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With the end of Fall 2021, the CURCE team wants to THANK YOU for helping us return to campus safely and being able to engage over 3,000 students this semester! While we prepare for Spring 2022, we look forward to assisting you in exploring research at UAlbany.

Wishing you a peaceful holiday season!
How did you get involved in your current research?

First semester freshman year I took figuring out what concentration in psychology I wanted to go in and then finding a research lab. I was speaking to a psych advisor who told me about the Psych Mentorship program. They pair undergraduate psych majors with Grad or PhD students in your concentration. I was paired with Rico Brooks who is pursuing a PhD in Industrial/Organizational Psychology. I asked him if he knew of the process to join a lab or which one would be good to join. He told me about Jason Randall’s lab who looks at teams research, informal learning, mindfulness and trainings. I emailed Dr. Randall stating that I wanted to join a lab and I felt he might be a good fit. I also sent my resume. I interviewed with Huy one of the PhD students in the lab and then I’ve been working with them ever since.

This past summer, in addition to the Randall Lab, I worked in a Social Psychology/Criminal Justice Research Lab (the PULSE Lab) to diversify my research experience. With this lab, I hung flyers, managed recruitment phone calls, edited debriefing video clips, conducted a literature review on “shopping while black” experiences, and designed a logo for an upcoming study, amongst other various tasks. I applied for this lab online after receiving an email advertisement, interviewed and then was hired on.

Outside of UAlbany’s Psychology department, I have also worked with Dr. Lisa Baranik in the Business school for one semester. Here, I helped conduct a literature review on refugee discrimination. I connected with Dr. Baranik after she spoke at the Honors College. The Honors College Dean introduced me to Dr. Baranik after and I was hired on the spot.

While studying in Copenhagen, Denmark, I had the opportunity to work in a Positive Psychology “Happiness” Lab under Dr. Gitte Vonsild. The core focus of the lab was to explore and understand how we can enhance performance and facilitate psychological wellbeing by putting positive psychology theories and concepts into action, culminating into a “Change Project” where my group designed a community center for Senior citizens to increase their social support and overall wellbeing.

How have you prepared to be involved?

Being curious and asking a lot of questions. The more knowledge you acquire the better asset you are to the lab.

On this project, what are you working on?

I have worked in the Randall Lab for over three years. I have contributed to various projects, such as a literature search and review on Informal and Self-Directed Learning, where I cataloged and coded over 1000+ articles. In addition, I have helped manage the recruitment of participants for team processes research and recently qualitatively coded participant responses for a COVID-19 contact tracing study. Currently, I am focusing on my undergraduate honors thesis on building resilience. While interning for a Knowledge Lab where I designed a Building Resilience Training Program, I was inspired by a project idea. Following the training delivery at the consulting firm, I continued to deliver this training to undergraduate students. I am testing the idea that when individuals participate in the resilience training, they will see an increase in resilience, psychological wellbeing, and empathy, one day and one-month post-training. In the design of the training, I chose to approach it with a positive psychology lens. I believe positive psychology has a lot to offer in occupational settings. Resilience, in particular, emphasizes the importance of a strengths-based approach to overcome adversity. I would like to continue this work in future studies. Data analysis is being done using SPSS and includes descriptive statistics, correlation tables, and ANOVAs.

How does this research, or research in general, contribute to your ultimate goals?

I want to pursue a PhD in Industrial/ Organizational psychology. Engaging in research at the undergraduate level helps prepare me for the rigors of academia at the graduate level. Understanding how to conduct and evaluate research will help me pursue my interests at a graduate level.

You are the Director of Academic Affairs for the Student Association – how does your role as a researcher help this important leadership position (if at all)?

Academics are so much more than just taking courses. Research aids this position by allowing me to understand another perspective of today’s average student. It helps me to be a critical thinker and to feel comfortable around data. Research has prepared me for diving into projects I may not be familiar with but being comfortable and confident enough to find the answers and learn new things.

What is something you hope to see change at UAlbany about student involvement in research?

I would like to remove the misconception that research is only for stem majors. Anyone can engage in research we just need to think more creatively about what that actually means. Research in the simplest terms is having a question and finding the answer. Who wouldn’t want to do that?
SAVE THE DATE!

19th Annual Student Conference
Friday, April 22, 2022

For more Information Visit:
https://www.albany.edu/undergrad-research/annual-conference.php
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Step 3) Discuss your findings

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https://science.nasa.gov/citizenscience
We are a group of scholars from diverse disciplines who work to make new discoveries about daily life, while engaging as many people as possible in the process of discovery.

The Public Science Lab is not so much a single lab as it is a window into the collaborations between a vast network of scholars across many disciplines and institutions.

Some projects are cross listed on iNaturalist

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