogeny. *NeuroImage*, 195, 113-127. doi: 10.1016/j.neuroimage.2019.03.064.

Van Hedger, K., Keedy, S.K., **Schertz, K.E.**, Berman, M.G., & de Wit, H. (2019). Effects of methamphetamine on neural responses to visual stimuli. *Psychopharmacology*, 1-8. doi: 10.1007/s00213-018-5156-5

Schertz, K.E., Sachdeva, S., Kardan, O., Kotabe, H.P., Wolf, K.L., & Berman, M.G. (2018). A thought in the park: The influence of naturalness and low-level visual features on expressed thoughts. *Cognition*, 174, 82-93. doi: 10.1016/j.cognition.2018.01.011

Submitted Manuscripts/Pre-prints

Schertz, K.E., Sachdeva, S., Kross, E., & Berman, M.G. Let's talk about nature: Understanding multifaceted nature experiences in the United States using social media. (Under review)

Baldwin, C.R.*, **Schertz, K.E.***, Orvell, A.*, Costello, C., Takahashi, S., Moser, J.S., Ayduk, O., & Kross, E. Managing emotions in everyday life: Why a toolbox of strategies matters. (Under review)

Trinh, E.N.*, **Schertz, K.E.***, & Kross, E. Do You Have a Minute? The Emotional Consequences of Sharing at Work. (Under review)

Rodriguez, M., **Schertz, K.E.**, & Kross, E. Lonely or Just Alone? Beliefs Shape the Experience of Being Alone. (Under review)

Meidenbauer, K.L., **Schertz, K.E.**, Li, P., Sharma, A., Freeman, T.R., Janey, E.A., Stier, A.J., Samtani, A.L., Gehrke, K., & Berman, M.G. Variable and dynamic associations between hot weather, thermal comfort, and individuals' emotional states during summertime. (Under review). Pre-print DOI: 10.31234/osf.io/fhd3z

Meidenbauer, K.L., **Schertz, K.E.**, Janey, E.A., Stier, A.J., Samtani, A.L., Gehrke, K., Tucker, R., Hasan, M., & Berman, M.G. Evidence for environmental influences on impulsivity and aggression. (Under review). Pre-print DOI: 10.31234/osf.io/epkru

Kardan, O., Sereeyothin, C., **Schertz, K.E.**, Angstadt, M., Weigard, A., Berman, M.G., & Rosenberg, M.D. (2024). Neighborhood air pollution is negatively associated with neurocognitive maturation in early adolescence. DOI: 10.1101/2023.04.28.538763

Manuscripts in Preparation

Schertz, K.E.*, Orvell, A.*, Chandhok, S., Vickers, B.D., Moser, J.S., Ayduk, O., & Kross E. When (and how) do people talk to themselves in daily life?

Schertz, K.E.*, Meidenbauer, K.L.*, Freeman, T.R., Santiago, I.M., Janey, E.A., Gehrke, K., Samtani, A.L., Stier, A.J., & Berman, M.G. Identifying qualities and amenities associated with cognitive restoration and improved affect in urban parks.

Orvell, A., **Schertz, K.E.**, Derosiers, K., Duckworth, A.L., Jonides, J., Katz, B., Willingham, D., & Kross, E. Strengthening adolescents' self-control toolbox: A curriculum-based intervention to promote positive shifts among high school students.

Conference Proceedings

Schertz, K.E., Kardan, O., & Berman, M.G. (2019). Visual features influence expressed thoughts in the absence of overt semantic content. [Abstract]. *Abstracts of the Psychonomic Society*, 24(p. 124). Madison, WI: Psychonomic Society.

Schertz, K.E., Kardan, O., & Berman, M.G. (2018). ReTUNE: Restoring Through Urban Nature Experience. [Abstract]. *Abstracts of the Psychonomic Society*, 23(p. 284). Madison, WI: Psychonomic Society.

Schertz, K.E., Sachdeva, S., Kardan, O., Kotabe, H.P., Wolf, K.L., & Berman, M.G. (2017). A thought in the park: The influence of naturalness and low-level visual features on expressed thoughts. [Abstract]. *Abstracts of the Psychonomic Society*, 22(p. 101). Madison, WI: Psychonomic Society.

Chrysikou, E.G., **Schertz, K.**, & Thompson-Schill, S.L. (2007). Influencing the lingering garden path effect through tasks of executive control. [Abstract]. *Abstracts of the Psychonomics Society*, 12 (p. 129). Austin, TX: Psychonomic Society.

INVITED TALKS

The psychological experience of nature (2024, May). Phipps Conservatory and Botanical Garden Biophilia Speaker Series, Pittsburgh, PA.

Social impacts of visits to natural spaces (2023, April). Wayne State University, Social Area Workshop, Detroit, MI.

The Benefits of Urban Greenspace for Cognition and Behavior. (2022, April). College of Lake County Sustainability Council Earth Week, Chicago, IL.

The Benefits of Urban Greenspace for Cognition and Behavior. (2019, April). University of Chicago-Tel Aviv University Workshop on Cities and Urbanism, Tel Aviv, Israel.

A thought in the park: The influence of naturalness and low-level visual features on expressed thoughts. (2017, August). University of Chicago Wisdom Research Forum, Chicago, IL.

CONFERENCE PARTICIPATION

Schertz, K.E., Sachdeva, S., Kross, E., & Berman, M.G. (2023, October). Examining multifaceted nature experiences using social media data. Talk presented at the Association for Psychological Science DIV 34 Annual Conference, Online.

Schertz, K.E. & Kross, E. (2023, June). A tale of two paths to low effort emotion regulation. Talk presented at the International Organization of Psychophysiology, Geneva, CH.

Schertz, K.E. & Berman, M.G. (2022, June). Environmental influences on affect and cognition: A study of natural and commercial semi-public spaces. Talk presented at the Association for Psychological Science DIV 34 Annual Conference, Online.

Schertz, K.E., Bowman, J.E., Kotabe, H.P., Layden, E.A., Zhen, J., Lakhtakia, T., Lyu, M., Paraschos, O., Van Hedger, S.C., Vohs, K.D., Berman, M.G. (2022, May). Natural public spaces increase social and environmental thought content. Poster presented at the Association for Psychological Science Annual Meeting, Chicago, IL.

Schertz, K.E., Bowman, J.E., Kotabe, H.P., Layden, E.A., Zhen, J., Lakhtakia, T., Lyu, M., Paraschos, O., Van Hedger, S.C., Vohs, K.D., Berman, M.G. (2022, February). Socially and environmentally focused thoughts are influenced by the surrounding physical environment.

Poster presented at the Society for Personality and Social Psychology Annual Meeting, San Francisco, CA.

Kardan, O., Stier, A.J., Cardenas-Iniguez, C., Pruin J.C., **Schertz, K.E.**, Deng, Y., Chamberlain, T., Meredith, W.J., Zhang, X., Bowman, J.E., Lakhtakia, T., Tindel, L., Avery, E.W., Lin, Q., Yoo, K.; Chun, M.M., Berman, M.G., Rosenberg, M.D. (2021, November). Adult functional connectivity models differentially predict sustained attention and working memory in youth. Poster presented at the Society for Neuroscience Annual Meeting, Chicago, IL.

Wohlrab, C., Restrepo, A., **Schertz, K.E.**, Berman, M.G., & Norman, G.J. (2020, October). Autonomic correlates relating mental and physical fatigue. Poster presented at the Society for Psychophysiological Research Annual Meeting, Vancouver, BC.

Schertz, K.E., Kardan, O., & Berman, M.G. (2019, November). Visual features influence expressed thoughts in the absence of overt semantic content. Poster presented at the 60th Annual Meeting of the Psychonomic Society, Montreal, QC.

Schertz, K.E., Cardenas-Iniguez, C., Saxon, J., & Berman, M.G. (2019, May). Environmental and Social Engagement Contribute Uniquely to Predicting Crime. Poster presented at the 31st Annual Convention of the Association for Psychological Science, Washington, D.C.

Schertz, K.E., Kardan, O., & Berman, M.G. (2018, November). ReTUNE: Restoring Through Urban Nature Experience. Poster presented at the 59th Annual Meeting of the Psychonomic Society, New Orleans, LA.

Layden, E.A., **Schertz, K.E.**, Berman, M.G., & London, S.E. (2018, November). Functional connectivity signatures accurately distinguish male zebra finches who have been isolated from song during the sensitive period for vocal learning. Poster presented at the 48th Annual Meeting of the Society for Neuroscience, San Diego, CA.

Lyu, M., **Schertz, K.E.**, Choe, K.W., Chamberlain, B.C., Qin, X., Meitner, M.J., & Berman, M.G. (2018, May). Low-Level and semantic visual features predict preference in virtual environments. Poster presented at the 30th Annual Convention of the Association for Psychological Science, San Francisco, CA.

Schertz, K.E., Sachdeva, S., Kardan, O., Kotabe, H.P., Wolf, K.L., & Berman, M.G. (2017, November). A thought in the park: The influence of naturalness and low-level visual features on expressed thoughts. Poster presented at the 58th Annual Meeting of the Psychonomic Society, Vancouver, BC.

Layden, E.A., **Schertz, K.E.**, Berman, M.G., & London, S.E. (2017, November). Telencephalic song nuclei of the anesthetized zebra finch brain exhibit functional homotopy in the absence of known direct white matter projections. Poster presented at the 47th Annual Meeting of the Society for Neuroscience, Washington, DC.

Cardenas-Iniguez, C., **Schertz, K.E.**, & Berman, M.G. (2017, June). The Role of Neighborhood Greenspace on Healthcare Utilization in an Urban US Multiracial Sample. Poster presented at the AHRQ NRSA Annual Conference 2017, New Orleans, LA.

Schertz, K.E., Layden, E.A., London, S.E., & Berman, M.G. (2016, November). Functional connectivity and brain morphometry across development in zebra finches. Poster presented at the 46th Annual Meeting of the Society for Neuroscience, San Diego, CA.

Meyer, F., **Schertz, K.E.**, & Berman, M. G. (2016, May). Does interacting with nature in virtual reality restore directed attention? Poster presented at the 28th Annual Convention of the Association for Psychological Science, Chicago, IL.

Chrysikou, E.G., **Schertz, K.**, & Thompson-Schill, S.L. (2007, November). Influencing the lingering garden path effect through tasks of executive control. Poster presented at the 48th Annual Meeting of the Psychonomic Society, Long Beach, CA.

CAMPUS/DEPARTMENTAL TALKS

The psychological experience of nature: A Multi-Level, Multi-Method Analysis. (2023, October). Social Psychology Brown Bag, University of Michigan.

This is your mind on nature. (2022, September). Social Psychology Brown Bag, University of Michigan.

Environmental influences on thought content and connectedness. (2020, November). Cognition Workshop, University of Chicago.

Environmental and Social Engagement Contribute Uniquely to Predicting Crime. (2019, March). Cognition Workshop, University of Chicago.

ReTUNE: Restoring Through Urban Nature Experience. (2017, March). Cognition Workshop, University of Chicago.

TEACHING & MENTORSHIP

Behavioral Science & Public Policy (grad) – Teaching Assistant	Spring 2021
Big Data in the Psychological Sciences – Teaching Assistant	Winter 2021
Experimental Design I/II (grad) – Teaching Assistant	Spring & Fall 2020
Psychology and Neurobiology of Stress – Teaching Assistant	Fall 2019

Mentor for Thesis Students

Evan Renn (Undergraduate, Honors thesis, UMichigan)	2025
Sofia Micale (Undergraduate, Honors thesis, UMichigan)	2024
Ethan Driscoll (Undergraduate, Honors thesis, UMichigan)	2023
Senling Shu (Master's thesis, UChicago)	2022
Jillian Bowman (Undergraduate, Honors thesis, UChicago)	2020
Tanvi Lakhtakia (Undergraduate, Honors thesis, UChicago)	2020

SERVICE

University of Chicago Psychology Graduate Student Organization

2021-2022	Grad Cross Talks Workshop, Organizer
2018-2019 / 2020-2021	Mentorship Program Coordinator
2018-2021	Travel & Research Committee Head
2017-2022	Travel & Research Committee Member

Undergraduate Research Symposiums

2018	Chicago Area Symposium (Judge for posters)
2023, 2024	UMichigan Symposium (Judge for posters)
2024	UMichigan UROP Symposium (Judge for posters)

SKILLS

Languages: Expert in R. Familiar with SAS, Matlab, Python.

Data: Behavioral studies with adults; Qualtrics-based Amazon Mechanical Turk; U.S. Census data; Cell phone mobility data, Experience Sampling Methods, Physiological signals

Analytcs: Regression (Mixed Effects, CCA), Bayesian methods, Spatial/GIS Analysis (R, Geoda)

PEER REVIEW ACTIVITIES

Ad-hoc reviewer for *PNAS*, *Science Advances*, *Journal of Experimental Psychology: General*, *Journal of Environmental Psychology*, *Environment & Behavior*, *Scientific Reports*, *Experimental Psychology*, *Parks Stewardship Forum*, *Psychological Reports*, *Ecopsychology*, *Frontiers in Psychology*

ORGANIZATIONS

Society for Personality & Social Psychology

Association for Psychological Science

Society for Environmental, Population, & Conservation Psychology (APA Div 34)

REFERENCES

Ethan Kross, PhD

Professor of Psychology, University of Michigan

Professor of Management & Organizations, Ross School of Business

Email: ekross@umich.edu

Jason Moser, PhD

Professor of Psychology, Michigan State University

Email: jmoser@msu.edu

Marc G. Berman, PhD

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Wilma A. Bainbridge, PhD

Assistant Professor of Psychology, University of Chicago

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