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EDUCATION

Ph.D. 2021 (expected) Social and Personality Psychology, UC Berkeley
B.A. 2013 Psychology, Child and Youth Studies, University of San Francisco

PUBLICATIONS

Karnilowicz, H. R., Waters, S. F., & Mendes, W. B. (2018). Not in front of the kids: Effects of parental suppression on socialization behaviors during a cooperative parent-child interaction. *Emotion*. Advance online publication.

Ford, B., Q. **Karnilowicz, H. R.**, & Mauss, I. B. (2017). Understanding reappraisal as a multi-component process: The psychological health benefits of attempting to use reappraisal depend on reappraisal success. *Emotion*, 6, 905-911.

Waters, S. F., West, T. V., **Karnilowicz, H. R.**, & Mendes, W. B. (2017). Affect contagion between mothers and infants: Examining valence and touch. *Journal of Experimental Psychology: General*, 146(7), 1043-1051.

Waters, S. F., **Karnilowicz, H. R.**, West, T. V., & Mendes, W. B. (2020). Keep it to yourself? Parent emotion suppression influences physiological linkage and interaction behavior. *Journal of Family Psychology*. Advance online publication. <https://doi.org/10.1037/fam0000664>

MANUSCRIPTS UNDER REVIEW AND IN PREPARATION

* denotes undergraduate student under my supervision

Zerwas, F.K., Springstein, T., **Karnilowicz, H. R.**, Lam, P. H., Butler, E., John, O. P., & Mauss, I. B. (*under review*). "I feel you": Greater linkage between friends' physiological responses and emotional experience is associated with greater empathic accuracy. *Biological Psychology*.

Karnilowicz, H. R., Mauss, I. B., & Zhou, Q. (*revise and resubmit*). Links between emotion regulation and internalizing and externalizing symptoms in Chinese-American adolescents. *Journal of Research on Adolescence*.

Karnilowicz, H. R., Waters, S. F., & Mendes, W. B. (*abstract under review*). Autonomic Nervous System Reactivity to an Acute Social Stress Task in Mothers and Fathers: Links with Parenting Behaviors. Special Issue of *Developmental Psychobiology*.

Karnilowicz, H. R., Willroth, E. C., Lam, P., Ford, B. Q., Mauss, I. B., & John, O. P. (*in preparation*). Think positive or keep cool? Positive reappraisal improves emotional experiences more than neutral reappraisal in sad contexts. *Journal of Personality and Social Psychology*.

Young, G., **Karnilowicz, H. R.**, Mauss, I. B., Hastings, P. B., Guyer, A. E., & Robins, R. W. (*in preparation*). Emotion regulation predicts the development of depression in Mexican-American adolescents.

Karnilowicz, H. R., Zerwas, F., Zhou, Q., Mauss, I. B., & Ford, B. Q. (*in preparation*). Get a hold of yourself! Valuing emotion control is associated with negative responses to others' emotions and lower relationship quality.

Waters, S. F., Human, L., **Karnilowicz, H. R.**, & Mendes, W. B. (*in preparation*). Parents' accurate perceptions of child behavior are moderated by parental emotion suppression and child attachment.

*Rothstein, L. R., Willroth, E. C., **Karnilowicz, H. R.**, Lam, P., Ford, B. Q., & Mauss, I. B. (*in preparation*). Making the best of a good situation: The association between self-esteem and savoring in daily life.

GRANTS, AWARDS, AND HONORS

Recipient of National Science Foundation Graduate Research Fellowship (2017-2022)
Society for Personality and Social Psychology Graduate Travel Award (2019)
Outstanding Graduate Student Instructor (GSI) Award (2019)
UC Berkeley Institute for Personality and Social Research Interdisciplinary Mini Grant (2019)
Student Technology Fund Award (2017)
Featured on USF Psi Chi Notable Alumni Series (2017)
American Psychological Foundation Graduate Research Scholarship (2017)
Honorable Mention for National Science Foundation Graduate Research Fellowship (2016)
Fred Minnigerode Award for the most outstanding graduating senior in Psychology (2013)
Association for Psychological Science/Psi Chi Summer Research Grant (2012)
Honors in Psychology Program (2012)
Dean's List (2009-2013)

SPECIAL TRAINING

Software (R, SPSS, SQL, HLM, STATA, E-prime, Qualtrics, Redcap)
Psychophysiology Data Collection and Processing (PsyScope, Anslab, Mindware, Acqknowledge)
Scale Development and Factor Analysis
Dyadic Data Collection and Analysis (Actor-Partner Interdependence Modeling)
Multilevel Modeling
Structural Equation Modeling (SEM)
Time-Series Data Analysis

FLASH TALKS AND SYMPOSIA

Rogers, F., **Karnilowicz, H. R.**, Dileo, R. & Mendes, W. B. (April, 2020). Preliminary exposition of a dyadic study on parent-daughter socio-affective relationships. Accepted to present at the *Society for Affective Science*, San Francisco, CA.

Karnilowicz, H. R., Zerwas, F., Mauss, I. B. & Ford, B. Q. (February, 2020). Should emotions be controlled? Emotion control beliefs are associated with negative social outcomes. Presented at the *Society for Personality and Social Psychology*, New Orleans, LA.

Karnilowicz, H. R., Siegesleitner, M., Ford, B. Q., & Mauss, I. B. (June, 2019). Should emotions be controlled? Valuing emotion control is associated with unsupportive responses to others' emotions and less social connectedness. *Bay Area Affective Science*, San Francisco, CA.

Karnilowicz, H. R., Ford, B. Q., & Mauss, I. B. (March, 2017). Control yourself! Parents' beliefs that children can control their emotions are linked with maladaptive responses to their children's emotions. *Berkeley-Stanford-Davis Talks*, Berkeley, CA.

Karnilowicz, H. R., Ford, B. Q., & Mauss, I. B. (April, 2017). Control yourself! Parents' beliefs that children can control their emotions are linked with maladaptive responses to their children's emotions. *Society for Affective Science*, Boston, MA.

Waters, S. F., West, T. V., **Karnilowicz, H. R.**, & Mendes, W. B. (April 2017). Does emotion suppression influence parent-child physiological coordination? An examination of mother- and father-child dyads. Presented at the *Society for Research on Child Development*, Austin, TX.

Ford, B. Q., & **Karnilowicz, H. R.** (May, 2017). Understanding reappraisal as a multi-component process: The psychological health benefits of attempting to use reappraisal depend on reappraisal success. Presented at the *Association for Psychological Science*, Boston, MA.

Karnilowicz, H. R., Ford, B. Q., & Mauss, I. B. (June, 2017). Control yourself! Parents' beliefs that children can control their emotions are linked with maladaptive responses to their children's emotions. Presented at the *Association for Research in Personality*, Sacramento, CA.

POSTER PRESENTATIONS

* denotes undergraduate student under my supervision

Okafor, G., **Karnilowicz, H. R.**, & Mauss, I. B. (February 2020). *When I am Emotional, Does My Race and Gender Affect The Way You Judge Me?* Poster to be presented at the annual convention of the Society for Personality and Social Psychology, New Orleans, LA.

*Daang, E., **Karnilowicz, H. R.**, Okonofua, J., & Mauss, I. B. (April 2020). *Emotion Regulation and Responses to Students' Misbehavior: A Study of Elementary School Teachers*. Poster to be presented at the annual meeting of the Western Psychological Association, San Francisco, CA.

*Andrade, S., **Karnilowicz, H. R.**, Curtis, K., & Zhou, Q. (April 2020). *Parental Influences on Chinese-American Adolescents' Emotion Regulation*. Poster to be presented at the annual meeting of the Western Psychological Association, San Francisco, CA.

*From, A., **Karnilowicz, H.R.**, Ford, B. Q., Lam, P. H., John, O. P., & Mauss, I.B. (May 2020) *Follow your heart: emotion regulation, decision styles, and decision-making quality*. Poster to be presented at the annual meeting of the Society for Affective Science, San Francisco, CA.

*Vicman, J., **Karnilowicz, H.R.**, Willroth, E.C., Mauss, I.B. (May 2018) *Emotional awareness and emotion regulation strategy use at the trait and state levels*. Poster presented at the annual meeting of the Association of Psychological Science, San Francisco, CA.

*Rothstein, E., **Karnilowicz, H.R.**, Willroth, E.C., Mauss, I.B. (May 2018) *Making the best of a good situation: positive emotion up-regulation during positive events*. Poster presented at the annual meeting of the Association of Psychological Science, San Francisco, CA.

Karnilowicz, H. R., Waters, S. F., & Mendes, W. B. (April 2018). *Does suppression hinder parents' socialization behaviors?* Poster presented at the 4th annual convention of the Society for Affective Science, Los Angeles, CA.

Karnilowicz, H. R., Waters, S. F., & Mendes, W. B. (April 2015). *The role of infant cardiac vagal tone and maternal depression in mother-infant interactions*. Poster presented at the 2nd annual convention of the Society for Affective Science, Oakland, CA.

Karnilowicz, H. R., Waters, S. F., & Mendes, W. B. (May 2014). *Reunited and it feels so good: Attachment security moderates contextual effects on maternal physiology*. Poster presented at the 26th annual convention of the Association for Psychological Science, San Francisco, CA.

Aulet-Leon, M., Flores, A., **Karnilowicz, H. R.**, Aschbacher, K. & Mendes, W. B. (May 2014). *The relationship between anger expression and cardiovascular health outcomes in minority populations*. Poster presented at the 26th annual convention of the Association for Psychological Science, San Francisco, CA.

Karnilowicz, H. R., Tahija, N., Saroha, C., & Gross, M. (April 2014). *Complete the puzzle: A behavioral genetic examination of sibling cooperation*. Poster presented at the 94th annual convention of the Western Psychological Association, Portland, OR.

Karnilowicz, H. R. & Knight, M. R. (May 2013). *Emotion-regulation preferences and outcomes differ by attachment style and arousal*. Poster presented at the Regulating the World, Regulating the Mind poster session at the 25th annual convention of the Association for Psychological Science, Washington, D.C.

Karnilowicz, H. R., Kreter, V. H., Gross, M., Butera, L., & McGuire, S. (April 2013) *Effortful control in middle childhood: A twin-sibling-adoptee study*. Poster presented at the 93rd annual convention of the Western Psychological Association, Reno, CA.

Gross, M., Butera, L., **Karnilowicz, H. R.**, Kreter, V. H., & Segal, N. (April 2013). *Maternal Employment and Children's Externalizing and Internalizing Behavior*. Poster presented at the 93rd annual convention of the Western Psychological Association, Reno, CA.

Karnilowicz, H. R., Palaniappan, M., McCarthy, S., Larribas, T., Gross, M., & McGuire, S. (April 2012). *Social competence and parental differential treatment across sibling dyads*. Poster presented at the University of San Francisco 2nd Annual Student Research & Creativity Day of Celebration, San Francisco, CA.

Larribas, T., Gross, M., Palaniappan, M., **Karnilowicz, H. R.**, McCarthy, S., & Segal, N. (April, 2012). *Loneliness in middle childhood: Social connectedness and genetic relatedness*. Poster presented at the 92nd annual convention of the Western Psychological Association, San Francisco, CA.

Palaniappan, M., **Karnilowicz, H. R.**, McCarthy, S., Larribas, T., Gross, M., & McGuire, S. (April, 2012). *Parental differential treatment: A twin-sibling-adoptee study*. Poster presented at the 92nd annual convention of the Western Psychological Association, San Francisco, CA.

TEACHING EXPERIENCE

Research and Data Analysis in Psychology

Graduate Student Instructor to Amanda Perez at UC Berkeley (Summer 2020)

- Lead discussion sections, proctor exams, hold review sessions, grade exams and student presentations, meet individually with students during office hours and appointments

Health Psychology

Graduate Student Instructor to Aaron Fisher, Ph.D. at UC Berkeley (Fall 2019)

- Lead discussion sections, proctor exams, hold review sessions, grade exams and student presentations, meet individually with students during office hours and appointments

Stigma and Prejudice

Graduate Student Instructor to Jason Okonofua, Ph.D. at UC Berkeley (Fall 2018)

- Lead discussion sections, design exams, proctor exams, hold review sessions, grade exams, meet individually with students during office hours and appointments

Personality Psychology

Graduate Student Instructor to Ozlem Ayduk, Ph.D. at UC Berkeley (Spring 2017)

- Lead discussion sections, design exams, proctor exams, hold review sessions, grade exams and student presentations, meet individually with students during office hours and appointments

General Psychology

Graduate Student Instructor to Chris Gade, Ph.D. at UC Berkeley (Fall 2016)

- Lead discussion sections, proctor exams, hold review sessions, grade exams and essays, meet individually with students during office hours and appointments

Cognitive Neuroscience

Co-Instructor at UC Berkeley (Summer 2016)

- Created lesson plans, syllabus, and assignments, produced video lectures, graded assignments and wrote narrative evaluations, attended weekly faculty meetings with Academic Talent Development Program (ATDP) instructors.

Social Psychology

Graduate Student Instructor to Iris Mauss, Ph.D. at UC Berkeley (Spring 2016)

- Led discussion sections, proctored exams, held review sessions, graded exams and discussion questions, met individually with students during office hours and appointments

Social Psychology

Graduate Student Instructor to Serena Chen, Ph.D. at UC Berkeley (Fall 2015)

- Led discussion sections, proctored exams, held review sessions, graded exams, met individually with students during office hours and appointments

Advanced Research Methods

Teaching Assistant to Davina P. Chan, Ph. D. at University of San Francisco (Summer 2013)

- Organized, taught, and assisted with the lab portion of the class; held office tutoring hours; assisted with the grading of exams and statistics exercises.

General Psychology

Teaching Assistant to Davina P. Chan, Ph.D. at University of San Francisco (Spring 2013)

- Graded and proctored exams.

Advanced Research Methods

Teaching Assistant to Davina P. Chan, Ph.D. at University of San Francisco (Spring 2013)

- Organized, taught, and assisted with the lab portion of the class; held office tutoring hours; assisted with the grading of exams and statistics exercises.

Honors Thesis Development Seminar

Teaching Assistant to Marisa R. Knight, Ph.D. at University of San Francisco (Spring 2013)

- Provided assistance to students developing their Honors Thesis (i.e. help with finding measures, relevant research); organized and taught a PsyScope tutorial.

Research Design

Teaching Assistant to John. E. Perez, Ph.D. at University of San Francisco (Fall 2012)

- Held office tutoring hours; organized and conducted review sessions; assisted with laboratory and statistics exercises; assisted students with essays, homework, and exam preparation.

MENTORSHIP AND ADVISING

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| 2019-20 | Enya Daang | Advisor for independent research project |
| 2019-20 | Sofia Andrade | Co-advisor for senior honors thesis |
| 2017-18 | Elizabeth Rothstein | Co-advisor for senior honors thesis |
| 2017-18 | Jess Vicman | Co-advisor for senior honors thesis |
| 2016-17 | Michaela Moss | Advisor for senior honors thesis |

ACADEMIC SERVICE AND PROFESSIONAL ACTIVITIES

Ad hoc reviewer for Anxiety, Stress, & Coping (2020-present)

Ad hoc reviewer for Motivation and Emotion (2019-present)

Ad hoc reviewer for Social Cognitive and Affective Neuroscience (2018-present)

Ad hoc reviewer for Journal of Psychophysiology (2017-present)

Invited panelist at Psi Chi Career Panel at University of San Francisco (2017, 2019)

Poster Reviewer for Society for Research on Child Development Biannual Meeting (2016)

Invited panelist at Biological Honors Society Career Panel at University of San Francisco (2015)

Poster Reviewer for convention of the Association for Psychological Science (2014)

President, Psi Chi, International Honors Society in Psychology, University of San Francisco Chapter (2012-2013)

PROFESSIONAL MEMBERSHIPS

Society for Affective Science (SAS)

Society for Personality and Social Psychology (SPSP)

Society for Research on Child Development (SRCD)
Association for Research in Personality (ARP)
Association for Psychological Science (APS)
Alpha Sigma Nu, Jesuit Honors Society
Psi Chi, International Honors Society in Psychology
Western Psychological Association (WPA)

REFERENCES

Iris Mauss, Ph.D.

Associate Professor

Department of Psychology

University of California, Berkeley

2121 Berkeley Way West

Berkeley, CA 94720-1650

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Wendy Berry Mendes, Ph.D.

Sarlo/Ekman Professor of Human Emotion

Department of Psychiatry

UC San Francisco

Email: Wendy.Mendes@ucsf.edu

Oliver John, Ph.D.

Professor

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Qing Zhou, Ph.D.

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