

EDUCATION

University of California, Berkeley | Berkeley, California | September 2022 – present

PhD Student in School Psychology, Berkeley School of Education

Masters of Arts (MA) in Education – awarded May 10th 2024

- Current GPA: 3.98
- Research focus: trauma-informed interventions in school, ADHD, teacher-student relationships and student wellbeing, co-regulation strategies

University of Ottawa | Ottawa, Ontario | September 2016 – April 2020

Bachelor of Science, Honours Psychology, Summa Cum Laude Distinction (Highest Distinction)

- Cumulative GPA over the full four years: 9.4 (out of 10)
- Research focus: fMRI study on mindfulness based interventions for anxiety disorders

SCHOOL PSYCHOLOGY EXPERIENCE

School Psychologist Assessment Practicum Student

University of California, Berkeley | September 2024 – present

- Assigned a client to conduct a full psycho-educational assessment
- Meeting with the family and the client to conduct interviews
- Administering various assessment tools
- Reporting findings from the assessment in a check-out meeting

School Psychologist Assessment and Consultation Practicum Student

Chabot Elementary School, Oakland Unified School District | Oakland, California | September 2023 – May 2024

- Conducted weekly consultations with a 2nd grade teacher
- Conducted a full assessment including cognitive assessments, academic assessments, observations, interviews on five assigned cases
- Organized interventions to implement into the classroom
- Met weekly with the school psychologist to gain guidance and support
- Participated and organized SST and IEP meetings

School Psychology Student

Horace Mann Elementary School, Oakland Unified School District | Oakland, California | September 2022 – December 2022

Piedmont High School, Piedmont Unified School District | Piedmont, California | January 2023

Millennium High School | Piedmont, California | January 2023

Piedmont Middle School | Piedmont, California | January 2023

- Observed the classroom environment, student behavior, teacher classroom management strategies and overall school climate
- Conducted informal assessments with both my teacher and students to enhance my understanding on school psychology

School Psychology Summer Student | Spirit Psychological Child Psychology Clinic | Nova Scotia, Canada | Summer 2024

- Worked in a private practice clinic to assist a group of school psychologists with upcoming projects, assessments and intervention worked
- Participated in consultations with psychologists and learned different therapies and intervention strategies used
- Created a 12-week Social Anxiety Disorder Group Session for youth aged 13-15
- Created co-regulation infographics for psychologists to share with parents and teach youth self-regulation strategies

Clinical Psychology Instructor | Academic Talent Development Program | University of California, Berkeley | Summer 2023 and Summer 2024

- Designed the course material for an intensive 6-week course for gifted students from across the Bay area from diverse backgrounds
- Taught lectures on the major perspectives, diagnostic criteria, treatments, and empirical findings of clinical psychology. Lectures were based on a college-level textbook along with supplementary readings to cover various clinical psychology topics

Statistics Graduate Tutor | Athletic Study Center | University of California, Berkeley | January 2023- December 2024

- Worked one-on-one with academically vulnerable student athletes and a paired specialist to provide academic support, foster independent and self-empowerment.
- Modeled academic skills and provide counselling for time-management, organization, study skills, reading, and writing strategies.
- Completed written session reports following each session and maintain open communication with learning specialist, director of academic support, and graduate tutor coordinator.

Graduate Peer Support Provider | University of California, Berkeley | August 2023 – May 2024

- Supported students in setting process and outcome weekly and semester goals by hosting weekly hour-long sessions for a small group of students.
- Shared information about mental health services at UC Berkeley by providing access and guidance through resources or in the moment navigation.
- Provided encouragement and empowerment to students as they navigate graduate school.
- Provided workshops on topics such as Self-Care, Organizational Tips and Strategies, mental health and graduate school etc.

Skills for Psychological Recovery Certificate | Berkeley, CA | January 2023

Training program

- This course utilized skills-building components from mental health treatment that have been found helpful in a variety of post-trauma situations.
- Aimed to help survivors gain skills to manage distress and cope with post-disaster stress and adversity.

Alberta Edmonton Hospital - Mental Health and Addictions Centre | Edmonton, AB | Summer 2019

Volunteer

- Worked one-on-one with patients suffering from a mental illness and/or addiction in the Greenhouse Program, a vocational program aimed at providing skills for patients re-entering the workforce.

University of Ottawa | Ottawa, ON | 2018

Statistics Mentor

- Based on academic excellence and competencies in statistics and research methodology, was asked to mentor 2nd year psychology students in Statistics I: Quantitative methods (PSY2106).
- Created and facilitated hour long workshops for students as well as worked one-on-one with students to ensure confidence and success in their class.

YMCA of Greater Vancouver, Healthy Child Development | Vancouver, BC | Summer 2018

Camp Group Leader

- Promoted active living and supervised children aged 5-12 at a weekly day camp.

Kinap Athletic Club | Halifax, NS | Summer 2017

Camp Group Leader

- Facilitated outdoor activities and supervised children aged 5-12 at a weekly day camp.

RESEARCH EXPERIENCE

Depression, Anxiety and Stress Lab, University of British Columbia | Vancouver, BC | April 2021 – May 2022

Study Coordinator

- Worked as a Study Coordinator with the Intra-and Interpersonal Emotion Regulation Study under the supervision of Dr. LeMoult.
- Managed the study and lab setup, completing ethics approvals, mentoring and supervising 15-20 research assistants.
- Led the recruitment of over 50 participants aged 18-65, in-person testing of participants including collecting saliva samples, conducting standardized tasks and administering questionnaires.
- Attended weekly meetings in the Equity, Diversity and Inclusion meeting to advocate and ensure these principles within the lab.

Clinical Phone Screening, Depression, Anxiety and Stress Lab, University of British Columbia | Vancouver, BC | September 2021 – May 2022

Study Coordinator

- Underwent extensive training in the DSM-V in order to identify various disorders.
- Gained hands on training and experience conducting phone screening with participants to see if they meet the inclusion criteria for a study investigating the comorbidity of social anxiety and depression.

Stress and Development Lab, Harvard University | Boston, Massachusetts | August 2020 – March 2021

Research Assistant

- Worked as a research assistant under the supervision of Dr. Katie A. McLaughlin and Dr. Rachel Romeo by investigating a longitudinal study of 200 children from preschool through to adolescence which analyzed at-risk youth, determined by their level of socioeconomic status (SES), and early language interaction to investigate how these factors influenced language acquisition, cognitive development and risk for psychopathology.
- Duties included transcribing videos of parent-child interactions, classifying types of speech using CHAT/CLAN conventions, coding for emotional regulation strategies and analyzing cognitive developmental and psychopathology risk measures.

Institute for the Reduction of Youth Violence, Simon Fraser University | Vancouver, BC | Fall 2020 – Spring 2021

Research Assistant

- Assisted with the Response to Distress study, under the supervision of Dr. Robert McMahon.
- The study evaluated a novel family-based intervention aimed at reducing violence in children aged 3-7 with conduct problems.
- Responsibilities included coding videos of parent-child interactions using an observational coding system to rate the child's verbal empathy and verbal/nonverbal lack of concern.

BC Children's Hospital Research Institute Summer Student Research Program | Vancouver, BC | Summer 2020

Summer Research Student

- Accepted into an education program offering in-depth research at the BCCHRI.
- Engaged in bi-weekly seminar series, networking, live streamed workshops, student presentations, faculty presentations and presented findings at the 2020 Summer Student Research Program poster conference.
- Participated in weekly lab and mentorship meetings with Dr. Evelyn Stewart and the research team at the OCD Clinic.

Pediatric Obsessive-Compulsive Disorder Clinic and Research Program at BC Children's and Women's Health Centre | Vancouver, BC | Summer 2020

Research Assistant

- Worked and job shadowed with a team of medical and health professionals in the lab of Dr. Evelyn Stewart, a faculty member at UBC and Director of the Pediatric Obsessive-Compulsive Disorder Clinic.
- Attended and contributed to weekly clinical meetings, acquired knowledge of treatment plans for youth with OCD including cognitive behavioral therapy.
- Spearheaded a manuscript for publication on assessing the utility and consistency of teacher rating scales relative to clinician ratings of pediatric obsessive-compulsive disorder.
- Findings presented at the 2020 SSRP poster conference.

The Child, Adolescent and Family Centre of Ottawa (CAFCO) | Ottawa, ON | 2020

Receptionist

- Involved with various care services offered at CAFCO, a multidisciplinary clinic comprised of a group of clinical psychologists, neuropsychologists, psychotherapists and therapists.

ADHD and Development Lab, University of Ottawa | Ottawa, ON | 2019/20

Research Assistant

- Under the supervision of Dr. Maria Rogers, clinical psychologist, assisted in the implementation of the parent engagement project administering pre-literacy and pre-numeracy tests to 200 kindergarten students in the community.

The Brain Imaging Group, University of Ottawa | Ottawa, ON | 2018/2019/2020

Research Assistant

- Conducted an independent analysis on the neurological correlates of mindfulness on musical performance anxiety by Managing participant recruitment, administering questionnaires and working with a Neuro-Technician with the protocol for fMRI scans at the Royal Ottawa Mental Health Centre.
- Results presented at the March 2020 Honours Symposium and the 2020 Peer-Reviewed Interdisciplinary Conference in Psychology. Abstract was also accepted into the University of Ottawa Musicians Wellness Study Day.
- As a member of the Brain Imaging Group, assisted with setup and protocol and conducted fMRI brain scanning for a study that analyzed different cultural groups, to compare the neural correlates which may be associated with past trauma and discrimination.

Undergraduate Research Opportunity Program, University of Ottawa | Ottawa, ON | 2018/2019

Research Assistant

- Awarded a scholarship to conduct fMRI research analyzing the neurophysiological effects of mindfulness on students suffering from musical performance anxiety.
- Program included devoting 75 hours to chosen research and preparing a poster which was presented at the March 2019 UROP Symposium.

PEER-REVIEWED PUBLICATIONS

Vallani, T., Best, J.R., Selles, R.R., Negreiros, J., Hansen, R.M., Naqqash, Z., Lin, B., Lu, C., Stewart, E. (2022). School and parent perspectives on symptomatology in pediatric obsessive-compulsive disorder (OCD). *Journal of Obsessive-Compulsive and Related Disorders*, Volume 33. <https://doi.org/10.1016/j.jocrd.2022.100731>.

Boileau, K., Stanson, N., Hansen, U., Barbeau, K., Comeau, G., Fang, Z., Smith, A. (2024). Examining how brief mindfulness training influences communication within the brain of musicians with music performance anxiety: A resting state fMRI study. *Psychology of Music*.

CONFERENCES PRESENTED

Hansen, U. (2024, August). *Exploring the Manifestations of Toxic Stress Within the Classroom* [Poster Presentation]. American Psychological Association, Seattle, Washington.

Hansen, U., Smith, A. (2020). The neurophysiological effects of mindfulness on musical performance anxiety. [Poster presentation]. Psychology Honours Specialization Conference, Virtual due to COVID-19, Ottawa, ON.

Hansen, U., Smith, A. (2020). The neurophysiological effects of mindfulness on musical performance anxiety. [Poster presentation]. Peer-reviewed Interdisciplinary Conference in Psychology (ICP), Virtual due to COVID-19, Ottawa, ON.

Hansen, U., Smith, A. (2020). The neurophysiological effects of mindfulness on musical performance anxiety. [Poster presentation]. Musicians Wellness Centre Study Day, Cancelled due to COVID-19, Ottawa, ON.

Hansen, U., Smith, A. (2020). The neurophysiological effects of mindfulness on musical performance anxiety. [Poster presentation]. Undergraduate Research Opportunity Program Symposium, Ottawa, ON.

CONFERENCES ATTENDED

- Learning and the Brain, San Francisco – *February 2023*
- Learning and the Brain, *San Francisco – February 2024*

AWARDS AND DISTINCTIONS

- **The Benjamin, Dorothy and Allan Gold Fellowship** – *Fall 2024*
- **Diversity and Community Fellowship** – *Fall 2023 and Spring 2024*
- **Berkeley Fellowship** – *September 2022 and January 2023*
- **Completion of the 2020 Summer Studentship Research Program** – *July 2020*
- **Summa Cum Laude Distinction Honours B.Sc. in Psychology, Univ. of Ottawa** – *April 2020*
- **Undergraduate Research Opportunity Scholarship** – *2018, 2019*
- **Dean's List - University of Ottawa (average above 85%)** - *2017, 2018, 2019, 2020*
- **Merit Scholarship, University of Ottawa** – *2017, 2018, 2019, 2020*
- **Admission Scholarship, University of Ottawa** – *2016, 2017*
- **DELFB2 Exam- officially bilingual French/English** – *2016*

RELEVANT SKILLS AND CERTIFICATIONS

- Skills for Psychological Recovery Certificate, January 26th 2023
- Proficient in using STATA, R-studio, SPSS, SPM12, Qualtrics, E-prime, Microsoft Excel and MATLAB as data analysis tools
- Trained in Phone Screening Interviews based on the DSM-V
- Preparation of ethics and grant submission
- Proficient in coding videos using CHAT/CLAN conventions
- Proficient in fMRI protocol and data analysis
- TCPS 2: CORE Research Ethics Certificate
- Biosafety for Study Team Members Certificate
- Emergency First Aid & CPR-C

LEADERSHIP ACTIVITIES

Anxiety Canada National Youth Committee | Ottawa, ON | September 2019 – September 2021

Outreach Lead

- Spearheaded the implementation of a nationwide youth ambassador program which involved managing and leading a group of 15+ youth from across Canada.
- Spokesperson at various mental health conferences, recruiting members, planning and executing events within my community, promoting Anxiety Canada resources and raising awareness of mental health. Lead a project which educates and raises awareness of anxiety in elementary schools around Canada.
- Launched a project which provides accessible resources and support for immigrant communities throughout Canada who are often underserved.

Best Buddies Canada, University of Ottawa | Ottawa, ON | 2014 – 2020

Executive Activities Coordinator

- Organized and facilitated group events of 70+ individuals with intellectual and developmental disabilities to promote inclusivity within the community.
- Led a group of students in effectively executing events.
- Worked one-on-one with Buddies within the community to understand their barriers and implement solutions to create a more inclusive and caring environment.

Canadian Student Leadership Conference | Halifax, NS | 2015

Spirit Leader

- Led a group of students from across the country on a week-long leadership conference that included presentations and teamwork activities.

VOLUNTEER ACTIVITIES

Conference Committee | University of California, Berkeley | 2024

Volunteer

- Duties include planning a 200-person conference on: Promoting equity in early childhood education and universal transitional kindergarten (UTK): Policies, interventions, assessment
- Organizing a venue, date, recruiting speakers, managing a budget, developing an agenda, setting up registration, promoting the conference and running the conference

Social Committee | University of California, Berkeley | 2023

Volunteer

- Duties include planning social events to foster a sense of community and inclusion within the school psychology program
- Organize and run the monthly all-program meetings

Program Advisory Committee | University of California, Berkeley | 2022

Volunteer

- Duties include the overall planning and ongoing internal evaluation of the Program and increasing student-faculty communication.
- Organize and run the welcome back event for all incoming students
- Create and distribute the Program Newsletter

Sandy Hill Seniors Network | Ottawa, ON | 2020

Event Organizer

- As part of the Community Service Learning Program, organized and promoted events for older adults in the Sandy Hill Community to mitigate loneliness and encourage socialization.

Edmonton General Continuing Care Centre | Edmonton, AB | 2019

Volunteer

- Assisted a team of health care professionals in providing care and social activities for residents.

Community Service Learning Program, Garderie Bernadette Child Care Centre | Ottawa, ON | 2018

Creative Volunteer

- Encouraged creative thinking and supervised children ages 4-5 as a Creative Workshop Volunteer.

References will be provided upon request.