

C. M. Shihara Fernando

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Education

University of Western Ontario London, Ontario
Master of Arts in Counselling Psychology September 2024 – September 2026

York University Toronto, Ontario
Specialized Honors Bachelor of Arts in Psychology September 2019 – June 2024
Summa Cum Laude
Advisor: Dr. Raymond Mar
Thesis: “Lives to be Lived: Finding Direction by Writing One’s Own Obituary”

Manuscripts Under Review or in Preparation

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

Fernando, C.M.S. & Mar, R. (2024). Lives to be lived: Finding direction by writing one’s own obituary. *Conference for Undergraduate Health Research*. York University, Toronto, CAN. May 2024.

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

Total Awarded: \$21, 324

Summa Cum Laude	June 2024
Dean’s Honour Roll	May 2020 – June 2024
Graduate Entrance Scholarship University of Western Ontario \$6000	April 2024
CGS-M SSHRC – Alternate University of Calgary	March 2024
John & Mike’s Award York University \$800	November 2023
Continuing Student Scholarship York University \$616	August 2023
Natural Sciences and Engineering Research Council of Canada	May 2023

Undergraduate Student Research Award (NSERC USRA) \$8680	
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">Awarded by House of Commons Canada and The Government of Ontario for my small business <i>FreelanceFilms</i> 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 – May 2024

- 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

Memory and Meaning Lab

Dr. Buddhika Bellana

September 2023 – May 2024

- Volunteer Research Assistant
 - 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

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

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

Women's Mental Health Talks

York University

Peer Support Worker

June 2023 – May 2024

- 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

- 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
 - www.drmoorewebsite.wixsite.com/glendon
 - www.cmsfernando.com
- Eagerness to continue learning.
- Excellent work ethic and integrity.

Certifications

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

C. M. Shihara Fernando
June 2024

Foundational Peer Leadership Training (FPLT) | York University

July 2020

Advanced Peer Leadership Training (APLT) | York University

July 2020