

## ACADEMIC POSITIONS

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2024– **University of Wisconsin-Madison**  
**Center for Healthy Minds**, Postdoctoral Research Associate, PI: Matthew Hirshberg, PhD  
Collaborating with Drs. Matthew Hirshberg, Simon Goldberg, and Richard J. Davidson on research investigating well-being as a skill and the impacts of different well-being interventions on social, emotional, health, and occupational outcomes.

## EDUCATION

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2019–2024 **Virginia Commonwealth University** (Richmond, Virginia)  
PhD, Psychology (Social Psychology concentration)  
Dissertation: Effects and Mechanisms of Online Mindfulness Training on Emotional Experience  
Advisor: Kirk Warren Brown

2015–2019 **HSE University** (Moscow, Russia)  
PhD, Psychology (General and Personality Psychology concentration)  
Dissertation: Motivational and Personal Premises of Life Calling  
Advisor: Dmitry A. Leontiev

2013–2014 **HSE University** (Moscow, Russia)  
Professional certificate, Business and Life Coaching

2009–2011 **ESCP Europe Business School** (Paris, France) & **HSE University** (Moscow, Russia)  
MS, Strategic Management (double degree program)

2005–2009 **HSE University** (Perm, Russia)  
BS, Management

## RESEARCH FUNDING

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Submitted Distress tolerance as a core mechanism of mindfulness-based interventions. National Institutes of Health (NCCIH) R01, 2025 (Consultant, PI: Kirk Warren Brown; under review)

Completed Animal mind perception and preference for plant- over meat-based foods. APA Division 34 Research Grant-in-Aid, 2023–2025 (PI; \$1,000)

Effects and mechanisms of smartphone-based mindfulness training on emotional well-being in at-risk college students. Mind & Life Francisco J. Varela Grant, 2022–2024 (PI; \$20,000)

Personality development through the transition from childhood to adulthood: Psychological mechanisms, indicators, and trajectories. Russian Foundation for Basic Research (project 17-06-01009), 2016–2019 (Co-Investigator, PI: Dmitry Leontiev; \$18,850)

## PUBLICATIONS

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Contributions to non-first author publications: \* Conceptualization & methodology, † Investigation & administration, ‡ Statistical analysis & data visualization, § Original draft preparation ¶ Review & editing

# Shared first authorship

Journal papers Juberg, M. & **Beloborodova, P.**\*§ (2025). Empathy: A critical link between self-compassion and social dominance orientation. *Mindfulness*. <https://doi.org/10.1007/s12671-025-02651-3>

Rahrig, H., **Beloborodova, P.**¶§, Castro, C., Sabet, K., Johnson, M. Pearce, O., & Brown, K. W. (2025). Managing emotions in the age of political polarization: A randomized controlled trial comparing mindfulness to cognitive reappraisal. *Scientific Reports*. <https://doi.org/10.1038/s41598-024-84510-0>

**Beloborodova, P.**, Dutcher, J. M., Villalba, D. K., Tumminia, M. J. Doryab, A., Creswell, K., Cohen, S., Sefdigar, Y., Seo, W., Mankoff, J., Dey, A., Creswell, J. D., & Brown, K. W. (2024). College students' daily mind wandering is related to lower social well-being. *Journal of American College Health*. <https://doi.org/10.1080/07448481.2024.2351417>

**Beloborodova, P.** & Leontiev, D. (2024). Make your future job matter: A career calling intervention for college students. *Career Development Quarterly*, 71(1), 63–76. <https://doi.org/10.1002/cdq.12342>

Brown, K. W., Berry, D., Eichel, K., **Beloborodova, P.**<sup>#</sup>, Rahrig, H., Britton, W. B. (2022). Comparing impacts of meditation training in focused attention, open monitoring, and mindfulness-based cognitive therapy on emotion reactivity and regulation: Neural and subjective evidence. *Psychophysiology*, e14024. <https://doi.org/10.1111/psyp.14024>

**Beloborodova, P.** & Leontiev, D. (2019). Russian students' secular conceptions of life calling: A qualitative analysis. *Psychology in Russia: State of the Art*, 13(2), 3–18. <https://doi.org/10.11621/pir.2019.0201>

**Beloborodova, P.** (2017). Life calling: From religious and philosophical concepts towards a psychological construct. *Chelovek*, 6, 76–91. Originally published in Russian. English translation preprint: <https://doi.org/10.31234/osf.io/mqa9s>

**Beloborodova, P.** (2017). Contemporary international research on the phenomenon of life calling. *Voprosy Psikhologii*, 5, 150–158. Originally published in Russian. English translation preprint: <https://doi.org/10.31234/osf.io/sgk3x>

Peer-reviewed book chapters

Zheng, D., **Beloborodova, P.**<sup>#</sup>, Arch, J., & Brown, K. W. (2025). Emotional benefits of mindfulness. In K. W. Brown, J. D. Creswell, & R. M. Ryan (Eds.), *Handbook of Mindfulness: Theory, research, and practice*, (2nd ed., pp. 158–172). Guilford.

**Beloborodova, P.** & Brown, K. W. (2023). Mindfulness and basic psychological needs satisfaction. In R. Ryan & E. Deci (Eds.), *Oxford Handbook of Self-Determination Theory* (pp. 187–199). Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780197600047.013.9>

Other academic publications

**Beloborodova, P.** & Brown, K. W. (2024). Effects and mechanisms of smartphone-based mindfulness training on emotional experience. *Affective Science (Abstracts from the 2023 Annual Meeting of the Society for Affective Science: Emotion and Mental Health)*. <https://doi.org/10.1007/s42761-023-00229-7>

**Beloborodova, P.** (2016). [Review of the book *Being Called: Scientific, Secular, and Sacred Perspectives*, by D. B. Yaden, T. D. McCall, & J. H. Ellens (Eds.)]. *Voprosy Psikhologii*, 4, 162–163.

Non-academic publications

**Beloborodova, P.** (2023, February 17). How mindfulness helps us to build meaningful social connections. *Mind & Life Institute Blog*. <https://www.mindandlife.org/media/how-mindfulness-helps-us-to-build-meaningful-social-connections>

Under review

**Beloborodova, P.** & Brown, K. W. (submitted for initial review). The mismeasurement of mindfulness: Evidence from network analysis of a jangle fallacy in popular mindfulness scales. Preprint: <https://doi.org/10.31234/osf.io/b9yjz>

**Beloborodova, P.**<sup>#</sup>, Smith, L.<sup>#</sup>, Riordan, K. M., Simonsson, O., Dottori, L., Song, H., Shashko, N. S., Tatar, R., Baldwin, S. A., Bernstein, A., Dunne, J. D., Davidson, R. J., Hirshberg, M. J., & Goldberg, S. B. (submitted for initial review). Adverse effects in digital meditation training: Prevalence and predictors in two clinical trials.

Selected works in progress

**Beloborodova, P.**, Jahan, N. F., Djajakusuma, G., Johnson, M., Dutcher, J. M., Villalba, D. K., Tumminia, M. J., Doryab, A., Creswell, K., Cohen, S., Creswell, J. D., & Brown, K. W. (in preparation: writing). Being present enhances emotional well-being more than the absence of mind wandering.

**Beloborodova, P.**, Jahan, N. F., Djajakusuma, G., Johnson, M., & Brown, K. W. (in preparation: writing). Mindfulness training increases the sense of autonomy in daily life.

Hirshberg, M., Tatar, R., **Beloborodova, P.**<sup>#</sup>, Frausto, A. S., Vachuska, K., Bracey, C., Serena, Goldberg, S. B., & Davidson, R. J. (in preparation: writing). Enhancing low achieving student math learning through a digital wellbeing training for teachers.

**Beloborodova, P.**, Vachuska, K., Jiwani, Z., Lau, W., Swords, C., Valdivia, G., Riordan, K. M., Tatar, R., Dahl, C. J., Davidson, R. J., Hirshberg, M., & Goldberg, S. B. (in preparation: writing). Well-being growth mindset as a mechanism of action in well-being interventions.

**Beloborodova, P.**<sup>#</sup>, Xie, Q.<sup>#</sup>, Hirshberg, M. J., Tatar, R., Wilson-Mendenhall, C., Dahl, C. J., Davidson, R. J., Goldberg, S. B. (in preparation: writing). Trajectories of mindfulness skills development in three randomized controlled trials.

## HONORS & AWARDS

External awards	American Mindfulness Research Association (AMRA), Early Career Scientist Award, 2024 Harvard University, Emotional Well-Being and Physical Health Summer Course Tuition Fellowship, 2024 APA Division 52, Anastasi Graduate Student Research Award, 2023 Mindfulness Mechanisms and Methods Meeting (M <sup>4</sup> ) Travel Award, 2023 UW-Madison, Center for Healthy Minds, Plasticity of Well-Being Summer Workshop Travel Award, 2023 Society for Affective Science (SAS), Best Poster for New Idea Award, honorable mention, 2023
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	International Society for Contemplative Research (ISCR), Early Career Scholarship, 2023
	Society for Personality and Social Psychology (SPSP), Graduate Student Travel Award, 2023
	Mind & Life Award for Public Communication of Contemplative Research, honorable mention, 2022
	Center for Mindful Self-Compassion, Tuition Scholarship, 2022
	APA Division 52, Student Membership Scholarship, 2022
	Mind & Live Europe Summer Research Institute Scholarship, 2021
	Mind & Live Summer Research Institute Scholarship, 2021
Internal awards	VCU Graduate School Dissertation Fellowship, 2024 (\$9,375)
	VCU Psychology Department, Travel Award, 2019, 2023, 2024
	VCU Psychology Department, Outstanding Social Psychology Graduate Student Award, 2023
	VCU Graduate School, Travel Award, 2023
	VCU Business Services, International Student Scholarship, 2022–2023 (\$5,000)
	VCU Phi Kappa Phi Honor Society, 2022 (membership by invitation only to top 10% graduate students)
	VCU Psychology Department, Outstanding Graduate Student Teacher Award, 2022
	VCU Psychology Department, Pierluigi Antonio Menna Scholarship, 2022
	VCU Psychology Department, Professional Development Grant, 2021
	HSE University Psychology Department, Travel Award, 2018
	ESCP Europe, Academic Excellence Scholarship (50%), 2010
	HSE University, Graduate Placement Exam Entrance Scholarship (50%), 2009
	HSE University, Outstanding Academic and Service Achievement Award, 2009
	HSE University, Undergraduate Placement Exam Entrance Scholarship (100%), 2005

## PRESENTATIONS

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\* Undergraduate student mentee

Invited talks	<b>Beloborodova, P.</b> (2024, November). <i>Power analysis for multilevel models using R</i> [Invited talk]. Department of Psychology, Carnegie Mellon University (online).
	<b>Beloborodova, P.</b> (2024, February). <i>Motivation and goals</i> [Invited talk]. Department of Psychology, Colorado College (online).
	<b>Beloborodova, P.</b> (2023, October). <i>Research funding beyond NIH and NSF grants</i> [Invited talk]. Psychology Department, University of Missouri (Columbia, MO).
	<b>Beloborodova, P.</b> (2023, September). <i>Getting funding and recognition in the US as an international student and scholar</i> [Invited talk]. Department of Neuroscience, University of Wisconsin-Madison (Madison, WI).
	<b>Beloborodova, P.</b> & Brown, K.W. (2023, April). <i>The mismeasurement of mindfulness: Evidence of a jangle fallacy in popular mindfulness scales</i> [Invited talk]. Health and Human Performance Lab, Carnegie Mellon University (online).
	<b>Beloborodova, P.</b> (2022, November). <i>Effects and mechanisms of smartphone-based mindfulness training on emotional well-being</i> [Invited talk]. Health and Human Performance Lab, Carnegie Mellon University (online).
Chaired symposia	<b>Beloborodova, P.</b> (2025, November). <i>Mindfulness and social well-being: It's more complicated than we thought</i> [Chaired symposium]. International Society for Contemplative Research Annual Conference (Chapel Hill, NC).
Presentations	<b>Beloborodova, P.</b> , Jahan, N. F., *Djajakusuma, G. G., *Johnson, M., Brown, K. W. (2025, November). <i>Mindfulness training promotes autonomous motivation among college students</i> [Paper presentation]. International Society for Contemplative Research Annual Conference (Chapel Hill, NC).
	<b>Beloborodova, P.</b> , Hirshberg, M., Goldberg, S. B., & Davidson, R. J. (2025, May). <i>Well-being growth mindset as a candidate mechanism of change in digital meditation interventions</i> [Paper presentation]. Association for Psychological Science (APS) Annual Convention (Washington, DC).

**Beloborodova, P.** (2024). *Getting funding in the US as an international student and acholar* [Professional development workshop]. Society of Personality and Social Psychology Annual Convention (San Diego, CA).

**Beloborodova, P.** (2023, June). *Effects and mechanisms of smartphone-based mindfulness training on daily emotional well-being* [Paper presentation]. Plasticity of Well-Being Summer Workshop (Madison, WI).

**Beloborodova, P.** & Brown, K.W. (2023, May). *Mindfulness and satisfaction of basic psychological needs* [Paper presentation]. International Conference on Self-Determination Theory (Orlando, FL).

**Beloborodova, P.** & Brown, K.W. (2023, February). *Mindful states: A promoter of social and emotional well-being in college students* [Paper presentation]. Society for Personality and Social Psychology Annual Convention (Atlanta, GA).

**Beloborodova, P.** & Brown, K.W. (2023, February). *The mismeasurement of mindfulness: Evidence of a jangle fallacy in popular mindfulness scales* [Paper presentation]. International Society for Contemplative Research Inaugural Annual Conference (San Diego, CA).

Brown, K.W. & **Beloborodova, P.** (2021, February). *How presence supports the basic human need for social connection* [Paper presentation]. Society for Personality and Social Psychology Annual Convention (online).

**Beloborodova, P.** (2019, October). *Discernment of career calling: A quest for meaning and authenticity* [Paper presentation]. Society of Southeastern Social Psychologists 42<sup>nd</sup> meeting (Johnson City, TN).

**Beloborodova, P.** (2019, July). *"I'm looking for a calling, not just a job": Testing a career calling discernment intervention for college students* [Paper presentation]. 16<sup>th</sup> European Congress of Psychology (Moscow, Russia).

**Beloborodova, P.** (2019, April). *Make your future job matter: Career calling discernment course for university students* [Paper presentation]. 20<sup>th</sup> April International Academic Conference on Economic and Social Development (Moscow, Russia).

**Beloborodova, P.** (2018, June). *How to find your calling? Testing of an intervention for college students* [Paper presentation]. International research seminar 'Quality of life in times of the global transformation of mankind' (Aktru, Russia).

**Beloborodova, P.** (2017, May). *Intervention for the discernment of calling: Pilot test and results* [Paper presentation]. XXII International symposium 'Psychological problems of life meaning and acme' (Moscow, Russia).

**Beloborodova, P.** (2016, May). *Life calling: Philosophical and psychological concepts* [Paper presentation]. XXI International symposium 'Psychological problems of life meaning and acme' (Moscow, Russia).

#### Posters

**Beloborodova, P.**, Jahan, N. F., \*Djajakusuma, G. G., \*Johnson, M., Brown, K. W. (forthcoming in 2026, February). *Mindfulness enhances momentary emotional well-being: Observational and experimental evidence* [Poster session]. Society for Personality and Social Psychology Annual Convention (Chicago, IL).

**Beloborodova, P.**, Goldberg, S. B., Davidson, R. J., & Hirshberg, M. (2025, March). *Digital wellbeing training effects on distress and mechanisms of action* [Poster session]. Society for Affective Science Meeting (Portland, OR).

**Beloborodova, P.**, Jahan, N. F., \*Djajakusuma, G. G., \*Johnson, M., & Brown, K. W. (2025, February). *Effects of smartphone-based mindfulness training on social and emotional well-being* [Poster session]. Society for Personality and Social Psychology Annual Convention (Denver, CO).

**Beloborodova, P.** (2024, March). *Effects of online mindfulness training on social well-being* [Poster session]. Society for Affective Science Meeting (New Orleans, LA).

\*Pemmasani, S., \*Washington, O., \*McRae Cooper, A., \*Lim, A., **Beloborodova, P.** (2023, October). *What makes college students comply with a stress reduction intervention?* [Poster session]. Society of Southeastern Social Psychologists 44<sup>th</sup> meeting (Charlotte, NC).

**Beloborodova, P.** & Brown, K. W. (2023, October). *The mismeasurement of mindfulness: Evidence of a jangle fallacy in popular mindfulness scales* [Poster session]. Mindfulness Mechanisms and Methods Meeting (M<sup>4</sup>) (St. Louis, MO).

\*Pemmasani, S., \*Floyd, J., \*Kanuri, N., \*Kumar, V., **Beloborodova, P.**, & Brown, K. W. (2023, April). *The effects of smartphone-based mindfulness intervention on social and emotional well-being among VCU undergraduate students* [Poster session]. Virginia Commonwealth University Poster Symposium for Undergraduate Research and Creativity (Richmond, VA).

**Beloborodova, P.** & Brown, K. W. (2023, April). *Effects and mechanisms of online mindfulness training on emotional experience* [Poster session]. Society for Affective Science Meeting (Long Beach, CA).

**Beloborodova, P.** & Brown, K. W. (2022, February). *Does Five Facet Mindfulness Questionnaire (FFMQ) actually measure mindfulness?* [Poster session]. Society for Personality and Social Psychology Annual Convention (San-Francisco, CA).

Juberg, M. & **Beloborodova, P.** (2021, July). *Empathy: A critical link between self-compassion and social dominance orientation* [Poster session]. 7<sup>th</sup> International Positive Psychology Association (IPPA) World Congress (online).

**Beloborodova, P.** (2021, April). *Career calling and time perspective: Looking further into the future* [Poster session]. Western Psychological Association (WPA) Annual Conference (online).

**Beloborodova, P.**, Villalba, D., Dey, A., Cohen, S., Creswell, K., Mankoff, J., Sutkus, J., Lovett, M., Dutcher, J., Tumminia, M., Doryab, A., Creswell, J. D., & Brown, K.W. (2020, June). *Mindful states: A promoter of social well-being and mental health* [Poster session]. Mind & Live Summer Research Institute (online).

**Beloborodova, P.**, Villalba, D., Dey, A., Cohen, S., Creswell, K., Mankoff, J., Sutkus, J., Lovett, M., Dutcher, J., Tumminia, M., Doryab, A., Creswell, J. D., & Brown, K.W. (2020, June-September). *Mindfulness and social well-being in emerging adults: An ecological momentary assessment study* [Poster session]. Association for Psychological Science (APS) Virtual Poster Showcase (online).

**Beloborodova, P.**, & Leontiev, D. (2018, June). *Russian students' conceptualization of life calling: A qualitative analysis* [Poster session]. 9<sup>th</sup> European Conference on Positive Psychology (Budapest, Hungary).

## TEACHING & MENTORING

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2024–	<b>University of Wisconsin-Madison</b> Supervised students: <ul style="list-style-type: none"><li>• Tianzhi Zhang, RA, Summer–Fall 2025</li></ul>
2019–2023	<b>Virginia Commonwealth University</b> (Richmond, Virginia) <i>Multilevel Modeling</i> (graduate, Fall 2023, 12 students), Primary instructor <ul style="list-style-type: none"><li>• Became the first doctoral student in the VCU Psychology Department's history to teach advanced graduate statistics classes</li></ul> <i>Statistics I</i> (graduate, Fall 2022, 21 students), Primary instructor <ul style="list-style-type: none"><li>• Rated as "Outstanding" or "Very Good" by 70% of the students</li></ul> <i>Statistics I &amp; II</i> (graduate, 2020–2022, 13-21 students), Lab instructor <ul style="list-style-type: none"><li>• In addition to required SPSS labs, taught optional R labs</li><li>• Rated as "Outstanding" or "Very Good" by 90% of the students</li></ul> <i>Application of Statistics in Psychology; Perception; Principles of Learning and Cognition; Physiological Psychology</i> (undergraduate, 2019–2020, ~100 students), Teaching assistant Supervised students: <ul style="list-style-type: none"><li>• Sindhu Pemmasani, Lead RA, Spring 2023–Spring 2024</li><li>• Galuca Gefa Djajakusuma, Lead RA, Fall 2022–Spring 2024</li><li>• Melina Johnson: Lead RA and Honors Thesis Student, Fall 2021–Spring 2023</li><li>• Matthew Passarelli: RA, Fall 2021</li><li>• Mariela Romero: RA, Fall 2021</li><li>• Nuzhat Rahaman: RA, Fall 2021</li></ul>
2015–2019	<b>Higher School of Economics</b> (Moscow, Russia) <i>Career Calling and Professional Development</i> (2016–2019, 15-90 students), Primary instructor <i>Career Development</i> (2015–2019, 10-100 students), Primary instructor <i>Psychology of Personal Wellbeing</i> (Fall 2018, 30 students), Primary instructor

## RESEARCH EXPERIENCE

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2024	<b>Harvard University</b> , T.H. Chan School of Public Health (Cambridge, Massachusetts) <i>Emotional Well-Being and Physical Health</i> summer course participant (with scholarship covering tuition).
2023	<b>University of Wisconsin-Madison</b> , Center for Healthy Minds (Madison, Wisconsin) NIH-funded <i>Plasticity of Well-Being</i> summer workshop participant (with scholarship covering all expenses).
2019–2024	<b>Virginia Commonwealth University</b> (Richmond, Virginia) <b>Wellbeing Lab</b> , Graduate researcher, PI: Kirk Warren Brown, PhD

Completed several research projects from idea generation to receiving funding, collecting the data, and publishing the results; managed teams of up to 30 research assistants.

**Decision Neuroscience Lab**, Research assistant (Summer 2021, 2022, 2023), PI: James M. Bjork, PhD

Created an R Markdown-based automated eye-tracking data analysis and reporting pipeline (valid trials identification, saccade detection, participant groups comparison) and a Shiny app for gaze visualization.

2018–2019

**VIA Institute on Character** (Cincinnati, Ohio), Research assistant, PI: Ryan Niemiec, PsyD

Completed a systematic literature review on the Five Facet Mindfulness Questionnaire (FFMQ; 73 studies; 18,609 participants), completed narrative literature reviews on mindfulness and character strengths.

2018

**Naropa University** (Boulder, Colorado), Research assistant, PI: Itai Ivtzan, PhD

Assisted Dr. Ivtzan in publishing the *Handbook of Mindfulness-Based Programmes: Mindfulness Interventions from Education to Health and Therapy* (Routledge, 2019).

2015–2019

**HSE University** (Moscow, Russia)

**Positive Psychology of Personality and Motivation Lab**, Research assistant, PI: Dmitry Leontiev, ScD

Completed a multi-study research project on career calling among Russian students, funded by the Russian Foundation for Basic Research.

## ADMIN & INDUSTRY EXPERIENCE

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2015–2019

**HSE University** (Moscow, Russia)

**International College of Economics and Finance**, Head of alumni relations & career services

Built career services from scratch: (1) developed career development course syllabus, (2) provided individual career counseling, (3) built a network of partner employers and organized several employer-taught elective courses and countless career events, (4) updated and maintained alumni database, (5) launched alumni-student mentor program and networking meetings.

2013–2015

**Citi**, Employer brand and graduate recruitment manager (Moscow, Russia)

2012–2013

**Severstal**, Graduate recruitment and employer brand specialist (Moscow, Russia)

2011–2012

**Universum**, Employer branding consultant (Stockholm, Sweden & Moscow, Russia)

## DATA ANALYSIS SKILLS

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Statistical techniques Mixed effects models (including zero-inflated models), structural equation models (including autoregressive cross-lagged models and latent curve models), exploratory and confirmatory factor analyses, psychometric network analysis, difference in differences, machine learning algorithms (k-means and other clustering methods, Ridge regression, LASSO, random forests)

Software

R (including R Markdown & Shiny), Open Science Framework, Git & GitHub

Training

**Virginia Commonwealth University:**

Statistics in Psychological Research I & II, Applied Regression, Multilevel Modeling, Advanced Multivariate Statistics, Data Science I & II, Machine Learning Algorithms, Principles of Psychological Measurement

**Additional:**

- Longitudinal Structural Equation Modeling (CenterStat, 2024)
- Causal Inference (CenterStat, 2023)
- Tobii Pro Eye-Tracking Training (Tobii Pro, 2022)
- Introduction to Quantitative Meta-Analysis (CenterStat, 2021)
- Introduction to Big Data and Machine Learning (University of Michigan, 2020)
- Data Collection Using Wearables, Sensors, and Apps (University of Michigan, 2020)
- Introduction to Structural Equation Models (CenterStat, 2020)
- Methods and Statistics in Social Sciences specialization (University of Amsterdam via Coursera, 2018)
- Qualitative Research Summer Intensive (University of North Carolina at Chapel Hill, 2016)

## SERVICE

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Editorial service

Personality and Social Psychology Review, 2022–2026 (Emerging Editor Board)

Ad hoc peer review

Emotion  
Scientific Reports  
Stress and Health  
Mindfulness  
Cognition and Emotion (with Advisor)

Personality and Social Psychology Review  
Campbell Systematic Reviews  
Scholarship of Teaching and Learning in Psychology  
Psychology in Russia: State of the Art  
Current Directions in Psychological Science (with Advisor)

	Clinical Psychology Review (with Advisor)
Grant review	NIH Plasticity of Well-Being Network (U24), Secondary Data Analysis Grant, 2024
Graduate student committee service	Elif Zeynep Çelik, Master's Thesis Committee Consultant, Social Psychology, 2024
Committee service	Committee member, UW-Madison Center for Healthy Minds DEI Task Force, 2024 <ul style="list-style-type: none"> <li>Conducted listening sessions for CHM employees, made recommendations for DEI initiatives for CHM leadership</li> </ul> Graduate Student Representative, One VCU Research Strategic Priorities Council, 2022–2023 Graduate Student Representative, VCU Psychology Department's Committee for the Promotion of Equity, Diversity, and Inclusion (PrEDI), 2022–2023 <ul style="list-style-type: none"> <li>Organized a series of 4 in-person and online workshops for underrepresented minority applicants to psychology PhD programs (13 speakers and &gt;150 attendees from 20 countries)</li> <li>Wrote and edited PrEDI communications on current events</li> </ul>
Mentoring	Peer advisor, Society for Personality and Social Psychology, 2022–2023 Peer mentor, VCU Social Psychology program, 2021–2022
Public scholarship	Expert commentary in the BBC article 'The Retro Hobby That Can Help Boost Your Happiness.' <a href="https://www.bbc.com/news/articles/cwyg4lgezj2o">https://www.bbc.com/news/articles/cwyg4lgezj2o</a> Presenter at Without Prejudice, a project helping Russian-speaking people in distress. Topic: <i>Here, now, and together: How mindfulness helps us to build bridges instead of walls</i> , 2022 (online) Discussant at 'Consciousness: The science, metaphysics, and poetics' panel at VCU Arts, 2022 (online) Presenter at 'Conscious, subconscious, (collective) unconscious' exhibition at VCU Arts. Topic: <i>Being present and feeling connected: How present moment awareness helps us to have more fulfilling social lives</i> , 2022 (Richmond, VA) Presenter at conference 'Inclusive and Multicultural Education' at Kremenchuk National University (Ukraine). Topic: <i>Cultivation of the heart: Using mindfulness practices to further inclusivity in higher education</i> , 2021 (online) Discussant, <i>When Green Lifestyle Meets Personal Well-Being</i> panel discussion at the 'Different Ever After' British culture festival organized by the British Embassy in Russia, 2020 (online)
Other service	Poster submissions reviewer, Association for Psychological Science, 2025 Symposium submissions reviewer, Society of Personality and Social Psychology, 2024 Factotum, VCU Social Psychology program, 2020–2023 Graduate Student Poster Award reviewer, Society of Personality and Social Psychology, 2022 Editor, Application Statement Feedback Program (ASPF) for psychology PhD applicants from underrepresented minority groups, 2021 Graduate School Application Seminars presenter, VCU Wellbeing Lab, 2020–2021 History of Psychology undergraduate poster presentations judge, VCU Department of Psychology, 2019 Organizer of HSE University (Moscow, Russia) entrance examinations for international candidates in their home countries, an initiative to increase national and ethnic diversity of the student body, 2019 (Shymkent, Kazakhstan & Tashkent, Uzbekistan) Pro-bono coach at <i>Socially Oriented Non-profit Organizations' Leaders' Development Program PRONKO_2.0</i> , 2015

## SKILLS, MEMBERSHIPS, & PERSONAL

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Languages	Russian (native), English (fluent), French (conversational)
Research platforms	Qualtrics, REDCap, Prolific, Amazon MTurk, SONA, AWARE
Professional memberships	Society of Personality and Social Psychology (SPSP) Society for Affective Science (SAS) International Society for Contemplative Research (ISCR) American Psychological Association (APA) Division 34, Environmental, Population and Conservation Psychology Division 52, International Psychology
Personal interests	Travel (visited 50 countries and 27 US states), eco-friendly lifestyle, contemplative practices