

ANASTASIA VELIKOVSKAYA

EDUCATION

Barnard College, Columbia University | New York, NY | *BA Neuroscience & Behavior* Oct 2021
Pre-Med Track; Dean's List (all semesters)

Universidad Carlos III de Madrid | Madrid, Spain January – May 2020
Completed Spanish coursework in humanities and social sciences

RESEARCH & CLINICAL EXPERIENCE

NY Psychiatric Institute at Columbia Medical Center | New York, NY | *Research Assistant* Sep 2020 – present
Horga Lab | Translational Imaging

- Lead a project on signal detection theory and auditory hallucination-like experiences in healthy individuals, culminating in a thesis
- Recruited 200+ participants for signal detection research project
- Build psychological assessments and surveys on REDCap, a web application
- Coordinate and complete clinical assessments with unmedicated participants with schizophrenia

Hen Lab | Division of Integrative Neuroscience Feb 2018 – Sep 2019

- Conducted research on depression, hippocampal neurogenesis, and behavioral effects of antidepressants
- Identified antidepressant effects on neurogenesis caused by activation of serotonin 1A receptors (5-HT_{1A})
- Developed facility with laboratory processes: cut thin brain sections on cryostat, stained sections with immunofluorescence, imaged with confocal microscopy, counted stained cells with ImageJ software
- Assisted with behavioral experiments on mice (incl. elevated plus maze, open field test, social defeat)
- Presented results at Summer Research Institute Poster Session, attended by 150+ peers, faculty, and other guests

Columbia University Emergency Medical Service | New York, NY | *Emergency Medical Technician* Sep 2019 – Aug 2021

- Worked 400+ hours and responded to 50+ emergency medical calls in Morningside Heights, incl. during the COVID pandemic
- Worked in a team (3-member crew) to treat medical conditions incl. syncope, allergic reactions, sprains
- Conducted a thorough examination of each patient and ensured stability of patient's conditions
- Provided life support services and administered medicine incl. albuterol and aspirin

The Guild for Exceptional Children | Brooklyn, NY | *Volunteer* Summers, 2015 – 2018

- Communicated with and supported adults with developmental and intellectual disabilities 25 hours per week
- Created and led weekly hour-long math, music, and art lessons for small groups of ~7 adults per session

LEADERSHIP & COMMUNITY ENGAGEMENT

Wave Learning Festival | Remote | *Associate Director of Growth and Teacher* Jul 2020 – present

- Created lesson plans and taught 24 1-hour Psychology classes to 30+ high school students
- Organized Wave's first outreach teams to reach underserved communities and NGOs to offer free tutoring, workshops, and speaker events
- Led a 6 member team in outreach in the Northeast, reaching 1000+ NGOs and underserved schools in 5 states
- Initiated a partnership with The Lang School, providing 20+ college-based workshops to gifted students with learning disabilities

Barnard College | New York, NY | *Executive Coach* Sep 2021 – Dec 2021

- Observed Professor Rae Silver and Professor Michele Miozzo's *Neuroscience Frontiers* class as an Executive Coach
- Provided constructive criticism every week to improve the class and the learning experience for 20+ students and visiting researchers
- Ensured that students are engaged by sending out anonymous feedback forms and implementing their feedback

Grey Matters Columbia University | New York, NY | *Co-founder and Director of Outreach* Oct 2020 – May 2021

- Co-founded Columbia's first and only undergraduate neuroscience journal
- Researched and wrote about Dissociative Identity Disorder for Issue 1
- Conducted outreach to 1000+ students and professors and secured funding from the neuroscience department

Columbia University Splash Educational Outreach | New York, NY | *Co-Director* Sep 2018 – May 2021

- Organized educational outreach program every semester for 500+ 8th-12th graders to take classes taught by students
- Created a 1-hour lesson plan and taught ~25 high school students about sociological phenomena and abnormal psychology
- Spearheaded a virtual 4 week educational program, Tides, for 600+ high school students every semester

Boulder Prep High School | Boulder, CO | *Adjunct Teacher*

Oct 2020 – Nov 2020

- Remotely taught ~20 at-risk high school students a human behavior class 1.5 hours every day for 1 month
- Created engaging lessons plans from anthropology, sociology, and psychology disciplines
- Led discussions, employed interactive teaching tools incl. *Kahoot*, created and graded classwork and homework

La CiudadEscuela Muchachos | Madrid, Spain | *Teacher*

Feb 2020 – March 2020

- Created a 1-hour lesson plan twice a week and taught English to ~25 teenagers in foster care
- Facilitated workshops to prepare students for international trip that required English language skills
- Program ended prematurely due to Covid-19 pandemic

TECHNICAL SKILLS & LANGUAGES

Technical: MS Office; Image J; REDCap

Languages: Fluent in Russian; Advanced Spanish