

**CURRICULUM VITAE**  
**NATALIE S. BYRD**  
she/her/hers

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### **EDUCATION**

- 2025 – Present    **The Pennsylvania State University**, State College, PA  
*Doctor of Philosophy in Developmental Psychology and Social Data Analytics*  
Cumulative GPA: **4.00/4.00**
- 2022 – 2025    **St. John Fisher University**, Rochester, NY  
*Bachelor of Science in Psychology (Honors)*  
Cumulative GPA: **4.00/4.00 | Summa Cum Laude**

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### **RESEARCH SUPPORT**

- 2025                Penn State Center for Human Evolution and Diversity Seed Grant  
**Project:** Attachment, loneliness, and self-concept: The role of intersectional identities  
**Role:** Principal Investigator  
**Amount awarded:** \$5,000
- 2024                Summer Research Fellowship  
**Project:** Attachment, loneliness, and self-concept: The moderating role of self-concept during the transition to college  
**Role:** Research Fellow  
**Amount awarded:** \$450

#### ***Under Review:***

- 2025                National Science Foundation Graduate Research Fellowship  
**Project:** Loneliness transmission and resilience through gene-environment  
**Role:** Principal Investigator

#### ***Proposals Submitted, Not Funded:***

- 2024                National Science Foundation Graduate Research Fellowship  
**Project:** It is not your fault you are lonely  
**Role:** Principal Investigator

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### **RESEARCH EXPERIENCE**

- 2025 – Present    **Gene Environment Interplay, Penn State University**, State College, PA  
*Graduate Fellow*  
Supervised by Jenae Neiderhiser, Ph.D.  
**Funding source:** U01 DA055361; R01 MH130448; R01AG089666  
**Project summary:** The gene-environment interplay across the lifespan, with an emphasis on close parent-child, spouse, sibling or twins, and peer relationships.

2025 – Present	<b>We Are Connected, Penn State University</b> , State College, PA <i>Researcher</i> <u>Supervised by Jennifer Connell, Ph.D.</u> <b>Funding source:</b> Child Study Center <b>Project summary:</b> We Are Connected is an evidence-based curriculum that brings groups of undergraduate students together to foster meaningful connections. <b>Responsibilities:</b> Program weekly check-in, pre-test, and post-test surveys, and develop IRB materials.
2024 – 2025	<b>Mt. Hope Family Center, University of Rochester</b> , Rochester, NY <i>Research Intern</i> <u>Supervised by Elizabeth D. Handley, Ph.D.</u> <b>Funding source:</b> NIH 2P50HD096698-06, Sub-Project ID: 8370 <b>Project summary:</b> The longitudinal and multigenerational impact of child abuse, maltreatment, discrimination, and neglect on the health of women and families. <b>Responsibilities:</b> Code and administer psychological self-report measures (e.g., MOCA, BAI, BDI-II, MACE, ACE, BCES) and biological data collection (e.g., blood pressure, hair, nail, blood draw) from marginalized and low-income adults (ages 24-53) and children (ages 5-15), utilize diverse recruitment strategies (e.g., phone, mail, and in-person), and provide childcare support.
2024 – 2025	<b>Play and Development Laboratory, St. John Fisher University</b> , Rochester, NY <i>Research Assistant</i> <u>Supervised by Zachary S. Gold, Ph.D.</u> <b>Funding source:</b> Unit Bricks <b>Project summary:</b> The developmental implications of children's play with peers and building materials with a focus on engineering play and STEM learning. <b>Responsibilities:</b> Systematically code observational data of children's STEM playing, run play visits and spatial skills tasks with children ages 4-7, lead statistical analyses for a published article including CFA, help set up the PI's new lab, and design the lab's <u>website</u> .
2023 – 2025	<b>St. John Fisher University</b> , Rochester, NY <i>Research Fellow</i> <u>Supervised by Jessica R. Robinson, Ph.D.</u> <b>Funding source:</b> Summer Research Fellowship <b>Project summary:</b> The role of self-concept as a mediator between attachment style and social and emotional loneliness during young adults' transition to college. <b>Responsibilities:</b> Conceptualize and propose an independent research project. Manage the entire research process including preparing and submitting IRB and grant proposals, literature reviews, survey development on Qualtrics, college-aged participant recruitment, analyze study data, and co-author final scholarly products.

2023 – 2025    **The Transition to College Study, St. John Fisher University, Rochester, NY**  
*Research Assistant*  
Supervised by Jessica R. Robinson, Ph.D. & Melissa M. Goodwin, Ph.D.  
**Funding source:** Faculty Research Development Award (SJFU)  
**Project summary:** The effects of COVID-19 and parental warmth on emotional and behavioral autonomy, overall well-being, and college preparedness.  
**Responsibilities:** Select measures for the assessment battery (e.g., IOS, CES-DC, NRI-BSV), create marketing materials for participant recruitment, lead the data analysis and creation of data visualizations, and co-author final scholarly products.

## **PUBLICATIONS**

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### ***Journal Articles:***

1. **Byrd, N.S.**, McCabe, S.C., Robinson, J.R. (2025). Constructing connections: A phenomenological explanation of loneliness in first-year undergraduates. *Soaring: A Journal of Undergraduate Research*, 2025(1), Article 3. <https://fisherpub.sjf.edu/soaring/vol2025/iss1/3>; OSF
2. McClure Brenchley, K.J., & **Byrd, N.S.** (2025). Body inclusivity on campus: The creation of a student club. *Eye on Psi Chi*, 30(1). <https://www.psichi.org/page/301EyeFall25Brenchley>
3. **Byrd, N.S.** (2024). Loneliness in the nucleus for psychopathology: Relationships with cognitive, social, and personality disorders. *Soaring: A Journal of Undergraduate Research*, 2024(2), Article 4. <https://fisherpub.sjf.edu/soaring/vol2024/iss2/4>
4. **Byrd, N.S.** (2024). The factors causing high food insecurity in U.S. undergraduate students. *Soaring: A Journal of Undergraduate Research*, 2024(1), Article 2. <https://fisherpub.sjf.edu/soaring/vol2024/iss1/2>; OSF

### ***Under Review:***

1. Gold, Z.S., Perlman, J., Howe, N., & **Byrd, N.S.** (*Under review*). Block play supports children's informal and formal spatial skills. *Cognitive Development*.
2. Robinson, J.R., **Byrd, N.S.**, & Goodwin, M.M. (*Under review*). The transition to college study. *Emerging Adulthood*.

### ***Student/Professional Resources:***

1. **Byrd, N.S.** (2025). Graduate School 101: Less Lonely, More Navigable. <https://drive.google.com/drive/folders/14Dn4rdx1gkr4tBp1H6eMf2IYr09ut5b7>
2. **Byrd, N. S.** (2024). PsycStats ToolKit. <https://sites.google.com/sjfc.edu/psycstats/home?authuser=0>

**POSTERS & PROFESSIONAL PRESENTATIONS**

1. **Byrd, N.S.,** & Robinson, J.R. (2026, April). *Attachment, loneliness, and self-concept: The moderating role of self-concept transitioning to college.* Poster to be presented at the Society for Research on Adolescence (SRA), Toronto, Canada.
2. **Byrd, N.S.,** & Robinson, J.R. (2025, August). *Attachment, loneliness, and self-concept: The moderating role of self-concept transitioning to college.* Poster presented at the Hybrid Annual Convention of the American Psychological Association (APA), Denver, CO.
3. **Byrd, N.S.,** Childs, A., Martin, E., Trimboli, G. (2025, May). *Adverse childhood experiences in Rochester, NY.* Poster presented at the Fisher Showcase, Rochester, NY.
4. Gold, Z. S., Perlman, J., Howe, N., & **Byrd, N.S.** (2025, May). *Block play supports children's formal and information spatial skills.* Poster presented at the Fisher Showcase, Rochester, NY.
5. **Byrd, N.S.** (2025, April). *Attachment and the impact of narcissism on romantic and parent-child relationships.* Poster presented at the Fisher Lab Symposium, Rochester, NY.
6. **Byrd, N.S.,** & McCabe S.C. (2024, December). *Constructing connections: A phenomenological explanation of loneliness in first-year undergraduates.* Poster presented at the Fisher Lab Symposium, Rochester, NY.
7. **Byrd, N.S.,** & Robinson, J.R. (2024, December). *The transition to college study.* Poster presented at the Fisher Showcase, Rochester, NY.
8. **Byrd, N.S.,** & Robinson, J.R. (2024, October). *The transition to college study.* Poster presented at the Annual New England Psychological Association (NEPA) Conference, Springfield, MA.
9. Robinson, J.R., & **Byrd, N.S.** (2024, October). *The transition to college study.* Poster presented at the Association for Psychological Science (APS) Global Psychological Science Summit.
10. **Byrd, N.S.** (2024, August). *The transition to college study.* Poster presented at the Hybrid Annual Convention of the American Psychological Association (APA), Seattle, WA.
11. **Byrd, N.S.,** & Robinson, J.R. (2024, August). *The transition to college study.* Poster presented at the President's Summer Fellows Research Symposium, Rochester, NY.
12. **Byrd, N.S.** (2024, April). *PsycStats ToolKit honors keystone project.* Poster presented at the Fisher Showcase, Rochester, NY.
13. **Byrd, N.S.,** Magar, P., Morales I., & Smith, R. (2023, December). *Sleep habits in St. John Fisher students.* Poster presented at the Fisher Research Methods Showcase, Rochester, NY.

14. **Byrd, N.S.**, Grimaudo, J., Hedden, C., & Wilson, R. (2023, May). *People of color and communication in the fight for women's suffrage*. Poster presented at the Fisher Showcase, Rochester, NY.

## **GRANTS & AWARDS**

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### ***Graduate:***

- 2025 – Present Penn State University Graduate Fellowship (\$32,500)  
 2025 Child Study Center Strumpf Travel Award (\$800)  
 2025 NSF Grant Incentive Award (\$1,000)  
 2025 College of Liberal Arts Scholarship (\$2,000)  
 2025 Científico Latino Alumni Scholarship (\$1,000)

### ***Undergraduate:***

- 2025 Trustees Ranking Scholar Award (*For graduating with the highest cumulative GPA*)  
 2025 Provost's Award for Best Paper ("Loneliness is the Nucleus for Psychopathology")  
 2025 Award for Scholarly Activity in Psychology (*Student most committed to research*)  
 2025 Award for Academic Achievement in Psychology (*Highest GPA within the major*)  
 2025 Cardinal Awards: Impact Award (*Nominated*)  
 2025 Cardinal Awards: Student Publication of the Year (*Nominated*)  
 2025 Cardinal Awards: Club Collaboration of the Year (*Won on behalf of The Body Talk*)  
 2024 Científico Latino Graduate Student Mentorship Initiative Scholarship (\$200)  
 2024 oSTEM Graduate Application Financial Aid Program (\$315)  
 2024 Dean of Arts and Sciences Travel Grant (\$300)  
 2024 St. John Fisher University Special Case Club Funding (\$900)  
 2024 Student Scholar Travel Grant (\$250)  
 2024 Career Accelerator Grant (\$230, \$135)  
 2024 Fisher Flight Award (*Fully funded trip to Boston, MA to network with alumni*)  
 2024 – 2025 Leadership Development Scholarship (*For leadership on & off-campus, \$1,000*)  
 2022 – 2025 Dean's List (*Awarded semesterly for achieving a GPA above 3.50*)  
 2022 – 2025 Trustee Merit Scholarship (*Highest merit scholarship, awarded \$19,000 annually*)  
 2022 – 2025 Honors Scholarship (*Honors program scholarship, awarded \$2,000 annually*)

### ***Pre-baccalaureate:***

- 2022 Valedictorian Honors (*Awarded by graduating top of 360 student high school class*)

## **TEACHING & MENTORSHIP**

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### ***Teaching:***

- 2024 – 2025 **Center for Writing and Tutoring**  
*Peer Tutor for Advanced Statistics (PSYC204), Basic Statistics (PSYC201), Research Methods (PSYC200), & Data Analysis in Psych Science (PSYC1105)*  
 St. John Fisher University, Rochester, NY
  - Provide guidance on understanding of course materials and assignments utilizing diverse methods learned from the course and teaching training.
  - Accommodate 10+ diverse students' needs and help them excel in courses.

**Guest Lectures:**

03/2025	<b>Cardinal Experience (CORE4990)</b> St. John Fisher University, Rochester, NY <i>Lecture:</i> Adverse childhood experience in Rochester, NY.
04/2024	<b>The Causes and Consequences of Human Diversity (HNRS2599)</b> St. John Fisher University, Rochester, NY <i>Lecture:</i> The biological perspective of diversity in sex, gender, and sexuality.
02/2024, 10/2024	<b>Professional Development I (PSYC195)</b> St. John Fisher University, Rochester, NY <i>Lecture:</i> Field experience, research, internships, leadership opportunities, etc.

**Invited Talks:**

08/2025	<b>Científico Latino Graduate School Mentorship Initiative</b> Webinar <i>Lecture:</i> Applying to graduate programs in STEM
03/2025	<b>A Taste of Fisher (School of Arts and Sciences Recruitment Event)</b> St. John Fisher University, Rochester, NY <i>Lecture:</i> Research and scholarly involvement at Fisher.
03/2024, 03/2025	<b>Spend-a-Day (Psychology Department Recruitment Event)</b> St. John Fisher University, Rochester, NY <i>Lecture:</i> Opportunities and coursework in psychology at Fisher.

**Mentoring Activities:**

2025 – Present	<b>NextGen Psych Scholars</b> <i>Mentor</i> <ul style="list-style-type: none"><li>Provide one-on-one insights into applying to Psychology PhD programs and revisions to application materials to ensure a successful cycle.</li></ul>
2025 – Present	<b>Científico Latino Graduate Student Mentorship Initiative</b> <i>Mentor</i> <ul style="list-style-type: none"><li>Provide one-on-one insights into applying to STEM PhD programs and revisions to application materials to ensure a successful cycle.</li></ul>
2024 – 2025	<b>Research Girl</b> <i>Mentor</i> <ul style="list-style-type: none"><li>Provide one-on-one weekly formal mentorship to help high-school and early undergraduate students secure STEM research assistant positions.</li></ul>

**COMMUNITY INVOLVEMENT & LEADERSHIP**

2025 – Present **The Pennsylvania State University**, We Are Connected  
*Researcher*

- Create and monitor weekly check-in surveys for a seminar focused on fostering meaningful connections to promote well-being and retention in marginalized first-year and transfer students.

2025 – Present **The Pennsylvania State University**, Psychology Recruitment and Retention  
*Committee Member*

- Plan events and spearhead initiatives to increase belonging for current students, and ensure equitable recruitment practices for prospective PhD students.

2024 – Present **Academic Memories**, Brain Blog  
*Scientific Editor*

- Peer-review monthly brain science and graduate school posts to ensure accessibility of knowledge.

2024 – 2025 **St. John Fisher University**, Honors Student Advisory Board  
*Representative*

- Plan honors events, implement program changes including a monthly newsletter, and disseminate communications related to the honors program.

2024 **St. John Fisher University**, Honors Program  
*Honors Keystone Project*

- Founded a website for students as a toolkit for psychological statistics. Regularly update a library of resources and attend to the help request log. [View PsyStats ToolKit](#)

2023 – 2025 **St. John Fisher University**, The Body Talk  
*Co-Founder and President*

- Lead a club on campus centered around events to build community for those passionate about well-being, body positivity and stigma, and eating disorder advocacy. Successfully formulate the club's budget, totaling \$12,000. [OSF](#)

2023 – 2025 **St. John Fisher University**, Committee of Campus Climate Planning  
*Student Representative*

- One of two undergraduates chosen to represent the student body at faculty DEI committee meetings to conceptualize, implement, and analyze a campus-wide survey assessing diversity, equity & inclusion.

2023 – 2024 **St. John Fisher University**, Committee of Belonging  
*Co-Chair*

- Held workshops for student senator project ideas including implementing a campus wide DEI survey, and increasing awareness of educational outreach programs, such as TRIO/CSTEP.

2023 – 2024    **St. John Fisher University**, Student Government Association  
*Senator of Commuter Students*

- Represented the interests of commuter students through leading projects, disseminating email communications, and volunteering at monthly student events to support coordination and student enjoyment.

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## **WORK EXPERIENCE**

06/2024 –    **Excellus BlueCross BlueShield**, Rochester, NY (Hybrid)

08/2025        *Research Insights Intern*

- Originated a high-impact research initiative on loneliness, informing a 2025 Health Plan strategic priority; led survey design and analysis that directly shaped member-facing resources and community partnerships.
- Designed and conducted four independent member market research studies on pharmacy experience, communication preferences, mobile app usage, and GenZ utilizing Qualtrics surveys & focus groups in collaboration with UX & CX.
- Developed an interactive Power BI dashboard from scratch to visualize broker satisfaction data, enhancing reporting efficiency and decision-making for stakeholders.
- Created a quarterly newsletter for feedback forum members, translating survey insights into transparent and engaging communications.
- Supported ongoing research on member, employer, broker, and provider satisfaction, ensuring data quality and crafting compelling data visualizations to drive storytelling and strategic decisions.

06/2023 –    **Excellus BlueCross BlueShield**, Rochester, NY (Hybrid)

05/2024        *Human Resources Intern*

- As the youngest intern, led a clinical turnover evaluation project, by devising and presenting recommendations leveraging HR data, industry research, and employee engagement surveys.
- Managed the collection, analysis, and benchmarking of performance appraisal calibration feedback data, utilizing data visualization techniques to present key insights and drive process improvement.

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## **MEDIA ACTIVITIES**

2025            SJF News, “#Fisher2025: For Psychology Grad, Next Stop is Doctoral Degree”

2025            SJF News, “Countdown to Commencement 2025: Natalie Byrd”

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## **PROFESSIONAL AFFILIATIONS**

2026 – Present    Society for Research on Adolescence, Student Member  
2025 – Present    Graduate Women in Science, National and Penn State Chapter Member  
2025 – Present    Científico Latino Graduate Student Mentorship Initiative, Alumni Member  
2024 – 2025        Científico Latino Graduate Student Mentorship Initiative, Scholar  
2024 – Present    Council on Undergraduate Research (Psychology Division), Member  
2024 – Present    Psi Chi National Psychology Honor Society, Member  
2024 – Present    National Alliance on Mental Illness (National/NY/Rochester), Member

2024 – Present	American Psychological Association (Division 1 - General), Member
2023 – Present	American Psychological Association (Division 7 - Developmental), Member
2023 – 2025	American Psychological Association, Student Affiliate & Campus Ambassador
2023 – 2025	Alpha Mu Gamma International Foreign Language Honor Society, Member

## **CERTIFICATIONS & TRAININGS**

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### ***Statistics and Research Methods:***

05/2024	CenterStat Structural Equation Modeling (SEM) Workshop ( <i>18 hours</i> )
05/2024	Qualtrics Platform Essentials ( <i>4 hours</i> )
04/2024	APA Science Training: Eye-Tracking Methods and Research Designs ( <i>1.5 hours</i> )

### ***Responsible Conduct of Research:***

10/2025	Research Data Management ( <i>1 hour</i> )
07/2024	LinkedIn Learning: DEI ( <i>7.5 hours</i> )
06/2024	CITI Program Responsible Conduct of Research ( <i>5 hours</i> )
02/2024	CITI Program Social-Behavioral-Educational Researchers ( <i>1 hour</i> )
02/2024	EHS Laboratory Safety Training Standard Chemical 2024 ( <i>1 hour</i> )
01/2024	UR Medical Center HIPAA Privacy and Security ( <i>1.5 hours</i> )
01/2024	New York State OCFS Mandated Reporter ( <i>2 hours</i> )
10/2023	CITI Program Social & Behavioral Research ( <i>4.5 hours</i> )

### ***Teaching:***

04/2025	CRLA International Tutor Training Program Certification ( <i>10 hours</i> )
04/2024	STP-GSTRA Learning Science to Help Students Succeed Workshop ( <i>2 hours</i> )
03/2024	LinkedIn Learning: How to Be a Good Mentee and Mentor ( <i>1 hour</i> )
05/2022	New York State Seal of Biliteracy: French

## **PROFESSIONAL SERVICE**

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**Ad-Hoc Journal Reviews:** Emerging Adulthood

**Ad-Hoc Grant Reviews:** PSU CHED Seed Grant

**Ad-Hoc Poster Proposal Reviews:** APA Div 7

## **SPECIAL SKILLS**

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**Technical:** Jamovi, SPSS, RStudio, GraphPad Prism, Zotero, Qualtrics, Lyssna, Prolific, Sona Systems

**Research:** Recruitment & scheduling, narrative coding, observational coding, literature reviews, IRB submission, grant writing, measure administration, data visualization, survey design

**Statistical:** Structural Equation Modeling (SEM)

**Language:** R (Intermediate), HTML (Beginner), French (A2)