

Alissa Fogelson

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EDUCATION

- 2021 **University of Pennsylvania**, College of Arts and Sciences
Candidate for B.A., Psychology
- 2020 **Study Abroad: Queen Mary University of London**
- 2017 **Harrison High School**, Harrison, New York
Magna Cum Laude
Recipient of the International Baccalaureate Diploma
Member of National Honor Society

HONORS & AWARDS

- 2020 University of Pennsylvania's Undergraduate Research Grant Recipient

RESEARCH EXPERIENCE

- June 2021 – Present **Horga Lab, New York State Psychiatric Institute at Columbia University**
Research Coordinator for Dr. Guillermo Horga. Assisted in recruiting and coordinating participants from clinical and high-risk populations, performed MRI and fMRI scans, collected clinical assessments, conducted behavioral tasks, cleaned and organized clinical and behavioral data, managed IRB and NIH reports, amendments, and proposals.
- December 2020 – May 2021 **DeRubeis Lab, University of Pennsylvania**
Research Assistant for Dr. Robert DeRubeis. Assisted in preparing an introductory statistics review course for psychology doctoral students, collected and organized materials including literature searches, and recorded text errors.
- August 2020 – May 2021 **Hunt Lab, University of Pennsylvania**
Research Assistant for Dr. Melissa Hunt. Designed and developed my own research project with two other peers, which explored the connection between type of social media use and impact on mental wellbeing. Developed a research question, wrote the IRB proposal, conducted experiment.
- June 2020 – May 2021 **Boundaries of Anxiety and Depression Lab, University of Pennsylvania**

Research Assistant for Dr. Ayelet Ruscio. Assisted on a project designed to determine the effects of positive events on depression. Completed qualitative coding of participant responses, presented project updates in lab meetings, trained on data management in R and Python, and worked with data remotely on the lab server.

PROFESSIONAL EXPERIENCE

- June 2019 – August 2019 **Mental Health Practicum Volunteer – New York Presbyterian Hospital**
Worked on the in-patient unit for schizophrenia and schizoaffective disorders. Assisted in daily observation checks, participated in and co-lead therapeutic activities and groups, lead the morning team meeting, and attended treatment planning sessions with doctors, nurses, social workers, and other clinicians.
- July 2018 – August 2018 **Summer Intern, Breast Surgery Department**
Shadowed a breast surgeon and nurse practitioner who worked on the breast surgery floor at White Plains Hospital. Met and interacted with patients, attended ethics committee meetings and weekly patient discussions.
- September 2015 – June 2017 **Summer Intern, Registered Dietitian – Toby Amidor**
Completed research assignments, assisted in formatting slideshows and articles, attended conferences, and wrote articles which were published on Toby's blog.

EXTRACURRICULAR ACTIVITIES

- August 2020 – Present **Reach-a-Peer Help Line**
Participated in semester long training in order to then work as a crisis hotline caller for Penn students.
- August 2018 – Present **Cog-Well Communications and Outreach Chair**
Planned and executed mental health and active listening training sessions with groups on campus and represented CogWell on mental health cohorts and elicited funding from these groups.
- August 2018 – May 2019 **Jewish Renaissance Program Beren Greek Life Fellow**
Organized and facilitated Jewish celebrations monthly amongst groups on campus, as well as participated in weekly introspective discussions.
- September 2016 – June 2017 **President of National Honor Society**

Led the organization of a group community service project and coordinated fundraising for events and for graduation ceremony. Oversaw other positions and members of NHS.

September 2014 – June 2016 **Student Government Executive Board**
Accepted onto board, where I helped to plan spirit week, pep rallies, school events, and school charity work.

September 2013 – June 2017 **Volunteer at JCCA Pleasantville Cottages**
Volunteered monthly at cottages for girls whose parents are unable to take care of them. Prepared lunches, decorated cottages, and facilitated arts and crafts projects. Developed book drive to collect books for library on grounds.

MANUSCRIPTS UNDER REVIEW

Hunt, M., Xu, E., **Fogelson, A.**, Rubens, J. (2021). *Follow Friends, One Hour a Day: Limiting Time on Social Media and Muting Strangers Improves Well-Being.*

PRESENTATIONS

Xu, E., **Fogelson, A.**, Rubens, J., & Hunt, M. (November, 2021). *Follow Friends, One Hour a Day: Limiting Time on social media and Muting Strangers Improves Well-Being.* Poster presentation at the annual Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.

Xu, E., **Fogelson, A.**, Rubens, J., & Hunt, M. (May, 2021). *Muting Instagram Strangers Reduces Fear of Missing Out.* Poster presentation at the annual UCLA Psychology Undergraduate Research Conference (PURC), Los Angeles, CA.

RELEVANT CLINICAL COURSEWORK

PSYC-162 – Abnormal Psychology

PSYC-170 – Social Psychology

PSYC-462 – Transdiagnostic Approaches to Abnormal Behavior

PSYC-472 – Evolutionary Psychology: Behavioral Biology of Women

PSYC-111 – Perception

PSYC-109 – Brain and Behavior

COGS-001 – Cognitive Science

PHIL-072 – Biomedical Ethics