

Curriculum Vitae
Meriah L. DeJoseph, M.A.

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EDUCATION

TEACHERS COLLEGE, COLUMBIA UNIVERSITY, New York, NY

Master of Arts, Psychology in Education with Spirituality Mind-Body concentration, July 2015

Thesis: *Neurocognitive and Social Emotional Effects of Mindfulness on Children from Low SES Families*
(Advisor: Karen Froud)

UNIVERSITY OF CALIFORNIA, SAN DIEGO, La Jolla, CA

Bachelor of Science, Cognitive Science w/ specialization in Neuroscience; Philosophy minor, June 2013

HONORS, AWARDS, AND SCHOLARSHIPS

2016 Distinction in Research and Creative Work, Teachers College, Columbia University
2014 Teachers College, Columbia University Scholarship
2013 Mentors Foundation Grant
2010-2013 Provost Honors, UCSD
2013 Superior Teaching as Instructional Apprentice, UCSD Cognitive Science Dept
2009-2013 CAL-SOAP Rewarding College Dreams Scholarship
2009-2013 San Diego Foundation Scholarship
2009-2014 Federal Pell and Cal Grants

PEER-REVIEWED PUBLICATIONS

Finegood, E. D., Raver, C. C., **DeJoseph, M. L.**, & Blair, C. (2017). Parenting in poverty: Attention bias and anxiety interact to predict parents' perceptions of daily parenting hassles. *Journal of family psychology*, 31(1), 51.

Singh, F., **DeJoseph, M.**, & Cadenhead, K. S. (2014). Therapeutic considerations in individuals at clinical risk for developing psychosis. *Current Treatment Options in Psychiatry*, 1(2), 134-148.

MANUSCRIPTS SUBMITTED TO PEER-REVIEWED JOURNALS

Perry, R. E., Finegood, E. D., Braren, S. H., **DeJoseph, M. L.**, Wilson, D. A., Sullivan, R. M., Raver, C. C., & Blair, C. (under review at *Development & Psychopathology*). Introducing a Rodent Model of Poverty: Scarcity Impacts Parenting Style and Infant Neurobehavioral Outcome

Roy, A., Raver, C. C., Masucci, M. D. & **DeJoseph, M. L.** (under review at *Developmental Psychology*). "If they focus on giving us a chance in life we can actually do something with the world": Poverty, inequality, and youths' sociopolitical engagement

MANUSCRIPTS IN PREPARATION

DeJoseph, M.L., Finegood, E.D., Blair, C., & The Family Life Project Key Investigators (in preparation). Cortisol and cumulative exposure to poverty interact to predict internalizing symptoms in preschool

Avery, T. Froud, K., **DeJoseph, M. L.**, Brooks-Gunn, J. (in preparation). Evaluating the effects of school-based mindfulness curricula utilizing EEG measures of attention and salivary measures of stress

Li-Grining, C. P., **DeJoseph, M. L.**, Masucci, M. D., & Raver, C. C. (in preparation). Self-Regulation Assessment in Early Adolescence: Capturing Emotion, Cognitive, and Behavior Regulation

INVITED TALKS AND LECTURES

DeJoseph, M. L. (2017, March). Brain Awareness Week: The science of mindfulness. Know Science speaker series. Lecture conducted from The Rockefeller University, New York, NY

DeJoseph, M. L. & Perry, R. E. (2016, December). Beating holiday stress: The science of mindfulness. Know Science speaker series. Lecture conducted from The Post Office Bar, Brooklyn, NY

DeJoseph, M. L. (2016, July). Regulating your brain: The science of mindfulness. Know Science speaker series. Lecture conducted from Genspace, Brooklyn, NY

DeJoseph, M. L. (2015, October). Neural correlates of mindfulness. *Iss: Mind-Body Medicine*. Invited by Bornali Basu, PhD, Adjunct Professor. Lecture conducted from Teachers College, Columbia University, New York, NY

DeJoseph, M. L. (2014, December). Emerging mindfulness research. *Iss: Mind-Body Medicine*. Invited by Bornali Basu, PhD, Adjunct Professor. Lecture conducted from Teachers College, Columbia University, New York, NY

Singh, F. & **DeJoseph M. L.** (2013, October). Oxytocin, mirror neuron system, and schizophrenia. *Cognitive Science 11: Minds and Brains*. Invited by Mary Boyle, PhD. Lecture conducted from University of California, San Diego, La Jolla, CA

DeJoseph, M. L. (2013, June) Incorporating mindfulness into working with children. *UCSD PATH to Reading Seminar*. Lecture conducted from University of California, San Diego, La Jolla, CA

DeJoseph, M. L. (2013, May). Meditation & the mind. *Cognitive Science 11: Minds and Brains*. Lecture conducted from University of California, San Diego, La Jolla, CA

CONFERENCE POSTERS & SYMPOSIA

Finegood, E. D., Raver, C. C., **DeJoseph, M. L.**, & Blair, C. Parenting in Poverty: Attention Bias and Anxiety Interact to Predict Parents' Cognitive Appraisals. In J. Obradović & A. Shaffer (chairs), *Parental self-regulation as a determinant of parenting in young children across diverse contexts*. Paper presented at Society for Research in Child Development; 2017 April 6-8; Austin, TX

Perry, R. E., Finegood, E. D., Braren, S. H., **DeJoseph, M. L.**, Wilson, D. A., Sullivan, R. M., Blair, C., & Raver, C. C. The Impact of Poverty on Mother-Infant Interactions: A Cross-Species Study. In R. Perry (chair), *Exploring the Impact of Cross-Disciplinary Research in the Field of Child Development*. Paper presented at Society for Research in Child Development; 2017 April 6-8; Austin, TX

- Perry, R. E., Finegood, E. D., Braren, S. H., **DeJoseph, M. L.**, Wilson, D. A., Sullivan, R. M., Blair, C., & Raver, C. C. Introducing a Rodent Model of Poverty: Low Resource Rearing Impacts Parenting Style and Infant Neurobehavioral Outcomes. Poster presented at Society for Research in Child Development; 2017 April 6-8; Austin, TX
- Masucci, M. D., **DeJoseph, M. L.**, Manos, E. L., Li-Grining, C. P., & Raver, C. C. Effects of Purpose-For- Learning Intervention on Distress Tolerance and Self-Regulation. Poster will be presented at Society for Research in Child Development; 2017 April 6-8; Austin, TX
- Raver, C. C., Blair, C., **DeJoseph, M. L.**, & Finegood, E. D. Two sides of the coin: Analyzing changes in parenting to answer key questions in developmental science and program evaluation. Poster presented at ACF National Research Conference on Early Childhood; 2016 July 11; Washington, D.C.
- Avery, T., **DeJoseph M. L.**, & Froud, K. Evaluating the Effects of Mindfulness Practices in Young Children Using Electrophysiological Measures of Attention and Salivary Measures of Stress. Poster presented at Cognitive Neuroscience Society Annual Meeting; 2016 April 2-5; New York, NY
- Avery, T., **DeJoseph M. L.**, & Froud, K. Exploring the Effects of Mindfulness in Young Children Using Physiological Measures of Attention and Saliva Measures of Stress. Poster presented at Advances in Meditation Research Conference; 2015 Sep 25; New York, NY
- DeJoseph M. L.**, Avery T., & Froud, K. Mindfulness and Emotion Regulation in Low-Income Children: An ERP Pilot Study. Poster presented at: Teachers College Spirituality Mind Body Institute's Spiritual Life Conference; 2015 Jun 21; New York, NY

RESEARCH EXPERIENCE

Lab Project Manager

New York University, Neuroscience and Education Lab

Clancy Blair, PhD; Cybele Raver, PhD

New York, NY

November 2015 – present

- Coordinate federally-funded studies investigating the developmental effects of poverty and early prevention interventions (Family Life Project, FLP ECHO, Chicago School Readiness Project, NewFAMS, ABC Intervention)
- Protocol creation, write training manuals, data management using SPSS; oversight of staff/students collecting data and performing data entry and coding
- Grants management: perform budgetary tracking and oversight of federal grant funds; tracking expenditures, compiling progress and final reports; coordinating and monitoring payments on subcontracts
- Maintain lab-wide IRB approval status through protocol adjustments, amendment submissions, continuing reviews, and new submissions
- Assist with hiring and staffing needs; coordinate staff appointment paperwork; oversee intern responsibilities
- Prepare and lead 3-day intensive data collection trainings at partner sites; regularly visit data collection sites to ensure data quality (FLP & CSRP)
- Create datasets, assist with analyses, and collaborate on posters and manuscripts

Research Assistant

Teachers College, Columbia University, Neurocognition of Language Lab

Karen Froud, PhD

New York, NY

July 2014 – November 2015

- Recruited and ran participants for pilot study using EEG and saliva to explore the effects a mindfulness program has on attention and stress in kindergarten children
- Assisted graduate students with ERP analysis using NetStation and R
- IRB material preparation and correspondence

Clinical Research Assistant

Teachers College, Columbia University, Spirituality Mind-Body Institute

Lisa Miller, PhD

New York, NY

September 2014 – September 2015

- Conceptualized and collaboratively created curriculum for a contemplative 12-week program to be implemented at SMBI's wellness center
- Assisted in designing a study measuring the effects the program has on well-being among graduate students
- Under the supervision of Linda Lantieri, responsible for collaboratively creating and facilitating a contemplative curriculum to fifth grade students at a Harlem elementary school associated with the Teachers College REACH program

Research Assistant

UCSD Cognitive Assessment and Risk Evaluation (CARE) Lab

Kristen Cadenhead, PhD; Fiza Singh, PhD

San Diego, CA

July 2013 – October 2013

- Recruited and ran participants for an EEG pilot study examining the effects intranasal oxytocin spray has on mirror neuron function and social cognition in individuals with schizophrenia
- Second author on an invited review paper, published in January 2014 (re: Current Treatment Options in Individuals at Clinical High-Risk for Developing Psychosis)
- Co-presented a lecture at UCSD's Cognitive Science class (re: Oxytocin, mirror neuron system, and schizophrenia)

Lead Research Assistant

UCSD Department of Computer Science & Engineering

Teri Lawton, PhD; Garrison Cottrell, PhD

San Diego, CA

June 2010 – October 2013

- Assisted in a four-year school-based RCT investigating the effects of a computer-based visual intervention along with Scientific Learning's program "Fast ForWord," designed to help improve reading ability in children with dyslexia and A.D.D.
- Led team of 40 RAs and worked directly with second and third grade students, teachers, and staff in multiple low-income San Diego County elementary schools
- Administered, scored, and trained incoming assistants in 13 different standardized Western Psychological Services Tests (including CTOPP, DESD, TOWER, WRAT, TIPS, GORT, ANT)
- Presented preliminary results at local conferences and held invited talks at weekly seminars on the topic of using mindfulness to work with children

Lead Lab Assistant

UCSD Brain and Cognitive Development Lab

David Liu, PhD

La Jolla, CA

April 2011- April 2012

- Administered an ERP experiment investigating the development of social cognition
- Attended weekly data analysis meetings and led discussions on various research publications
- Trained incoming lab assistants in EEG administration protocol

TEACHING EXPERIENCE

Assistant Teacher

HYPOTHEkids Inc., Harlem Biospace

New York, NY

July 2015 – September 2015

- Created and led lesson plans for a summer science enrichment program designed to inspire a new generation of scientists
- Assisted head teacher in behavioral management for kindergarten and first grade students
- Monitored and facilitated hands on activities related to scientific concepts

English Teacher

AYC Intercultural Programs Thailand

Bangkok, Thailand

October 2013 - April 2014

- Certified TESOL English teacher at Anuban Phibunwes School in Bangkok, Thailand
- Led morning meditation practices in English at the morning assemblies
- Served as a private English tutor in the community

College Readiness Coach

California Student Opportunity Access Program

San Diego, CA

June 2013 – August 2013

- Mentored and coached high school students in Cal-SOAP's pilot outreach program SWAG (Students with Academic Goals)
- Duties included SAT tutoring, high school planning, postsecondary preparation, speaking at weekly college student panels, and one-on-one mentoring that encouraged potential first-generation college students to pursue higher education

Instructional Apprentice

UCSD Department of Cognitive Science

La Jolla, CA

March 2013 - June 2013

- Course Assistant for Dr. Mary Boyle's lower division cognitive neuroscience class
- Prepared testing materials, held office hours, and led weekly discussion sections
- Held an invited talk on "Meditation and the Mind," presented to the 150 person class at the end of the quarter
- Received the spring quarter award for "Superior Teaching as an Instructional Apprentice" through the department of Cognitive Science

Educational Volunteer

National Alliance on Mental Illness (NAMI)

San Diego, CA

December 2012 – June 2013

- Led weekly educational meetings for families of psychiatric patients at the UCSD Medical Center Hillcrest
- Provided families with a basic education on mental health, support groups, classes, and other various resources available through NAMI
- Served as a liaison between family members and NAMI staff

OTHER RELEVANT EXPERIENCE

Intern

UCSD Center for Mindfulness

San Diego, CA

June 2012–June 2013

- Served as a liaison between speakers for workshops and their yearly conference, “Bridging the Hearts and Minds of Youth”
- Sought after and maintained relationships between local schools interested in participating in child mindfulness programs through the center
- Assisted with event planning for workshop series and fundraising events

Clinical Assistant

Dr. Rustin Berlow’s Private Practice Psychiatry

Solana Beach, CA

June 2009 - June 2012

- Created and maintained patient files through SPSS database that included over 3,000 patient diagnostic measurements and questionnaires
- Wrote literature reviews related to transcutaneous and non-invasive vagal nerve stimulation to inform his new “Brain Stimulation Clinic” for the treatment of psychiatric disorders

ADDITIONAL PROFESSIONAL TRAINING

Fall 2016 Intermediate Quant Methods: General Linear Model (PhD-level course audit), NYU
Spring 2016 Self-Regulation in Early Childhood (graduate course audit), NYU
Summer 2016 SAS Summer Bootcamp; New York University
Spring 2015 Mission Be Mindful Educator Curriculum Training, New York, NY
Fall 2014 Mindful Schools Curriculum Training, New York, NY,
Fall 2012 8-wk MBSR program, UCSD Center for Mindfulness, San Diego, CA

AFFILIATIONS

Know Science non-profit scientific communication organization (speaker) 2016 – present