



## PsychOut! Mentorship Program

### Projects and Mentors List

You can select up to three mentors whose projects you would like to learn about. You will be asked to list them in order of preference in your application form, which is found on our website: [www.coffeylab.ca/psychout/](http://www.coffeylab.ca/psychout/)

1. My name is **Priscilla Widmer** (she/her) and I am interested in personality, aging and health psychology. My project takes a look at whether optimism relative to pessimism contributes to greater well-being in older adults. We know that optimists tend to cope better and experience greater life satisfaction, but is it just because they are more cheerful people? Therefore, I will also be looking into whether differences in coping styles can explain the association between optimism/pessimism and well-being. I am passionate about this mentorship because I think it would have been rewarding to have had someone to share their knowledge, personal experience and help support my professional development, in order to achieve my goals. I'm happy to share my research experience with you to provide support, academic guidance, all while offering a safe, nonjudgmental and engaging environment!
2. My name is **Jaye Miller** (she/her) and I am currently in my last year of undergraduate studies at Concordia. I am writing my research project on how motivation for school and daydreaming about academics are related to grade and academic achievement. My project may be of interest to you because understanding how motivation and mind-wandering affects grades in relation to schooling can be a beneficial tool for students. I am interested in mentoring because I think it is important for younger students to understand what is to come in the future. As someone who was once in your position, I wish that an older student would have told me what was to come. I hope to share some knowledge and research with you, but most importantly to take on a role of guidance and support.
3. My name is **Laura Lentini** (she/her), and I am in my final year of my undergraduate degree in Honours Behavioral Neuroscience at Concordia University. My honours thesis will be focusing on speech-in-noise perception, which is the ability to hear speech when it is degraded, or when added background noise is present. I will be observing how musicians and nonmusicians cope with these different hearing conditions, to determine which population can do so the best. I have never had a mentor in my younger years, and had to find out a lot on my own. With this mentorship, I can provide you much of the information you need to know, as well as things you may not have thought you should know for your future career in psychology/neuroscience. Along with support, this should be a fun experience, so I am open to talking about various topics outside of academics, making sure you feel comfortable and welcomed!
4. Hi there! My name is **Vanessa Correia** (she/her) and I am in my fourth and final year of Honours Psychology at Concordia. For my thesis project, I will be studying how sleep is involved in the consolidation of memory. More specifically, I am interested in stimulating the brain during sleep with an auditory stimulus in order to see the effects on performance and motor memory in a piano learning task. In joining the *PsychOut* mentor team, I hope to share my passion for psychology/neuroscience with any fellow curious minds, as well as impart any professional, academic, or personal wisdom that can help you navigate your journey as a student and scientist-to-be!

5. My name is **Arina Ujevco** (she/her) and I am currently working on my undergraduate research project. My thesis focuses on presenting sound to the brain to see if and how much I can influence the brain's electrical activity, which is thought to be related to memory. I will do my best to help you navigate the university/research life and the areas you would like to pursue. I find everything interesting so after my highschool graduation I have worked and studied in different fields before narrowing it down to psychology. I will be happy to provide you with insights and comparisons between programs or job positions. As a highschooler I would have loved to have someone that gives some insight into higher education and different work fields, and I hope I can be that someone for you!

6. Hi there! My name is **Sloan Moghadaszadeh** and my pronouns are he/him/his. My project looks at whether the media could affect transgender men. We will show them images and ask them to rate how they feel about their body. Media images may have a negative impact and the purpose of my study is to investigate and offer a solution to solve this problem.

7. Hello! My name is **Adina Gazith** (she/her) and I am currently in my final year as an undergraduate psychology student working on my specialization (thesis) project. My project focuses on what puts individuals with social anxiety at a particularly high risk for developing cannabis use problems. We are looking at how perceptions of parental approval of cannabis and perceptions of actual parental cannabis use can contribute to this risk association. I know that I was so interested in learning about university and research projects when I was in high school and I wish there was a program like this that I could have been a part of. I am so excited to be able to share the passion I have for research and psychology with you as a guide and mentor!

8. Hi everyone! My name is **Sasha Elbaz** (he/him). I'm currently in the last year of my bachelor's degree in psychology. When I'm not busy playing video games, I also tend to study them! That's essentially what my final project is about. Specifically, I'm studying how seniors react to novel (new or unfamiliar) digital games (i.e., racing game, exercise game, and a brain training game). Yes, that's right, research has shown that grandma and grandpa like to play video games. I'll be looking at their thought patterns and how these thoughts affect their stress levels altogether affecting their playing experience. I was never really guided when I started studying psychology all the way back in Cegep. However, at this point I've managed to get a firm understanding of how things work. I'm also knowledgeable on writing-up CVs and applying to jobs. I'm really excited about this program and getting in touch so feel free to join me if this sounds interesting.

9. Hey there! My name is **Alice Mestriner** (she/her) and I'm in my last year of my bachelor's in psychology. My study is part of a bigger project about non-verbal behaviour (facial expressions, hand gestures) and how we perceive it. Personally I'm looking into how we understand a surprised facial expression. My goal with this PsychOut project is to help you see that research doesn't have to be intimidating and scary. My project is fairly easy to understand so I hope you're interested in following along!

10. Hi! My name is **Yiota Anastasiou-Ventura** (she/her) and I'm currently in my last year of my undergraduate degree in Psychology. I am completing my undergraduate thesis on how hearing loss affects the brain structure in people who are at risk for and have Alzheimer's disease. I have always been interested in how the brain works and what may change or impact it's structure and functioning. Alzheimer's is a neurodegenerative disease that causes many changes in the brain to occur. If this is

something you are also curious about and would like to know more of, I would be more than happy to share my knowledge with you and hopefully spark further curiosity in this fascinating area of research!

11. Hello! My name is **Natasha Kuzyk** (she/her), and I am currently in my last year of a bachelor's degree in psychology. Dopamine has been central to much debate in neuroscience. It is becoming clear that we cannot say it is responsible for any one thing, such as learning, reward, or happiness. In order to get a complete picture of the role of dopamine, we must tease apart the details of different systems it circulates in. For my thesis I am studying the anatomical details of one specific dopamine circuit. If you are interested in learning about slicing rat brains, anatomy, and the tools neuroscientists use to navigate the brain, it would be my pleasure to share my work with you.

12. Hello! My name is **Rébecca Bissonnette** (she/her). I'm in my fourth and last year of my bachelor in Psychology at Concordia and I am currently working on my research project/thesis. My project is about how infants in bilingual homes acquire their two languages. More specifically, I investigate whether the strategy used by parents to talk to their child in two languages has an impact on how much children hear in each of these languages. This is of importance because we know that, for infants, the quantity of words heard in each language relate to their future bilingual development and language acquisition. If you're interested in this topic, it will be my pleasure to share all I know with you! I think this PsychOut project is a great idea, I wish I could have had a similar experience when I was at your place. In addition to sharing about my project, I'll also do my best to help you with anything else I can, such as research and university life!

13. Hi! My name is **Yael Blechman** and I am working on my thesis project in my final year of my undergraduate degree in psychology. My study focuses on how satisfying our three basic psychological needs (interpersonal relationships, autonomy, and competence) can influence the impact that motivation has on nurses' well-being at work. My research aims to better the work experience for nurses, which is especially important right now given the current Covid-19 crisis. Research is a continuous learning process that we will dive into together. As we are both learning, I may have insight into potential apprehensions or confusions that you face. I can also guide you in navigating various university programs, applications, career options, and anything else you may need. I look forward to sharing my research experience with you!

14. Hey! My name is **Kayla Guindon** (she/her). During my final year as an undergrad psych student I am conducting research on how people perceive nonverbal behaviour. Specifically, how a fast vs slow hand wave is perceived in regard to dominance. Since hand waving is a frequent and common gesture in social interactions it would be interesting to find out how altering its speed may influence how dominant one is perceived, as well as what emotions can be deciphered in the actor's (waver) face. I would be happy to not only offer my knowledge on the subject, but also my personal experiences as a student!

15. Hey! My name is **Rebecca Petracca** (she/her) and I am in my final year of undergraduate studies in Psychology Specialization Behavioral Neuroscience. For my thesis, I am taking a systematic meta-analytic approach to analyze the effects of different drugs on brain networks. Specifically, I intend to develop probabilistic connectivity maps based on existing neuroimaging data from 1992 - 2020, that shows the co-activation of the hippocampus and other brain regions under the influence of different drugs of abuse (i.e. stimulants vs. opioids vs. endocannabinoids). Throughout my undergraduate experience, through trial and error, I gathered tips and tricks along the way that have eased my

academic career. As a mentor, I am looking forward to sharing my knowledge as I think it's a great way to spark motivation and interest in areas of science that can seem overwhelming or too complex.

16. Hi, my name is **Nathan Gagné** (he/him) and I am currently an undergraduate student in my third year of the Honours Psychology program at Concordia University. For my Honours Thesis, I am working closely with researchers in the Adult Development and Cognitive Aging Lab. My specific project focuses on cognitive and motor aging. We use platform movements to study the cognitive processes responsible for balance control. By comparing younger and older adults, we can identify potential age-related differences in postural control, which can hopefully result in the implementation of new interventions for older adults that are more at risk of falling.

17. My name is **Diana Stratulat** (she/her) and I am currently in my final year of undergraduate studies in the Honours Psychology program at Concordia University. Studies in humans have shown that stressful life events can cause individuals to start seeking and using drugs again. So my honours thesis will focus on the effect of different stressful situations on rats' drug seeking behaviour. If you are interested in learning more about drug addiction and the different methods used in animal studies, I would be thrilled to share my knowledge with you! I can also answer any questions you might have about the university experience and the research world.

18. My name is **Eve Michaud** (she/her) and I am currently in my last year of my undergraduate studies in Behavioral Neuroscience in the Honours program at Concordia University. My project focuses on language development in bilingual toddlers between 22 and 48 months (2 and 4 years old) and I am working with researchers in the cognitive and language development lab. My project uses archival data which allows me to evaluate the differences in vocabulary knowledge within one child between 2 years old and 4 years old. Having a mentor during these years would be a privilege that can help you make important decisions and this project would allow you to have that support while being part of a motivating and interesting experience. I would be thrilled to offer my knowledge about the research world and about university life.

19. Hello! My name is **Amanda Marlandis** (she/her) and I am in my final year of the Honours Psychology program at Concordia University. My thesis project focuses on how personality factors such as optimism influence the types of coping approaches that people utilize when dealing with COVID-19 related stress. As your mentor, I would be happy to share my knowledge about individual differences in coping! We can also talk more generally about my university experiences and what life as a psychology student looks like.