

Kaitlin Mae Fernandez

kaitlinmaef@berkeley.edu

775-313-8215

EDUCATION

2024-2029

University of California, Berkeley
Social Psychology, Doctor of Philosophy

2021-2023

University of Nevada-Reno, Honors College
Major: B.S. in Psychological Science | Minor: Ethnic Studies
GPA: 3.915 | Major GPA: 3.970

HONORS AND AWARDS

Fall 2023

**Nevada Undergraduate Research Award
(\$2,250)**

Competitive undergraduate research grant to support the completion of an extensive research project under the guidance of a faculty mentor.

- Research project: *Intersectionality: Investigating parent-child relationships from the perspectives of LGBTQIA+ children of immigrants*

Spring 2023

**Nevada Undergraduate Research Award
(\$2,250)**

Competitive undergraduate research grant to support the completion of an extensive research project under the guidance of a faculty mentor.

- Research project: *Testing the roles of inadequacy and responsible harmfulness in the differentiation of shame and guilt through the attitudes and beliefs of college students*

2022

**Bridge to Graduate School
(\$1,000)**

Bridge to Graduate School is a professional development program focused on equipping upper-level undergraduate students in Nevada with the tools they need to navigate the path to graduate school.

2022

**Pack Research Experience Program Award
(\$4,500)**

Aimed at providing undergraduate students with an academic standing of freshman and sophomore the opportunity to get paid to work on a research or creative activity project with the guidance of a University faculty mentor.

- Research project: *Developing a Light Exposure Questionnaire*

2021-2023

Dean's List Student

Fall 2021; Spring 2022; Fall 2022; Spring 2023

RESEARCH EXPERIENCE

Summer 2023

Fellow, UC Irvine Summer Undergraduate Research Fellowship (\$4,000)

This program offers undergraduate and master's diversity students an opportunity to work closely with faculty mentors on research projects and provide an intense course of graduate preparation workshops. SURF is designed for students who plan to pursue a Ph.D. or M.F.A. degree and enter academic careers, and provides the tools needed to facilitate application, admission, and enrollment to graduate school.

Research labs include:

- Child Narratives Lab
 - Mentor: Dr. J. Zoe Klemfuss | Developmental Psychology

2023

Society for Personality and Social Psychology - Undergraduate Research Program (\$1,500)

The Social-Personality Undergraduate Research (SPUR) Program is a research internship from March to December for students interested in pursuing a graduate degree in social-personality psychology.

- Research project: *Investigating cultural and generational differences in emotion regulation strategies within East and South Asian Communities* | Mentor: Dr. Richard B. Lopez, Worcester Polytechnic Institute

2022-2023

UNR Scholar, Ronald E. McNair Scholars Achievement Program

This program prepares first generation, low income, and minority undergraduate students for graduate school through a series of preparatory courses, professional and academic development workshops, and a summer research program

2021-2023

Research Assistant, University of Nevada, Reno

Research projects include:

- *Intersectionality: Investigating parent-child relationships from the perspectives of LGBTQIA+ children of immigrants*
Mentor: Dr. Sarah Mitchell
- *Testing the roles of inadequacy and responsible harmfulness in the differentiation of shame and guilt through the attitudes and beliefs of college students*
Mentor: Kodai Kusano
- *Developing a Light Exposure Questionnaire*
Mentor: Dr. Daniel S. Joyce
- The Center for the Dissemination and Implementation of Culturally Sensitive, Evidence-Based Psychological Services (DICE Center)
Mentor: Dr. Lorraine Benuto

ACTIVE RESEARCH PROJECTS

Investigating cultural and generational differences in emotion regulation strategies within East and South Asian Communities

The purpose of this study is to investigate generational (age-related) and cultural differences in emotion regulation among East and South Asian individuals compared to White individuals. While previous research has explored some cultural differences in emotion regulation, there has been a lack of investigation into how generational and cultural differences may impact these processes.

Mentor: Dr. Richard B. Lopez, Worcester Polytechnic Institute | Cognitive Neuroscience

- Contributions: independent project design, literature review, data collection, analysis

Intersectionality: Investigating parent-child relationships from the perspectives of LGBTQIA+ children of immigrants

The aim of this study is to investigate the experiences of individuals who are a part of the LGBTQIA+ community as well as children of immigrants by examining the role of their intersecting identities and their relationships with their parents using a mixed-method approach to showcase the themes for LGBTQIA+ children of immigrants and tell the stories of individuals who currently have little representation in research and media.

Mentor: Dr. Sarah Mitchell | Human Development and Family Science

- Contributions: literature review, project design, qualitative data collection, thematic analysis

Testing the roles of inadequacy and responsible harmfulness in the differentiation of shame and guilt through the attitudes and beliefs of college students

Scholars are acutely aware of the importance of distinguishing shame and guilt but know far less about specific conditions that give rise to the two emotions. The current study will test the emerging hypothesis on the distinction between shame and guilt by identifying the role of inadequacy and responsible harmfulness using survey methods.

Mentor: Kodai Kusano | Social Psychology

- Contributions: literature review, project design, quantitative survey design, data collection, analysis

PAST RESEARCH PROJECTS

Developmental Shifts in Children's Interpretation of "When" Questions and Use of Temporal Language

This research explores how children aged 4-9 respond to "when" questions, investigating memory encoding bias. Through remote Zoom sessions, the study examines temporal information provision, timing interpretation, and term usage using coding and regression. Its findings enhance knowledge of children's temporal comprehension and language, guiding future research and question approaches.

Mentor: Dr. J. Zoe Klemfuss | Developmental Psychology

- Contributions: data collection, interviewing child participants, transcriptions

Developing a Light Exposure Questionnaire

This project focuses on the relationship between light exposure and circadian rhythms as well as how accurately participants were able to predict their own light exposure by comparing self-reported surveys to objective actigraph measures.

Mentor: Dr. Daniel S. Joyce | Psychology

- Contributions: project design, facilitating informed consent process, running data collection and vision testing, coded data analysis process in MATLAB

The Center for the Dissemination and Implementation of Culturally Sensitive, Evidence-Based Psychological Services (DICE Center)

Assisted multiple different projects all related to Latino/Latina/Latine mental health as a research assistant

Mentor: Dr. Lorraine Benuto | Clinical Psychology

- Contributions: literature review and assisting in data collection
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ACADEMIC PRESENTATIONS AND PUBLICATIONS

Fernandez, M. K., & Kusano, K. (2023, November). Testing the roles of inadequacy and responsible harmfulness in the differentiation of shame and guilt through the attitudes and beliefs of college students. Poster abstract accepted at the Annual Biomedical Research Conference for Minoritized Scientists, Phoenix, AZ.

Fernandez, M. K., & Klemfuss, Z. J. (2023, August). Developmental Shifts in Children's Interpretation of "When" Questions and Use of Temporal Language. Oral presentation at the University of California, Irvine Summer Undergraduate Research Fellowship Symposium, Irvine, CA.

Joyce, D., **Fernandez, M. K., & Ricketts, J. E.** (2023, June). Associations between functional vision and sleep performance. Poster presented at the SLEEP conference, Indianapolis, IN.

Fernandez, M. K., & Kusano, K. (2023, May). Testing the roles of inadequacy and responsible harmfulness in the differentiation of shame and guilt through the attitudes and beliefs of college students. Poster presented at the University of Nevada, Reno Research Symposium, Reno NV.

Fernandez, M. K., & Joyce, D. (2022, December). Developing a Light Exposure Questionnaire. Poster presented at the University of Nevada, Reno Research Symposium, Reno NV.

Fernandez, M. K., & Joyce, D. (2022, August). Developing a Light Exposure Questionnaire. Poster presented at the University of Nevada, Reno Research Symposium, Reno NV.

Fernandez, M. K., & Joyce, D. (2022, June). Developing a Light Exposure Questionnaire. Oral presentation at the National McNair UCLA Conference, Los Angeles, CA.

Fernandez, M. K., & Joyce, D. (2022, May). Developing a Light Exposure Questionnaire. Poster presented at the University of Nevada, Reno Research Symposium, Reno NV.

Kusano, K., Jami, W. A., **Fernandez, M. K.** (in prep). Toward a parsimonious model of pride: Reassessing psychometric properties of Tracy and Robin's authentic-hubristic pride scales.

PROFESSIONAL MEMBERSHIPS

- Society for Personality and Social Psychology (SPSP)
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SKILLS AND CERTIFICATIONS

- Proficiency in SPSS and R
- Survey Design
- Implementation in Qualtrics

violence, offering empathy, compassion, and a safe space for individuals in need. Actively participate in hotline services, responding to crisis calls, providing emotional support, and offering information on available resources and options.

2022 - Present

Volunteer, Crisis Text Line

Provide compassionate and nonjudgmental support to individuals in crisis through a text-based platform, offering immediate emotional assistance and resources. Engage in active listening and empathetic communication to help individuals navigate through challenging situations and emotions. Utilize crisis intervention techniques to assess and de-escalate crisis situations, promoting a sense of safety and stability for texters.

2022

Selection Board, McNair Scholars

Participated in interviewing candidates for the Ronald E. McNair Scholars Program at the University of Nevada, Reno