OMB No. 0925-0001 and 0925-0002 (Rev. 03/2020 Approved Through 02/28/2023)

BIOGRAPHICAL SKETCH

Provide the following information for the Senior/key personnel and other significant contributors.  
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NAME: Chelsea Helion

eRA COMMONS USER NAME (credential, e.g., agency login):

POSITION TITLE: Assistant Professor, Temple University Psychology Department

EDUCATION/TRAINING (Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.)

| INSTITUTION AND LOCATION | DEGREE  (if applicable) | Completion Date  MM/YYYY | FIELD OF STUDY |
| --- | --- | --- | --- |
| Temple University, Philadelphia, PA | B.A. | 05/2009 | Psychology |
| Cornell University, Ithaca, NY | Ph.D. | 08/2014 | Social Psychology |
| Columbia University, New York, NY | Postdoc | 07/2019 | Social and Cognitive Neuroscience |

**A. Personal Statement**

**My research focuses on emotion and self-regulation in adult and developmental populations. Since 2019, I have been the director of the Social and Affective Neuroscience Lab at Temple University, wherein we examine how emotional experience and intensity impacts regulation ability, memory, and decision-making. Within Temple’s department, I am affiliated with the Social Psychology and Cognition and Neuroscience subareas, and advise PhD students in both programs. My research program examines the interplay between emotion, self-regulation, and social cognition. The goal of the proposed research is to examine the regulation of negative emotion associated with uncertainty. The proposed approach, of combining social psychological theory with cognitive psychological paradigms and neuroscience methods has been one that I have utilized throughout my career to date. I completed my graduate school training at Cornell University and Weill Cornell Medical College with Dr. David Pizarro and Dr. BJ Casey, exploring emotional influences on judgment and decision-making in adult and developmental populations. I completed my postdoctoral training at Columbia University with Dr. Kevin Ochsner, and focused on how specific social contexts (i.e., moral vs. nonmoral) influences emotion regulation ability. I have a great deal of experience studying emotional and social influences on memory and decision-making using both implicit and explicit behavioral methods, particularly within quasi-naturalistic experimental designs.**

**Statement describing past and current mentoring and training philosophy, including commitment to diversity and inclusion in current training environments:** The primary aim of my mentoring and training philosophy is to help my students smoothly transition from the targeted hands-on training in the earlier years of PhD work to fostering a sense of independence in the later stages and into their postdoctoral training. My interests in social psychology and cognitive neuroscience are wide-ranging, and I have received a great deal of interdisciplinary training in social, affective, and developmental psychology and neuroscience. My aim as a mentor is to use this wealth of knowledge to help my students achieve their goals and pursue their independent interests. Regarding diversity and inclusion, **I am a founder and co-director of Temple University’s BRIDGE program, a program which places students that are underrepresented in the sciences in paid summer research positions in psychology at Temple. This program has been very successful, and in its short tenure we have already had 20 BRIDGE fellows, secured a named BRIDGE scholarship position based on enthusiastic alumni support, and have graduated 11 seniors from the program. Two of these students have transitioned to being year-round research assistants in my lab, and are currently applying for post graduate study in counseling and clinical psychology.**

**B. Positions, Scientific Appointments, and Honors**

**Positions:**

**Assistant Professor, Temple University Psychology Department (2019 – present)**

**Postdoctoral Research Scientist, Columbia University (2017 – 2019)**

**Honors/Fellowships:**

Ruth L. Kirschstein National Research Service Award NIH (F32HD081960) 2014-2017

Fellow, Summer Institute in Cognitive Neuroscience—UC Santa Barbara 2014

Fellow, Summer Institute in Social Psychology—Princeton University 2011

Merck Fellowship, Biology of Developmental Disorders--Cornell University 2010

NIH Multidisciplinary Training in Development and Learning Grant (PI: Finlay; T32 HD055177)

Graduate Trainee, Cornell University & Weill Cornell Medical College 2010-2014

Honorable Mention--National Science Foundation Graduate Research Fellowship 2010

Sage Graduate Fellowship—Cornell University 2009-2010

Diamond Scholars Undergraduate Research Grant—Temple University 2007

**C. Contributions to Science**

**1. My primary scientific contributions have centered around the role of emotion-regulation in social decision-making. Specifically, I have examined the role that motivational processes play in emotional experience, and how it may bias memory retrieval and evaluations of others.**

1. **Helion, C.,** Helzer, E. G., Kim, S., & Pizarro, D.A. (2020). Asymmetric moral memory for harming versus being harmed. Journal of Experimental Psychology: General, 149(*5*), 889-900.
2. **Helion, C.,** Ward, A., O’Shea, I., & Pizarro, D.A. (in press). Making molehills out of mountains: Removing prior moral meaning from prior immoral actions. Journal of Behavioral Decision-Making.
3. **Helion, C.**, Ochsner, K.N. The Role of Emotion Regulation in Moral Judgment (2018). *Neuroethics* **11,**297–308.
4. **Helion, C.,** & Pizarro, D. A. (2015). Beyond dual-processes: The interplay of reason and emotion in moral judgment. In N. Levy & Clausen, J. (Eds.) *Springer Handbook for Neuroethics.* Dordecht: Springer Netherlands.

2. In work with multiple collaborators across multiple institutions, I have examined the behavioral and neural substrates involved in emotion regulation both in adults and across development. This includes both functional and structural neuroimaging, and involving multiple forms of emotion regulation (e.g., negative affect, emotional reactivity, and appetitive craving).

1. Mitchell, W. J., Tepfer, L. J., Henninger, N. M., Perlman, S.B., Murty, V.P., & **Helion, C.** (2022) Developmental differences in affective representation between prefrontal and subcortical structures, Social Cognitive and Affective Neuroscience, *17(*3), Volume 17, 311–322.
2. **Helion, C.,** Krueger, S., & Ochsner, K.N. (2019). Emotion regulation across the lifespan. In D’Esposito, M. (Ed.) *Handbook of clinical neurology* (163), 257 – 280. Elsevier: London, UK.
3. Silvers, J. A., Insel, C., Powers, A., Franz, P., **Helion, C.**, Martin, R. E., ... & Ochsner, K. N. (2017). vlPFC–vmPFC–amygdala interactions underlie age-related differences in cognitive regulation of emotion. *Cerebral cortex*, *27*(7), 3502-3514.
4. Silvers, J. A., Insel, C., Powers, A., Franz, P., **Helion, C**., Martin, R., ... & Ochsner, K. N. (2017). The transition from childhood to adolescence is marked by a general decrease in amygdala reactivity and an affect-specific ventral-to-dorsal shift in medial prefrontal recruitment. *Developmental cognitive neuroscience*, *25*, 128-137
5. Martin, R. E., Silvers, J. A., Hardi, F., Stephano, T., **Helion, C.**, Insel, C., ... & Casey, B. J. (2019). Longitudinal changes in brain structures related to appetitive reactivity and regulation across development. *Developmental cognitive neuroscience*, *38*, 100675.
6. Cohen, A. O., Dellarco, D. V., Breiner, K., **Helion, C.**, Heller, A. S., Rahdar, A., ... & Casey, B. J. (2016). The impact of emotional states on cognitive control circuitry and function. *Journal of cognitive neuroscience*, *28*(3), 446-459.

3. Other work has focused on motivational factors that predict consumer behavior, specifically why certain forms of money are more or less likely to be spent in specific ways, and how individuals decide how much to pay in different situations.

1. **Helion, C.,** & Gilovich, T. (2014). Gift cards and mental accounting: Green‐lighting hedonic spending. *Journal of Behavioral Decision Making*, *27*(4), 386-393.
2. Lynn, M., Flynn, S. M., & **Helion, C.** (2013). Do consumers prefer round prices? Evidence from pay-what-you-want decisions and self-pumped gasoline purchases. *Journal of Economic Psychology*, *36*, 96-102.