

HELEN SCHMIDT

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EDUCATION

Temple University Philadelphia, PA
Ph.D., Psychology Anticipated 2026

- Specialization in Social Psychology | Concentration in Quantitative Methods
- *Research Interests*: emotion, social neuroscience, interpersonal communication

University College London London, United Kingdom
M.Sc., Clinical Neuroscience 2018

Tufts University Medford, MA
B.S., Biology 2017

HONORS & AWARDS

NIH F31 Ruth L. Kirschstein NRSA Individual Predoctoral Fellowship, *NHLBI* 2024 – 2026
Methods in Neuroscience at Dartmouth (MIND) Fellowship 2023
Graduate Travel Award, Society for Personality and Social Psychology 2023
Summer Research Fellowship, Temple University 2022
National German Honor Society, Tufts University 2017
Dean's List, Tufts University 2014 – 2017

PUBLICATIONS

**denotes equal contribution*

Ulichney, V., **Schmidt, H.**, & Helion, C. (2024). Perceived Relational Support Is Associated With Everyday Positive, But Not Negative, Affectivity in a U.S. Sample. *Personality & Social Psychology Bulletin*. <https://doi.org/10.1177/01461672231224991>

Eckardt, D., Helion, C., **Schmidt, H.**, Chen, J., & Murty, V. P. (2024). Storytelling changes the content and perceived value of event memories. *Cognition*. <https://doi.org/10.1016/j.cognition.2024.105884>

Schmidt, H.*, Tran, S.*, Medaglia, J. D., Ulichney, V., Mitchell, W. J., & Helion, C. (pre-print). Conversational Linguistic Features Inform Social-Relational Inference. *PsyArXiv*. <https://doi.org/10.31234/osf.io/fn4my>

Schmidt, H., & Helion, C. (pre-print). Integrated Neural Circuitry Supporting Emotion Regulation and Decision Making. *PsyArXiv*. <https://doi.org/10.31234/osf.io/adf3w>

Mahaphanit, W.*, Welker, C. L.*, **Schmidt, H.**, Chang, L. J., & Hawkins, R. X. D. (pre-print). When and why does shared reality generalize? *PsyArXiv*. <https://doi.org/10.31234/osf.io/g9p3e>

Mitchell, W. J., Stasiak, J., Martinez, S. A., Cliver, K., Gregory, D., Reisman, S., **Schmidt, H.**, Murty, V. P., Helion, C. (pre-print). Emotion regulation strategy use and forecasting in response to dynamic, multimodal stimuli. *PsyArXiv*. <https://doi.org/10.31234/osf.io/23wtz>

Ladyka-Wojcik, N.*, **Schmidt, H.***, Cooper, R. A.*, & Ritchey, M. (under review). Neural signatures of recollection are sensitive to memory quality and specific event features.

Mitchell, W. J., **Schmidt, H.**, & Helion, C. (in preparation). The use of active and passive viewing paradigms in social neuroscience.

Mitchell, W. J., Bounyarith, T., O'Shea, I., Stasiak, J., **Schmidt, H.**, & Helion, C. (in preparation). Synchrony in dynamic social and non-social decision-making under uncertainty.

Martinez, S. A., Cliver, K., Mitchell, W. J., **Schmidt, H.**, Ulichney, V., Helion, C., Chein, J., & Murty, V. P. (in preparation). Linguistic properties of memory expression influence perceptions of veracity, despite being unrelated to memory accuracy.

CONFERENCE PROCEEDINGS

**denotes equal contribution*

Mahaphanit, W.*, Welker, C. L.*, **Schmidt, H.**, Chang, L. J., & Hawkins, R. X. D. (2024). When and why does shared reality generalize? *Proceedings of the 46th Annual Meeting of the Cognitive Science Society*. <https://escholarship.org/uc/item/6t6195s5>

PRESENTATIONS

**denotes equal contribution | #mentored student*

1. Cunningham, R. M., Calderaro, M., Quarmley, M., Clarkson, T., **Schmidt, H.**, Wynngaarden, J. B., Cassidy, C. M., & Jarcho, J. M. (2024, September). *Social Anxiety in Adolescents: Insights from Neuromelanin-Sensitive MRI in the Substantia Nigra*. Poster presentation at Flux: The Society for Developmental Cognitive Neuroscience Annual Meeting, Baltimore, MD.
2. Mahaphanit, W.*, Welker, C. L.*, **Schmidt, H.**, Chang, L. J., & Hawkins, R. X. D. (2024, August). *How does shared reality generalize?* Poster presentation at the Cognitive Computational Neuroscience Annual Conference, Boston, MA.
3. Mahaphanit, W.*, Welker, C. L.*, **Schmidt, H.**, Chang, L. J., & Hawkins, R. X. D. (2024, July). *When and why does shared reality generalize?* Oral talk at the Cognitive Science Society Annual Conference, Rotterdam, Netherlands.
4. **Schmidt, H.**, Tran, S.#, Medaglia, J. D., Ulichney, V., Mitchell, W. J., & Helion, C. (2024, April). *Conversation Similarity Predicts Social Relational Inference*. Poster presentation at the Social and Affective Neuroscience Society Annual Conference, Toronto, Canada.

5. Calderaro, M. L., Cunningham, R. M., Quarmley, M., Clarkson, T., **Schmidt, H.**, Cassidy, C. M., & Jarcho, J. M. (2024, April). *Social Anxiety in Adolescents: Insights from Neuromelanin-Sensitive MRI in the Substantia Nigra*. Poster presentation at the Anxiety and Depression Association of America Annual Conference, Boston, MA.
6. Ewell, L.[#], Ulichney, V., **Schmidt, H.**, & Helion, C. (2024, April). *The impact of content- and affect-labeling on emotional recall in dynamic narrative experiences*. Poster presentation at the Temple University Symposium for Undergraduate Research and Creativity, Philadelphia, PA.
7. Cunningham, R. M., Calderaro, M. L., Quarmley, M., Clarkson, T., **Schmidt, H.**, Cassidy, C. M., & Jarcho, J. M. (2024, April). *Social Anxiety in Adolescents: Insights from Neuromelanin-Sensitive MRI in the Substantia Nigra*. Poster presentation at the Social and Affective Neuroscience Society Annual Conference, Toronto, Canada.
8. Mahaphanit, W.*^{*}, Welker, C. L.*^{*}, **Schmidt, H.**, Chang, L. J., & Hawkins, R. X. D. (2024, February). *Does shared reality generalize?* Data blitz presentation at the Shared Reality Virtual Mini-Conference.
9. Ulichney, V., **Schmidt, H.**, & Helion, C. (2024, February). *Evaluating associations between relational support and everyday emotional well-being*. Poster presentation at the Society for Personality and Social Psychology Annual Conference, San Diego, CA.
10. Calderaro, M. L., Cunningham, R. M., Quarmley, M., Clarkson, T., **Schmidt, H.**, Cassidy, C. M., & Jarcho, J. M. (2023, October). *Relations between neuromelanin in substantia nigra and peer-based aggression in adolescents are potentiated by irritability*. Poster presentation at the Society for the Study of Human Development Conference, Philadelphia, PA.
11. Johnson, A.[#], Helion, C., **Schmidt, H.**, & Mitchell, W. J. (2023, September). *The relationship between emotional experience & moral judgment*. Poster presentation at the Mid-Atlantic Diversity Scholars Retreat, Philadelphia, PA.
12. Osuntokun, M.[#], **Schmidt, H.**, & Helion, C. (2023, April). *Can linguistic aspects predict relationship formation and future outcomes?* Poster presentation at the Temple University Psychology Honors Poster Session, Philadelphia, PA.
13. Cunningham, R. M., Quarmley, M., Calderaro, M. L., Clarkson, T., **Schmidt, H.**, Cassidy, C. M., & Jarcho, J. M. (2023, April). *Relations between neuromelanin in substantia nigra and peer-based aggression in adolescents are potentiated by irritability*. Poster presentation at the Social and Affective Neuroscience Society Annual Meeting, Santa Barbara, CA.
14. Martinez, S. A., Cliver, K., Mitchell, W. J., **Schmidt, H.**, Helion, C., Chein, J., & Murty, V. P. (2023, March). *Linguistic cues of memory accuracy differ for low-threat and high-threat memories*. Poster presentation at the Cognitive Neuroscience Society Annual Meeting, San Francisco, CA.
15. **Schmidt, H.**, & Helion, C. (2023, March). *Emotion regulatory effects of emotion and content labeling in a naturalistic context*. Poster presentation at the Society for Affective Science Annual Conference, Long Beach, CA.

16. **Schmidt, H.**, Tran, S.#, & Helion, C. (2023, February). *Conversations predict social network learning*. Poster presentation at the Society for Personality and Social Psychology Annual Convention, Atlanta, GA. **Graduate Travel Award Received.**
17. Eckardt, D., Helion, C., **Schmidt, H.**, Chen, J., & Murty, V. P. (2022, November). *What makes a story: Uncovering mechanisms of memory communication*. Poster presentation at the Psychonomic Society Annual Meeting, Boston, MA.
18. **Schmidt, H.**, Tran, S.#, & Helion, C. (2022, May). *Conversational linguistic features that inform social network learning*. Poster presentation at the Philadelphia Decision Neuroscience Symposium, Philadelphia, PA.
19. **Schmidt, H.** (2022, April). *Conversational linguistic features that inform social network learning*. Oral presentation to the Temple University Department of Psychology & Neuroscience, first-year Ph.D. presentation series.
20. Eckardt, D., Helion, C., **Schmidt, H.**, Chen, J., & Murty, V. P. (2022, April). *What makes a story: Uncovering mechanisms of memory communication*. Poster presentation at the Temple University Neuroscience Research Day, Philadelphia, PA.
21. Tran, S.#, **Schmidt, H.**, & Helion, C. (2022, April). *Social network learning across evaluative domains*. Poster presentation at the Temple University Symposium for Undergraduate Research and Creativity, Philadelphia, PA.
22. **Schmidt, H.**, & Ritchey, M. (2020, August). *The protective effects of retrieval practice on positive memories*. Virtual poster presentation at the Context and Episodic Memory Symposium.
23. **Schmidt, H.**, Cooper, R. A., & Ritchey, M. (2020, May). *Temporal dynamics supporting the multidimensional quality of episodic memory*. Virtual poster presentation at the Cognitive Neuroscience Society Annual Meeting.
24. **Schmidt, H.**, Samide, R., Cooper, R. A., & Ritchey, M. (2019, May). *News flash! Investigating the dynamics of emotional memory using real-life event videos*. Poster presentation at the Context and Episodic Memory Symposium, Philadelphia, PA.
25. Distefano, D., **Schmidt, H.**, Hickey, P., & Race, E. (2018, March). *Characterizing EEG signatures of inattention that predict forgetting*. Poster presentation at the Cognitive Neuroscience Society Annual Meeting, Boston, MA.

PROFESSIONAL & RESEARCH EXPERIENCE

Fidelity Investments

Behavioral Science Research Intern

Boston, MA

June – August 2024

Social and Affective Neuroscience Lab, Temple University

Doctoral Researcher

Philadelphia, PA

August 2021 – present

Memory Modulation Lab, Boston College*Research Coordinator*

Chestnut Hill, MA

August 2018 – May 2021

Cognition and Computational Psychiatry Lab, UCL*Graduate Researcher*

London, United Kingdom

September 2017 – August 2018

Child and Adolescent Mood Disorders Laboratory, McLean Hospital*Research Assistant*

Belmont, MA

May – September 2017

Integrative Cognitive Neuroscience Lab, Tufts University*Research Assistant*

Medford, MA

May 2016 – May 2017

Rogulja Lab, Harvard Medical School*Research Assistant*

Boston, MA

May – August 2015

SKILLS

- **Programming:** Advanced proficiency in R (dplyr, sf, ggplot2), Python (NumPy, Pandas, Seaborn), and MATLAB (PsychToolbox, Machine Learning); intermediate proficiency in JavaScript and SQL.
- **Software & Tools:** Qualtrics, GitHub, certified fMRI Siemens operator, Geographic Information Systems, Open Science Framework
- **Quantitative Research:** Frequentist statistics (mixed-effects models, regression, ANOVA, power analysis), Bayesian statistics, computational modeling, natural language processing (embedding models, sentiment analysis, topic modeling), machine learning (TensorFlow, PyTorch)
- **Qualitative Research:** User interviews, survey design, thematic analysis
- **Data Collection:** Behavioral (Qualtrics, Prolific), neuroimaging (fMRI, EEG), experimental design (PsychoPy, PsychToolbox, jsPsych), survey design (Qualtrics), participant recruitment
- **Research Methods:** Experiment design, project management, research team management, technical writing, presenting, grant writing, interdisciplinary collaboration
- **Language:** English (native), German (intermediate)

TEACHING & MENTORING EXPERIENCE

Instructor of Record – Temple University*Foundations of Social Psychology (2023)*

- **4.8 / 5.0** average teaching effectiveness rating from student evaluations

Teaching Assistant – Temple University*Graduate Statistics II (2024)*

- **5.0 / 5.0** average teaching effectiveness rating from student evaluations

Graduate Statistics I (2023)

- **4.9 / 5.0** average teaching effectiveness rating from student evaluations

Statistics for Psychology (2021)

- **4.3 / 5.0** average teaching effectiveness rating from student evaluations

Coding Outreach Group Workshop Leader – Temple University

Geospatial Analysis & Cartography in R

August 2024

Machine Learning in R

July 2023

Introduction to Coding Bootcamp

August 2023

Undergraduate Research Advising

Graduate student mentor for 9 undergraduate research assistants, Temple University

2021 – present

Research coordinator for 10+ undergraduate research assistants, Boston College

2018 – 2021

LEADERSHIP EXPERIENCE

Coding Outreach Group, Temple University

Co-Director

2023 – present

- Student-run organization that creates free, publicly available tutorials for novice programmers and offers weekly technical support for students and faculty

Applicant Statement Feedback Program

Core Team – Applicant Subgroup

2023 – present

- Volunteer-driven initiative aiming to increase transparency and equity for underrepresented applicants to psychology doctoral programs

PROFESSIONAL SERVICE

"Grey Matters" Neuroscience Journal, Temple University

Graduate Scientific Reviewer

2022 – present

Psychology Graduate Students for Inclusivity, Temple University

Undergraduate Outreach Workshop Leader

2022

Professional Memberships

- Society for Affective Science
- Social and Affective Neuroscience Society
- Society for Personality and Social Psychology