

Christina Shihara Fernando

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Education

York University

Specialized Honors B.A. in Psychology | 3.8 GPA

Advisor: Dr. Raymond Mar

Thesis in progress

Keele Campus, Toronto

September 2019 - April 2024

Publications

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

Conference Posters

Fernando, C.M.S. (2022, March). Social Media Use and Psychological Developmental Disturbances in Adolescent Females. *Luminate Mental Health Conference*.

*Event held virtually.

Scholarships and Awards

Natural Sciences and Engineering Research Council of Canada

Undergraduate Student Research Awards (NSERC USRA) | \$8680

May 2023

Undergrad Bursary | York University | \$607.85

April 2023

Continuing Student Scholarship | York University | \$528

August 2022

Undergrad Bursary | York University | \$481

April 2022

Undergraduate Residence Life Bursary | York University | \$1700

March 2020

Student Life Award | York University | \$500

September 2019

Automatic Entrance Award | York University | \$1000

August 2019

David F. Denison & Maureen Flanagan Award | \$1000

June 2019

House of Commons Award for Youth Entrepreneurship

September 2018

- Awarded by House of Commons Canada and The Government of Ontario for my small business *FreelanceFilms* demonstrating exemplary youth entrepreneurship.

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

June 2018

Academic and Administrative Positions

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 lab safety policies regarding COVID-19.
- Facilitate social activities for lab morale.

Well-being Research Lab

Lab Manager and Research Assistant

Dr. Nicole Mead

May 2022 – August 2022

- Create efficient organizational lab procedures.
- Interview, process, and train new Research Assistants.
- Develop studies on Qualtrics.
- Delegate tasks to Research Assistants based on skillset and RA interests.

Research Experience

Memory and Meaning Lab

Research Assistant

Dr. Buddhika Bellana

December 2021 – Present

- **NSERC USRA Funded Project:** *in progress.*
 - Ask a novel research question and create experiment to execute discovery.
- **Independent Research Project:** Non-narrative content & spontaneous thought.
 - Develop 3 experimental conditions based on *Wordle* via HTML, JavaScript and CSS.
 - Begin integrating experimental conditions into online experimental framework via PsiTurk, Heroku and Terminal commands.
 - Complete literature searches for item measures and create participant questionnaires.
- General:
 - Data preparation, cleaning, quality assurance and organization including reading, coding, and scoring data (RStudio, Microsoft Office Suite).
 - Prepare presentations and written communications of research including conducting literature reviews and journal club presentations.
 - Produce graphs and conduct statistical analyses (RStudio).
 - Prepare clear and concise documentation regarding lab procedures and protocols.
 - Administrative duties such as email correspondence, database management, lab Wikipedia management, website creation and management.

- Attend weekly meetings including 1:1 meetings with Dr. Bellana, lab meetings and journal club discussions.
- 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

- Prepare testing and experimental materials.
- Execute in-person testing following experimental and safety protocols.
- Respond to participant communications and ensure participant safety and satisfaction.
- Assist with tasks such as creating SEM models for data visualization.

Work Experience

PAPER

July 2021 - Present

English & Humanities Tutor and Essay Reviewer

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

*Due to less demand in the summer, I am not employed here from June 1 - September 1.

Michaels

Customer Experience & Cashier

Belleville, Ontario
August 2017 - September 2019

- Cash handling tasks performing tasks such as counting money, coupons and vouchers.
- Politely greet customers and ensure excellent customer service.
- Ensure that my register and the sales floor was clean, safe and organized at all times.
- Open and close the store ensuring cleanliness and next day productivity.
- Assist with kid's arts and craft events by facilitating and preparing materials.

Volunteer Experience

Undergraduate Psychology Student Association

Peer Mentor

York University
July 2022 – Present
August 2020 – July 2021

- Attend to 300+ undergraduate students regarding their questions and concerns. As required, refer them to appropriate departments to resolve issues.
- Host weekly drop-in hours, group activity sessions, and one-on-one sessions for mental health and wellness, skill-building, and social support.
- Create 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..
- Create weekly email updating on current school events, important upcoming dates, available academic and mental health resources both on and off-campus.
- Regularly check in on mentee mental health and wellness and ensure to offer on-campus and off-campus mental health resources in every mentoring session.
- Maintain 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.
- Attend bi-weekly team meetings to discuss procedures and the future direction of UPSA.

Peer Ambassador

September 2021 – July 2022

- Assist in the planning and execution of UPSA events (i.e., write scripts, create slides, contact stakeholders, set up & facilitate events).
- Assist in the creation of UPSA's newsletter (i.e., discuss upcoming events and initiatives, research topics relevant to the newsletter's theme, editing and compiling the newsletter on Canva).
- Assist in the execution of UPSA's podcast (i.e., hosting episodes and writing podcast summaries).
- Attend bi-weekly meetings to discuss progress and future directions.
- Maintain timely communication with UPSA team via Slack.

Winters Community Art Club

Lee Wiggins Childcare Centre, York University

Daycare Volunteer

September 2019 – April 2020

- Lead arts and crafts for children aged 2-8.
- Ensure health and safety of children.
- Set up and clean up after weekly events.

Belleville Public Library

Belleville, Ontario

Youth Activity Assistant

September 2014 – June 2018

- Assist with conception, preparation and execution of weekly children's crafts and events.
- Support children and parents with selecting appropriate reading material by age and reading level.
- Ensure health and safety standards followed by children and volunteer staff.
- Organize and clean shelves, children's area and food preparation locations.

Skills and Abilities

- 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
 - Extensive 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.
 - Experience in website design through Wix.com. View some of my websites below:
 - www.bellanalab.com
 - www.drmoorewebsite.wixsite.com/glendon
 - www.cmsfernando.com
 - Beginner to intermediate experience in languages R, JavaScript, HTML and CSS.
- Eagerness to continue learning.
- Excellent work ethic and integrity.

Certifications

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

References Available Upon Request