

# Christina M. Shihara Fernando

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## Education

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### York University

Specialized Honors B.A. in Psychology | CGPA 3.8

Advisor: Dr. Raymond Mar

*Thesis in progress*

Keele Campus, Toronto

September 2019 - April 2024

## Manuscripts Under Review or in Preparation

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Neofytou, E., Farah, A., & **Fernando, C.M.S.** (*pending revisions*). The prevalence of Borderline Personality Disorder in female child sex offenders: A systematic review and meta-analysis.

## Conference Poster Presentations

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**Fernando, C.M.S.** & Bellana, B. (2023). Meaning vs engagement: Lingering of non-narrative content. *Summer 2023 Undergraduate Research Conference*. York University, Toronto, CAN. August 2023.

**Fernando, C.M.S.** (2022). Social media use and psychological developmental disturbances in adolescent females. *Luminate Mental Health Conference*. March 2022 \*Event held virtually.

## Scholarships, Grants and Awards

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**Total Awarded: \$14,524**

Continuing Student Scholarship   York University   \$616	August 2023
Natural Sciences and Engineering Research Council of Canada Undergraduate Student Research Award (NSERC USRA)   \$8680	May 2023
Continuing Student Scholarship   York University   \$528	August 2022
Presidents Creative Writing Award, Screenplay Category   York University Honorable Mention for my screenplay "Breezeblocks"	May 2022
Undergraduate Residence Life Bursary   York University   \$1700	March 2020
Student Life Award   York University   \$500	September 2019
Automatic Entrance Scholarship   York University   \$1000	August 2019
David F. Denison & Maureen Flanagan Award   \$1000	June 2019
House of Commons Award for Youth Entrepreneurship	September 2018
<ul style="list-style-type: none"><li>Awarded by House of Commons Canada and The Government of Ontario for my small business <i>FreelanceFilms</i> demonstrating exemplary youth entrepreneurship.</li></ul>	

Knights of Columbus Belleville Bursary for Service &  
Academic Excellence | \$500

June 2018

## **Academic and Administrative Positions**

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### **The Mar Lab**

Lab Manager

Dr. Raymond Mar  
September 2022 – Present

- Coordinate lab activity including creating testing schedules, planning, and running lab meetings, managing ethics applications etc. in accordance with project timelines.
- Prepare testing materials in accordance with testing procedures.
- Interview, process, and train new Research Assistants.
- Delegate tasks to Research Assistants based on skillset and RA interests.
- Administrative duties such as email correspondence, database management and lab Wikipedia management.
- Provide input on research topics and journal club discussions.
- Enforce and create lab safety procedures.
- Facilitate social activities for lab morale.

### **Well-being Research Lab**

Lab Manager and Research Assistant

Dr. Nicole Mead  
May 2022 – August 2022

- Created efficient organizational lab procedures.
- Interviewed, processed, and trained new Research Assistants.
- Developed studies on Qualtrics.
- Delegated tasks to Research Assistants based on skillset and RA interests.
- Moved lab communication on to Slack.
- Coordinated bi-weekly lab meetings.

## **Research Experience**

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### **Memory and Meaning Lab**

Volunteer Research Assistant

Dr. Buddhika Bellana  
September 2023 – Present

- Consult on ongoing projects.
- Participate in pilot testing and odd jobs as required.
- Attend and participate in weekly lab meetings, journal club presentations, programming workshops and graduate school workshops.
- NSERC USRA Funded Project May 2023 – September 2023
  - 1 of 3 recipients in Psychology at York. Only recipient at Glendon Campus.
  - Conducted a large-scale literature review to begin writing abstract and introduction.
  - Determined appropriate, similarly challenging words for *Wordle* based word game using word frequency scales.
  - Administered pilot testing to gather initial data and trouble shoot issues that arose.
  - Prepared and presented an APA poster on project progress.
  - Attended and participated in weekly lab meetings, journal club presentations, 1:1 meetings with Dr. Bellana and programming workshops.

- Other RA tasks as assigned.
- Individual Research Project Student September 2022 – May 2023
  - Course code: *PSYC4100: Individual Study – Memory*
    - Final Grade: A
  - Coded 3 experimental conditions based on *Wordle* via HTML, JavaScript and CSS.
  - Began integrating experimental conditions into online experimental framework via PsiTurk, Heroku and Terminal commands.
  - Completed literature searches for item measures.
  - Programmed participant questionnaires.
  - Attended and participated in weekly lab meetings, journal club presentations, 1:1 meetings with Dr. Bellana and programming workshops.
  - Other RA tasks as assigned.
- Research Assistant December 2021 – September 2022
  - Funded by Research at York
  - Data preparation, cleaning, quality assurance and organization including reading, coding, and scoring data (R, Microsoft Office Suite).
  - Prepared presentations and written communications of research including conducting literature reviews and journal club presentations.
  - Produced graphs and conducted statistical analyses (R).
  - Prepared clear and concise documentation regarding lab procedures and protocols.
  - Administrative duties such as email correspondence, database management, lab Wikipedia management, website creation and management.
  - Attended and participated in weekly lab meetings, journal club presentations, 1:1 meetings with Dr. Bellana and programming workshops.
  - Mentioned in the acknowledgements for my research contributions:
    - \* Bellana, B., Mahabal, A., & Honey, C.J. (2022). Narrative thinking lingers in spontaneous thought. *Nature Communications*, 13(1), 1–16. <https://doi.org/10.1038/s41467-022-32113-6>

### **The Mar Lab**

Volunteer Research Assistant

Dr. Raymond Mar

May 2022 – September 2022

- Prepared testing and experimental materials.
- Executed in-person testing following experimental and safety protocols.
- Responded to participant communications and ensured participant safety and satisfaction.
- Assisted with creating SEM models for data visualization.

### **Academic Projects**

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#### **PSYC3010: Intermediate Research Methods (A)**

Winter 2022-2023

- Conducted a replication of an existing study (Kakkar & Sivanathan, 2022) with an added dependent variable.

- Presented as an APA poster in a mock conference as well as in an individual APA report.
  - **Fernando, C.M.S.**, Mohammad, A., Sudhaskaran, V., & Duru, O. (2023) The impact of leader dominance on employee zero-sum mindset, loneliness and helping behaviour. *PSYC3010 Mock Conference*, York University, Toronto, CAN, April 2023.

**PSYC3031: Intermediate Statistics I (A+)**

Fall 2022-2023

- Created a novel research question and executed statistical analysis and data visualization via R from a class data set.
- Presented findings in an APA report.
  - **Fernando, C. M. S.** (2022). Is religious identification associated with positive superstitious belief?

**PSYC3640: Psychology of Intimate Relationships (A)**

Fall 2022-2023

- Proposed a novel research venture in the study of intimate relationships. This included conducting an extensive literature review as well as formulating an experimental methodology and hypotheses.
- Presented as an APA proposal.
  - **Fernando, C.M.S.** (2023) Writing interventions, gratitude, positive affect, and relationship satisfaction in couples.

**PSYC2010: Writing in Psychology (A+)**

Fall 2021-2022

- Conducted a literature review on a topic of choice and wrote an APA research paper.
  - **Fernando, C. M. S.** (2021). Social media use and psychological developmental disturbances in adolescent females.
- Presented at the Luminate Mental Health Conference as an APA poster (2022).

## **Work Experience**

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**PAPER**

July 2021 – September 2023

English & Humanities Tutor and Essay Reviewer

- Managed tutoring sessions with multiple students from elementary to university level education.
- Conducted pedagogical assessments and provide feedback to teachers and students.
- Reviewed essays and offer constructive criticism through the Socratic method.
- Created an engaging and safe learning environment to enhance student confidence and interest in learning.
- Contributed to the tutor team by offering knowledge and support via Slack.

## **Volunteer Experience**

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### **Women's Mental Health Talks**

York University

Peer Support Worker

June 2023 – Present

- Lead a bi-weekly support group on topics pertaining to women's mental health and well-being while providing a safe, inclusive, accepting, and non-judgmental environment for discussion of thoughts, experiences, and coping strategies.
- Support individuals struggling with mental health issues by demonstrating compassion, empathetic understanding, active listening and other counselling related skills and frameworks.
- Maintain complete confidentiality regarding private questions, comments, experiences, or perspectives that may be arise during support groups (excluding cases of abuse, self-harm or harm of others, which are taken to higher authority).
- Compile relevant on and off campus instrumental resources.
- Participate in all executive meetings through the sharing of input, ideas and perspectives that would help advance WMHT.

### **Undergraduate Psychology Student Association**

York University

Peer Mentor

July 2022 – November 2023

August 2020 – July 2021

- Attended to 221+ undergraduate students regarding their questions and concerns. As required, refer them to appropriate departments to resolve issues.
- Hosted weekly drop-in hours, group activity sessions, and one-on-one sessions for mental health and wellness, skill-building, and social support.
- Created a safe and accepting environment for individuals of all intersectionalities providing empathy, compassion, and judgment-free understanding through active listening in all mentoring sessions and communications.
- Created weekly email updating on current school events, important upcoming dates, available academic and mental health resources both on and off-campus.
- Regularly checked in on mentee mental health and wellness and ensure to offer on-campus and off-campus mental health resources in every mentoring session.
- Maintained confidentiality regarding topics discussed in all mentoring sessions with the exception of self-harm risk, risk of harming another, abuse, and any illegal interactions with minors.
- Attended bi-weekly team meetings to discuss procedures and the future direction of UPSA.

Peer Ambassador

September 2021 – July 2022

- Assisted in the planning and execution of UPSA events (write scripts, create slides, contact stakeholders, set up & facilitate events).
- Assisted in the creation of UPSA's newsletter (discussed upcoming events and initiatives, researched topics relevant to the newsletter's theme, edited and compiled the newsletter on Canva).
- Assisted in the execution of UPSA's podcast (hosted episodes and wrote podcast summaries).
- Attend bi-weekly meetings to discuss progress and future directions.
- Maintained timely communication with UPSA team via Slack.

## Skills and Abilities

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- Exemplary written and oral communication skills.
  - Proficient ability to effectively communicate with people of all ages and intersectionalities via multiple communication mediums.
- Excellent leadership, collaboration, and interpersonal skills.
  - Ability to both lead and follow in team environments to meet and exceed objectives. Able to self-start and work independently when necessary.
- Proficient computer skills
  - Experience in software such as Microsoft Word, PowerPoint, Excel, Canva, Adobe Acrobat Reader DC, Photoshop, Lightroom, Final Cut Pro, Logic Pro, and most social media including Facebook, Twitter, and Instagram.
  - Beginner to intermediate experience in R, JavaScript, HTML, CSS, SPSS, JASP, Markdown and Terminal Commands.
  - Experience in website design through Wix.com. View some of my websites below:
    - [www.bellanalab.com](http://www.bellanalab.com)
    - [www.drmoorewebsite.wixsite.com/glendon](http://www.drmoorewebsite.wixsite.com/glendon)
    - [www.cmsfernando.com](http://www.cmsfernando.com)
- Eagerness to continue learning.
- Excellent work ethic and integrity.

## Certifications

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Sexual Violence Response and Awareness   The Centre for Sexual Violence Response, Support & Education York University	September 2023
Active Bystander Training   The Centre for Sexual Violence Response, Support & Education York University	January 2022
Tri-Council Policy Statement (TCPS 2): Ethical Conduct for Research Involving Humans   Course on Research Ethics	October 2021
Foundational Peer Leadership Training (FPLT)   York University	July 2020
Advanced Peer Leadership Training (APLT)   York University	July 2020