

Shayne Harms
Curriculum Vitae
Phone: (408) 930-7727 | harms279@umn.edu

Education

University of Minnesota, Twin Cities *Anticipated May 2030*
Doctor of Philosophy, Social Psychology
Faculty Advisors: Dr. Jeffrey A. Simpson & Dr. Alexander J. Rothman

Arizona State University | Barrett, the Honors College *May 2025*
Bachelor of Science, Psychology
Bachelor of Arts, English Literature
Overall GPA: 3.88, Summa Cum Laude
Honors Thesis: “Interpersonal Emotion Regulation & Strategy Matching: Understanding healthy and unhealthy interpersonal emotion regulation through relationship outcomes.”
Honors Thesis Advisor: Dr. Michelle N. Shiota
Supervising Graduate Student: Carley Vornlocher

Research Experience

Honors Thesis Research Project: *Interpersonal Emotion Regulation & Strategy Matching: Understanding healthy and unhealthy interpersonal emotion regulation through relationship outcomes.*

January 2024 - November 2024

- Interpersonal emotion regulation (IER) is related to individual and relational well-being. Within this project, we used longitudinal data collected over the course of Fall 2024 semester from first-year college roommates (dyadic) to understand how the use of different combinations of IER strategies affects relational and individual well-being.
- Conducted a systematic literature review pertaining to emotion, emotion regulation, friendship, and other close relationships and their role in relationship outcomes (closeness, satisfaction, and relational well-being).
- Wrote IRB application including appendices with measurement materials, recruitment materials, consent forms, and debriefing script.
- Wrote and completed application for funding through the Barrett Honors Thesis Fund (accepted).
- Engaged with open science practices by pre-registering the study with OSF.
- Programmed 3 30-minute surveys and 7 5-minute Daily Diary surveys into Qualtrics for data collection.
- Wrote abstract for undergraduate poster submission to Society for Personality and Social Psychology 2025 conference (accepted) and Emotion Preconference.
- Maintained participant tracking sheet throughout 3 months of data collection (10 surveys/participant (N = 146)).

- Used hierarchical regression and multilevel modeling to statistically analyze data.
- Presented and defended findings to the thesis committee and peers.

Grant Writing: *When is Honesty Not the Best Policy?: Examining how situational and relational factors impact wellbeing during honest and dishonest interactions.*

National Science Foundation, Graduate Research Fellowships Program

Applied: Level 1 Undergraduate Senior

- Wrote personal and research statements emphasizing diverse thinking, broader impacts, and intellectual merit.
- Planned a 3-study line of research centered on defining the contexts in which honesty and dishonesty are beneficial or detrimental to our friendships.
 - Includes plans for Ecological Momentary Assessments, live interaction tasks, and potentially physiological fMRI data.

Shiota Psychophysiology Laboratory for Affective Testing (SPLAT)

January 2023 - May 2025 | Dr. Michelle N. Shiota

Arizona State University, Tempe, AZ

Research Assistant

- Worked on a National Science Foundation-funded (GRFP) research program examining how feeling the emotion of awe in response to different photographic stimuli can improve memory functioning. This entailed learning and executing several different protocols for individual studies, both in-person survey studies (20 sessions of 5 participants/session) and studies collecting physiological data. This also included learning a codebook and coding 830 text-based survey responses.
- Worked on a doctoral dissertation study examining how the psychology of immediate reward can be applied to lessening the US political divide. This involved learning and executing the protocol for running Zoom-based dyadic interactions within both a college-based sample and a community sample of Craigslist participants. There were 3 conditions (immediate reward, no reward, and anxiety prevention) that I assisted the head researcher in keeping track of.
- Worked on a Master's Thesis project examining how social support practices (words of encouragement, gratitude, gift-giving, etc.) can be leveraged to increase healthy habits in couples. This work involved coding over 500 text-based survey responses from a community sample of participants.
- Worked on a research project examining how funny stereotype-based humor was to participants based on whether or not it endorsed stereotypes or subverted them. This included coding over 150 *Saturday Night Live: Weekend Update* clips to look for examples of group-based humor to be used as inspiration for joke stimuli for this project.

Evolution, Ecology, & Social Behavior Lab

January 2023 -May 2025 | Drs. Steven Neuberg & Douglas Kenrick

Arizona State University, Tempe, AZ

Research Assistant

- Worked on a project examining the social motivations behind traveling. This involved learning and executing protocols for in-person research studies focusing on the relationship between travel and social motivations (led 5 sessions of data collection)
- Worked on a project examining what makes aggression among siblings different from aggression in other kinds of close relationships (friendships, acquaintanceships). This involved coding 200 text-based survey responses on participant experiences of sibling aggression.
- Conducted several literature reviews each semester regarding current research questions (i.e., friendship, sibling aggression & rivalry, DEI training in Fortune 500 companies).
- Gave feedback on current experimental studies during lab meetings and contributed to group discussions about stereotyping, prejudice, discrimination, emotion, and the general field of evolutionary psychology.

Substance Use, Health, & Behavior Lab

January 2022 - April 2022 | Dr. Madeline Meier

Arizona State University, Tempe, AZ

Research Assistant

- Led 10 4-hour home visits with participants while maintaining lab protocols and problem-solving in real-time.
- Assisted with the everyday requirements of the lab, utilizing Qualtrics as a screening tool, and interacting directly with participants for studies focusing on the cognitive outcomes of cannabis use in younger and older adults.
- Attended weekly lab meetings to address issues with the study protocol as a team and update protocol in studies based on research assistant feedback.

Manuscripts in Preparation

Harms, S., Vornlocher, C., Shiota, M.N. (honor's thesis project in preparation) *Interpersonal Emotion Regulation & Strategy Matching: Understanding healthy and unhealthy interpersonal emotion regulation through relationship outcomes.*

Poster Presentations

Harms, S., Vornlocher, C., Shiota, M.N. (April 2025). *Interpersonal Emotion Regulation: Is Matching or Complementary Strategy Use Most Beneficial?* Poster Presentation at the Honors Symposium and Undergraduate Awards and Scholarships Ceremony, Tempe, AZ.

Harms, S., Vornlocher, C., Shiota, M.N. (April 2025). *Interpersonal Emotion Regulation: Is Matching or Complementary Strategy Use Most Beneficial?* Poster Presentation at the Arizona Psychology Undergraduate Research Conference, Tempe, AZ.

Harms, S., Vornlocher, C., Shiota, M.N. (February 2025). *Interpersonal Emotion Regulation: Is Matching or Complementary Strategy Use Most Beneficial?* Poster Presentation at the Society for Personality & Social Psychology Annual Convention, Denver, CO.

Harms, S., Vornlocher, C., Shiota, M.N. (February 2025). *Interpersonal Emotion Regulation: Is Matching or Complementary Strategy Use Most Beneficial?* Poster Presentation at the Society for Personality & Social Psychology Annual Convention, Emotion Preconference, Denver, CO.

Awards & Achievements

Diversity of Views and Experiences Fellowship <i>Student Stipend & Tuition</i>	<i>University of Minnesota</i>	2025
Phi Beta Kappa Inductee	<i>Arizona State University</i>	2024
Barrett Honors Thesis Funding	<i>Arizona State University</i>	2024
Barrett Honors Project Funding <i>Conference Travel</i>	<i>Arizona State University</i>	2024
Psychology Scholar Award <i>Rising Senior</i>	<i>Arizona State University</i>	2024
New American University <i>President's Award</i>	<i>Arizona State University</i>	2021

Skills

Software: R, SPSS, Qualtrics

Data Collection Techniques: Physiological data collection (ex. Electrocardiogram, Skin Conductance Level, Heart Rate Variability, Pre-Ejection Period, etc.), Ecological Momentary Assessment (daily diary data collection), survey data collection, longitudinal data collection

Languages: American Sign Language (conversational)

Professional Affiliations

Human Behavior & Evolution Society Undergraduate Member	Spring 2024 - Present
Psi Chi Undergraduate Member	Fall 2023 - Present
Society of Personality & Social Psychology Undergraduate Member	Spring 2023 - Present

American Psychological Association
Undergraduate Member

Spring 2023 - Present

Mentoring Experience

Evolution, Ecology, & Social Behavior Lab Peer Mentoring

Arizona State University

Supervisors: Tiffany Chin & Dr. Steven Neuberg

- Held weekly meetings with two mentees during the Spring semester before the cycle in which they planned to apply to graduate programs in Psychology.
- Created a syllabus that identified weekly topics and optional readings to prepare mentees for discussion of different aspects of the admission process.
- Assisted with the writing process for mentees' statements of purpose.
- Advised mentees during the creation of other application materials (Curricula Vitae, statements of diversity, preparation packets to send to their letter of recommendation writers, etc.)

Social Psychology Teaching Assistant

Arizona State University

Supervisors: Jamie Katz & Dr. Michelle (Lani) Shiota

- Provided thoughtful input on lecture content, test questions, and grading rubrics, helping ensure that assessments were both fair and pedagogically sound.
- Graded discussion posts with both speed and accuracy, offering students timely and constructive feedback.
- Met with students regularly during office hours and before class to discuss both subjects related to the course and their general experiences as students at the university.

Professional References

1. Dr. Jeffrey A. Simpson, Chair, Department of Psychology, University of Minnesota (simps108@umn.edu)
2. Dr. Alexander J. Rothman, Professor, Department of Psychology, University of Minnesota (rothm001@umn.edu)
3. Dr. Michelle (Lani) Shiota, Professor, Department of Psychology, Arizona State University (lani.shiota@asu.edu)
4. Dr. Steven Neuberg, Professor, Department of Psychology, Arizona State University (steven.neuberg@asu.edu)