

CURRICULUM VITAE
NATALIE S. BYRD
she/her/hers

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EDUCATION

2025 – Present **The Pennsylvania State University**, State College, PA
Doctor of Philosophy in Developmental Psychology and Social Data Analytics
Cumulative GPA: **4.00/4.00**

2022 – 2025 **St. John Fisher University**, Rochester, NY
Bachelor of Science in Psychology (Honors)
Cumulative GPA: **4.00/4.00** | Summa Cum Laude

RESEARCH SUPPORT

2025 Penn State Center for Human Evolution and Diversity Seed Grant
Project: Attachment, loneliness, and self-concept: The role of intersectional identities
Role: Principal Investigator
Amount awarded: \$5,000

2024 Summer Research Fellowship
Project: Attachment, loneliness, and self-concept: The moderating role of self-concept during the transition to college
Role: Research Fellow
Amount awarded: \$450

Under Review:

2025 National Science Foundation Graduate Research Fellowship
Project: Loneliness transmission and resilience through gene-environment
Role: Principal Investigator

Proposals Submitted, Not Funded:

2024 National Science Foundation Graduate Research Fellowship
Project: It is not your fault you are lonely
Role: Principal Investigator

RESEARCH EXPERIENCE

2025 – Present **Gene Environment Interplay, Penn State University**, State College, PA
Graduate Fellow
Supervised by Jenae Neiderhiser, Ph.D.
Funding source: U01 DA055361; R01 MH130448; R01AG089666
Project summary: The gene-environment interplay across the lifespan, with an emphasis on close parent-child, spouse, sibling or twins, and peer relationships.

2025 – Present	We Are Connected, Penn State University , State College, PA <i>Researcher</i> <u>Supervised by Jennifer Connell, Ph.D.</u> Funding source: Child Study Center Project summary: We Are Connected is an evidence-based curriculum that brings groups of undergraduate students together to foster meaningful connections. Responsibilities: Program weekly check-in, pre-test, and post-test surveys, and develop IRB materials.
2024 – 2025	Mt. Hope Family Center, University of Rochester , Rochester, NY <i>Research Intern</i> <u>Supervised by Elizabeth D. Handley, Ph.D.</u> Funding source: NIH 2P50HD096698-06, Sub-Project ID: 8370 Project summary: The longitudinal and multigenerational impact of child abuse, maltreatment, discrimination, and neglect on the health of women and families. Responsibilities: Code and administer psychological self-report measures (e.g., MOCA, BAI, BDI-II, MACE, ACE, BCES) and biological data collection (e.g., blood pressure, hair, nail, blood draw) from marginalized and low-income adults (ages 24-53) and children (ages 5-15), utilize diverse recruitment strategies (e.g., phone, mail, and in-person), and provide childcare support.
2024 – 2025	Play and Development Laboratory, St. John Fisher University , Rochester, NY <i>Research Assistant</i> <u>Supervised by Zachary S. Gold, Ph.D.</u> Funding source: Unit Bricks Project summary: The developmental implications of children's play with peers and building materials with a focus on engineering play and STEM learning. Responsibilities: Systematically code observational data of children's STEM playing, run play visits and spatial skills tasks with children ages 4-7, lead statistical analyses for a published article including CFA, help set up the PI's new lab, and design the lab's <u>website</u> .
2023 – 2025	St. John Fisher University , Rochester, NY <i>Research Fellow</i> <u>Supervised by Jessica R. Robinson, Ph.D.</u> Funding source: Summer Research Fellowship Project summary: The role of self-concept as a mediator between attachment style and social and emotional loneliness during young adults' transition to college. Responsibilities: Conceptualize and propose an independent research project. Manage the entire research process including preparing and submitting IRB and grant proposals, literature reviews, survey development on Qualtrics, college-aged participant recruitment, analyze study data, and co-author final scholarly products.

2023 – 2025 **The Transition to College Study, St. John Fisher University, Rochester, NY**
Research Assistant
Supervised by Jessica R. Robinson, Ph.D. & Melissa M. Goodwin, Ph.D.
Funding source: Faculty Research Development Award (SJFU)
Project summary: The effects of COVID-19 and parental warmth on emotional and behavioral autonomy, overall well-being, and college preparedness.
Responsibilities: Select measures for the assessment battery (e.g., IOS, CES-DC, NRI-BSV), create marketing materials for participant recruitment, lead the data analysis and creation of data visualizations, and co-author final scholarly products.

PUBLICATIONS

Journal Articles:

1. **Byrd, N.S.**, McCabe, S.C., Robinson, J.R. (2025). Constructing connections: A phenomenological explanation of loneliness in first-year undergraduates. *Soaring: A Journal of Undergraduate Research*, 2025(1), Article 3. <https://fisherpub.sjf.edu/soaring/vol2025/iss1/3>; [OSF](#)
2. McClure Brenchley, K.J., & **Byrd, N.S.** (2025). Body inclusivity on campus: The creation of a student club. *Eye on Psi Chi*, 30(1). <https://www.psichi.org/page/301EyeFall25Brenchley>
3. **Byrd, N.S.** (2024). Loneliness in the nucleus for psychopathology: Relationships with cognitive, social, and personality disorders. *Soaring: A Journal of Undergraduate Research*, 2024(2), Article 4. <https://fisherpub.sjf.edu/soaring/vol2024/iss2/4>
4. **Byrd, N.S.** (2024). The factors causing high food insecurity in U.S. undergraduate students. *Soaring: A Journal of Undergraduate Research*, 2024(1), Article 2. <https://fisherpub.sjf.edu/soaring/vol2024/iss1/2>; [OSF](#)

Under Review:

1. Gold, Z.S., Perlman, J., Howe, N., & **Byrd, N.S.** (*Under review*). Block play supports children's informal and formal spatial skills. *Cognitive Development*.
2. Robinson, J.R., **Byrd, N.S.**, & Goodwin, M.M. (*Under review*). The transition to college study. *Emerging Adulthood*.

Student/Professional Resources:

1. **Byrd, N.S.** (2025). Graduate School 101: Less Lonely, More Navigable. <https://drive.google.com/drive/folders/14Dn4rdx1gkr4tBp1H6eMf2IYr09ut5b7>
2. **Byrd, N. S.** (2024). PsycStats ToolKit. <https://sites.google.com/sjfc.edu/psycstats/home?authuser=0>

POSTERS & PROFESSIONAL PRESENTATIONS

1. **Byrd, N.S.**, & Robinson, J.R. (2026, April). *Attachment, loneliness, and self-concept: The moderating role of self-concept transitioning to college*. Poster to be presented at the Society for Research on Adolescence (SRA), Toronto, Canada.
2. **Byrd, N.S.**, & Robinson, J.R. (2025, August). *Attachment, loneliness, and self-concept: The moderating role of self-concept transitioning to college*. Poster presented at the Hybrid Annual Convention of the American Psychological Association (APA), Denver, CO.
3. **Byrd, N.S.**, Childs, A., Martin, E., Trimboli, G. (2025, May). *Adverse childhood experiences in Rochester, NY*. Poster presented at the Fisher Showcase, Rochester, NY.
4. Gold, Z. S., Perlman, J., Howe, N., & **Byrd, N.S.** (2025, May). *Block play supports children's formal and information spatial skills*. Poster presented at the Fisher Showcase, Rochester, NY.
5. **Byrd, N.S.** (2025, April). *Attachment and the impact of narcissism on romantic and parent-child relationships*. Poster presented at the Fisher Lab Symposium, Rochester, NY.
6. **Byrd, N.S.**, & McCabe S.C. (2024, December). *Constructing connections: A phenomenological explanation of loneliness in first-year undergraduates*. Poster presented at the Fisher Lab Symposium, Rochester, NY.
7. **Byrd, N.S.**, & Robinson, J.R. (2024, December). *The transition to college study*. Poster presented at the Fisher Showcase, Rochester, NY.
8. **Byrd, N.S.**, & Robinson, J.R. (2024, October). *The transition to college study*. Poster presented at the Annual New England Psychological Association (NEPA) Conference, Springfield, MA.
9. Robinson, J.R., & **Byrd, N.S.** (2024, October). *The transition to college study*. Poster presented at the Association for Psychological Science (APS) Global Psychological Science Summit.
10. **Byrd, N.S.** (2024, August). *The transition to college study*. Poster presented at the Hybrid Annual Convention of the American Psychological Association (APA), Seattle, WA.
11. **Byrd, N.S.**, & Robinson, J.R. (2024, August). *The transition to college study*. Poster presented at the President's Summer Fellows Research Symposium, Rochester, NY.
12. **Byrd, N.S.** (2024, April). *PsycStats ToolKit honors keystone project*. Poster presented at the Fisher Showcase, Rochester, NY.
13. **Byrd, N.S.**, Magar, P., Morales I., & Smith, R. (2023, December). *Sleep habits in St. John Fisher students*. Poster presented at the Fisher Research Methods Showcase, Rochester, NY.

14. **Byrd, N.S.**, Grimaudo, J., Hedden, C., & Wilson, R. (2023, May). *People of color and communication in the fight for women's suffrage*. Poster presented at the Fisher Showcase, Rochester, NY.

GRANTS & AWARDS

Graduate:

2025 – Present Penn State University Graduate Fellowship (\$32,500)
 2025 Child Study Center Strumpf Travel Award (\$800)
 2025 NSF Grant Incentive Award (\$1,000)
 2025 College of Liberal Arts Scholarship (\$2,000)
 2025 Científico Latino Alumni Scholarship (\$1,000)

Undergraduate:

2025 Trustees Ranking Scholar Award (*For graduating with the highest cumulative GPA*)
 2025 Provost's Award for Best Paper (*"Loneliness is the Nucleus for Psychopathology"*)
 2025 Award for Scholarly Activity in Psychology (*Student most committed to research*)
 2025 Award for Academic Achievement in Psychology (*Highest GPA within the major*)
 2025 Cardinal Awards: Impact Award (*Nominated*)
 2025 Cardinal Awards: Student Publication of the Year (*Nominated*)
 2025 Cardinal Awards: Club Collaboration of the Year (*Won on behalf of The Body Talk*)
 2024 Científico Latino Graduate Student Mentorship Initiative Scholarship (\$200)
 2024 oSTEM Graduate Application Financial Aid Program (\$315)
 2024 Dean of Arts and Sciences Travel Grant (\$300)
 2024 St. John Fisher University Special Case Club Funding (\$900)
 2024 Student Scholar Travel Grant (\$250)
 2024 Career Accelerator Grant (\$230, \$135)
 2024 Fisher Flight Award (*Fully funded trip to Boston, MA to network with alumni*)
 2024 – 2025 Leadership Development Scholarship (*For leadership on & off-campus, \$1,000*)
 2022 – 2025 Dean's List (*Awarded semesterly for achieving a GPA above 3.50*)
 2022 – 2025 Trustee Merit Scholarship (*Highest merit scholarship, awarded \$19,000 annually*)
 2022 – 2025 Honors Scholarship (*Honors program scholarship, awarded \$2,000 annually*)

Pre-baccalaureate:

2022 Valedictorian Honors (*Awarded by graduating top of 360 student high school class*)

TEACHING & MENTORSHIP

Teaching:

2024 – 2025 **Center for Writing and Tutoring**
Peer Tutor for Advanced Statistics (PSYC204), Basic Statistics (PSYC201), Research Methods (PSYC200), & Data Analysis in Psych Science (PSYC1105)
 St. John Fisher University, Rochester, NY

- Provide guidance on understanding of course materials and assignments utilizing diverse methods learned from the course and teaching training.
- Accommodate 10+ diverse students' needs and help them excel in courses.

Guest Lectures:

03/2025	Cardinal Experience (CORE4990) St. John Fisher University, Rochester, NY <i>Lecture:</i> Adverse childhood experience in Rochester, NY.
04/2024	The Causes and Consequences of Human Diversity (HNRS2599) St. John Fisher University, Rochester, NY <i>Lecture:</i> The biological perspective of diversity in sex, gender, and sexuality.
02/2024, 10/2024	Professional Development I (PSYC195) St. John Fisher University, Rochester, NY <i>Lecture:</i> Field experience, research, internships, leadership opportunities, etc.

Invited Talks:

08/2025	Científico Latino Graduate School Mentorship Initiative Webinar <i>Lecture:</i> Applying to graduate programs in STEM
03/2025	A Taste of Fisher (School of Arts and Sciences Recruitment Event) St. John Fisher University, Rochester, NY <i>Lecture:</i> Research and scholarly involvement at Fisher.
03/2024, 03/2025	Spend-a-Day (Psychology Department Recruitment Event) St. John Fisher University, Rochester, NY <i>Lecture:</i> Opportunities and coursework in psychology at Fisher.

Mentoring Activities:

2025 – Present	NextGen Psych Scholars <i>Mentor</i> <ul style="list-style-type: none">Provide one-on-one insights into applying to Psychology PhD programs and revisions to application materials to ensure a successful cycle.
2025 – Present	Científico Latino Graduate Student Mentorship Initiative <i>Mentor</i> <ul style="list-style-type: none">Provide one-on-one insights into applying to STEM PhD programs and revisions to application materials to ensure a successful cycle.
2024 – 2025	Research Girl <i>Mentor</i> <ul style="list-style-type: none">Provide one-on-one weekly formal mentorship to help high-school and early undergraduate students secure STEM research assistant positions.

COMMUNITY INVOLVEMENT & LEADERSHIP

2025 – Present **The Pennsylvania State University**, We Are Connected
Researcher

- Create and monitor weekly check-in surveys for a seminar focused on fostering meaningful connections to promote well-being and retention in marginalized first-year and transfer students.

2025 – Present **The Pennsylvania State University**, Psychology Recruitment and Retention
Committee Member

- Plan events and spearhead initiatives to increase belonging for current students, and ensure equitable recruitment practices for prospective PhD students.

2024 – Present **Academic Memories**, Brain Blog
Scientific Editor

- Peer-review monthly brain science and graduate school posts to ensure accessibility of knowledge.

2024 – 2025 **St. John Fisher University**, Honors Student Advisory Board
Representative

- Plan honors events, implement program changes including a monthly newsletter, and disseminate communications related to the honors program.

2024 **St. John Fisher University**, Honors Program
Honors Keystone Project

- Founded a website for students as a toolkit for psychological statistics. Regularly update a library of resources and attend to the help request log. [View PsyStats ToolKit](#)

2023 – 2025 **St. John Fisher University**, The Body Talk
Co-Founder and President

- Lead a club on campus centered around events to build community for those passionate about well-being, body positivity and stigma, and eating disorder advocacy. Successfully formulate the club's budget, totaling \$12,000. [OSF](#)

2023 – 2025 **St. John Fisher University**, Committee of Campus Climate Planning
Student Representative

- One of two undergraduates chosen to represent the student body at faculty DEI committee meetings to conceptualize, implement, and analyze a campus-wide survey assessing diversity, equity & inclusion.

2023 – 2024 **St. John Fisher University**, Committee of Belonging
Co-Chair

- Held workshops for student senator project ideas including implementing a campus wide DEI survey, and increasing awareness of educational outreach programs, such as TRIO/CSTEP.

2023 – 2024 **St. John Fisher University**, Student Government Association
Senator of Commuter Students

- Represented the interests of commuter students through leading projects, disseminating email communications, and volunteering at monthly student events to support coordination and student enjoyment.

WORK EXPERIENCE

06/2024 – **Excellus BlueCross BlueShield**, Rochester, NY (Hybrid)

08/2025 *Research Insights Intern*

- Originated a high-impact research initiative on loneliness, informing a 2025 Health Plan strategic priority; led survey design and analysis that directly shaped member-facing resources and community partnerships.
- Designed and conducted four independent member market research studies on pharmacy experience, communication preferences, mobile app usage, and GenZ utilizing Qualtrics surveys & focus groups in collaboration with UX & CX.
- Developed an interactive Power BI dashboard from scratch to visualize broker satisfaction data, enhancing reporting efficiency and decision-making for stakeholders.
- Created a quarterly newsletter for feedback forum members, translating survey insights into transparent and engaging communications.
- Supported ongoing research on member, employer, broker, and provider satisfaction, ensuring data quality and crafting compelling data visualizations to drive storytelling and strategic decisions.

06/2023 – **Excellus BlueCross BlueShield**, Rochester, NY (Hybrid)

05/2024 *Human Resources Intern*

- As the youngest intern, led a clinical turnover evaluation project, by devising and presenting recommendations leveraging HR data, industry research, and employee engagement surveys.
- Managed the collection, analysis, and benchmarking of performance appraisal calibration feedback data, utilizing data visualization techniques to present key insights and drive process improvement.

MEDIA ACTIVITIES

2025 SJF News, “#Fisher2025: For Psychology Grad, Next Stop is Doctoral Degree”

2025 SJF News, “Countdown to Commencement 2025: Natalie Byrd”

PROFESSIONAL AFFILIATIONS

2026 – Present Society for Research on Adolescence, Student Member
2025 – Present Graduate Women in Science, National and Penn State Chapter Member
2025 – Present Científico Latino Graduate Student Mentorship Initiative, Alumni Member
2024 – 2025 Científico Latino Graduate Student Mentorship Initiative, Scholar
2024 – Present Council on Undergraduate Research (Psychology Division), Member
2024 – Present Psi Chi National Psychology Honor Society, Member
2024 – Present National Alliance on Mental Illness (National/NY/Rochester), Member

2024 – Present	American Psychological Association (Division 1 - General), Member
2023 – Present	American Psychological Association (Division 7 - Developmental), Member
2023 – 2025	American Psychological Association, Student Affiliate & Campus Ambassador
2023 – 2025	Alpha Mu Gamma International Foreign Language Honor Society, Member

CERTIFICATIONS & TRAININGS

Statistics and Research Methods:

05/2024	CenterStat Structural Equation Modeling (SEM) Workshop (<i>18 hours</i>)
05/2024	Qualtrics Platform Essentials (<i>4 hours</i>)
04/2024	APA Science Training: Eye-Tracking Methods and Research Designs (<i>1.5 hours</i>)

Responsible Conduct of Research:

10/2025	Research Data Management (<i>1 hour</i>)
07/2024	LinkedIn Learning: DEI (<i>7.5 hours</i>)
06/2024	CITI Program Responsible Conduct of Research (<i>5 hours</i>)
02/2024	CITI Program Social-Behavioral-Educational Researchers (<i>1 hour</i>)
02/2024	EHS Laboratory Safety Training Standard Chemical 2024 (<i>1 hour</i>)
01/2024	UR Medical Center HIPAA Privacy and Security (<i>1.5 hours</i>)
01/2024	New York State OCFS Mandated Reporter (<i>2 hours</i>)
10/2023	CITI Program Social & Behavioral Research (<i>4.5 hours</i>)

Teaching:

04/2025	CRLA International Tutor Training Program Certification (<i>10 hours</i>)
04/2024	STP-GSTRA Learning Science to Help Students Succeed Workshop (<i>2 hours</i>)
03/2024	LinkedIn Learning: How to Be a Good Mentee and Mentor (<i>1 hour</i>)
05/2022	New York State Seal of Biliteracy: French

PROFESSIONAL SERVICE

Ad-Hoc Journal Reviews: Emerging Adulthood

Ad-Hoc Grant Reviews: PSU CHED Seed Grant

Ad-Hoc Poster Proposal Reviews: APA Div 7

SPECIAL SKILLS

Technical: Jamovi, SPSS, RStudio, GraphPad Prism, Zotero, Qualtrics, Lyssna, Prolific, Sona Systems

Research: Recruitment & scheduling, narrative coding, observational coding, literature reviews, IRB submission, grant writing, measure administration, data visualization, survey design

Statistical: Structural Equation Modeling (SEM)

Language: R (Intermediate), HTML (Beginner), French (A2)