

Jackson G. Cowherd

Curriculum Vitae

[E-Portfolio](#) | [Linkedin](#)

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EDUCATION

Anticipated, May 2027

Bachelor of Science in Psychology

Philosophy Minor

Pacific University, Forest Grove, OR

GPA: **4.0**

PRIMARY SCHOLARLY INTERESTS

1. **Emotion-regulation theory and assessment:** emotion-regulation strategies (ERS); emotion-regulation flexibility (ERF); ecological momentary assessment
2. **Technology-assisted psychotherapy:** game-based interventions; mobile-app interventions
3. **Dimensional psychopathology:** Hierarchical Taxonomy of Psychopathology (HiTOP); Research Domain Criteria (RDoC); Personality Inventories (e.g., CAT-PD, PID-5)

HONORS/AWARDS/GRANTS

Pacific Summer Research Grant, Pacific University Undergraduate Research Program (2026), competitively awarded grant supporting the research and development of the video game “The Curse of Ironbrook” (Requested: \$3,400; Awarded: \$3,400).

Outstanding Poster for Social Sciences, Pacific University Undergraduate Research Conference (2025), awarded for the presentation “*Leveling up Emotional Resilience: Serious Gaming as a Tool for Change.*”

Dean’s List, Pacific University (2024 – Present), recognized for maintaining high academic standing.

Academic Merit Scholarship, Pacific University (2024 – Present), merit scholarship awarded for academic excellence.

Drucilla Shepard Smith Award, Oregon State University (2023 – 2024), scholarship awarded in recognition of academic achievement.

Honor Roll, Oregon State University (2023 – 2024), recognized for maintaining high academic standing.

PEER-REVIEWED PRESENTATIONS

Kleinknecht, E., Castro, I., **Cowherd, J.**, Tsybina, D., Millier, T., & Antick-Oslund, M. (2026, May).

[Reality Curated: The Misrepresentation of Psychology in the Social Media Landscape](#). Poster presented at the annual meetings of the Association for Psychological Science, Barcelona, Spain.

Cowherd, J. & Antick-Oslund, M. (2026, May). Practicing Emotional Resilience Through Play: A Serious Game Intervention for Adolescents. In E. Kleinknecht (Chair and Moderator): Education 2.0: Leveling up learning with effective informal-learning techniques. *Symposium presented at the annual meetings of the Western Psychological Association, Tacoma WA.*

Cowherd, J. & Tsybina, D. (2026, March). [Science, Identity & Storytelling: A Novel Solution](#). Poster presented at Science Talk '26: The annual meetings of the Association of Science Communicators, Portland, OR.

RESEARCH EXPERIENCE

1. Media Matters Lab

(Fall 2025 – Present)

Research Assistant & Video Game Developer, Curse of Ironbrook

(Summer 2026 – Present)

Project PI and Supervisor: Erica Kleinknecht, Ph.D.

- Wrote the competitive grant application securing \$3,400 from the Pacific University Undergraduate Research Program to fund video game research and development.
- Developing a video game in Unreal Engine 4 adapted from the Curse of Ironbrook board game (Fall 2025).
- Integrating DBT, CBT, and mindfulness-based practices to ensure fulfillment of learning outcomes.
- Collaborating with co-investigators on board game revision to align both formats for a planned comparative efficacy study, as well as on IRB preparatory work.
- Developing the game-efficacy assessment protocol, following a pre-post intervention design to compare both versions of the game.
- Anticipated: conducting the assessment research in the 2026 – 2027 academic year.

Research Assistant, [Media Matters Lab](#) (Fall 2025 – Present)

Project PI and Supervisor: Erica Kleinknecht, Ph.D.

- Contributing to study design and methodological development.
- Assisting with conference poster development (e.g., WPA, APS).
- Writing Python scripts and using AI-powered tools (e.g., Apify) to scrape and analyze psychology content across social media platforms.
- Cleaning and organizing datasets for analysis.
- Writing abstracts for conference submission.

Research Coordinator, Crusaders for Change (November 2025 & February 2026)

Project PI and Supervisor: Erica Kleinknecht, Ph.D.

Project Lead: Daria Tsybina

- Contributed to a community-based research project examining changes in disability awareness following a game-based educational intervention.
- Administered pre- and post-intervention questionnaires on Pacific University campus and at the Forest Grove Community School.
- Assisted with participant coordination during data collection sessions.

2. Co-Principal Investigator, Course-Based Research Study

(Fall 2025 – Spring 2026)

Faculty Advisor: Heide Island, Ph.D.

Title: *“A New Perspective on Maladaptive Coping: The Role of Rigidity”*

- Designed and conducted a full-cycle pilot research study in PSY 300-301 examining psychological rigidity and emotion-regulation (in)flexibility: conducted literature review, Qualtrics survey administration, participant recruitment, and statistical data analysis.
- Developed study methodology using validated psychological measures (i.e., FlexER, Brief-COPE, OCI-R, RRS, CPQ).
- Co-developed the Situational Emotional-Regulation Flexibility Scale (SERS), a scenario-based measure of emotion-regulation flexibility.
- Prepared findings for a class presentation and document brief.

NON-PEER-REVIEWED PRESENTATIONS

Castro, I., Cowherd, J., & Vasquez, Z. (2026, April). [A New Perspective on Maladaptive Coping: The Role of Rigidity](#). Slideshow presented at the Annual Research Methods Symposium, Pacific University, Forest Grove, OR. Advisor: Heide Island, Ph.D.

Cowherd, J., Antick-Oslund, M. (2025, October). [Leveling up Emotional Resilience: Serious Gaming as a Tool for Change](#). Poster presented at the Pacific University Undergraduate Research Conference. Advisor: Erica Kleinknecht, Ph.D. Forest Grove, OR.

Castro, I., Cowherd, J., Tsybina, D., Millier, T., Antick-Oslund, M. (2025 October). [Reality Curated: The \[Mis-\]Representation of Psychology in the Social Media Landscape](#). Poster presented at the Pacific University Undergraduate Research Conference by the Media Matters Lab. Advisor: Erica Kleinknecht, Ph.D. Forest Grove, OR.

SELF-PUBLISHED WORK

Works In Progress

Cowherd, J., & Tsybina, D. The Identity Project: A Guide To Understanding Yourself. *PsychedWorkbooks* [www.psycheworkbooks.com].

- A psychoeducational workbook that translates current psychological research into practical identity-building tools for teens.
- Aims: To help adolescent readers build a clearer, more coherent sense of self.

Essays

Cowherd, J., (2026, March). [What The Brain Can Teach Us About Government](http://www.jacksoncowherd.com). *Jackson Cowherd's E-Portfolio* [www.jacksoncowherd.com].

- An op-ed encouraging readers to think differently about political polarization and government structure based on findings from neuroscience and cognitive psychology.

TEACHING EXPERIENCE

Teaching Assistant, Pacific University

Philosophy 202: Ethics & Society

Spring 2026 – Supervisor: Richard Frohock, PhD

Spring 2025 – Supervisor: Gregory Blakemore, MA

- Mentored students through civic engagement (CE) projects from development to completion.
- Provided instructional support and clarified course concepts and assignments.
- Maintained prompt, professional communication to address questions and concerns.
- Assisted with grading and evaluation of in-class assignments.

SERVICE & AFFILIATIONS

University Service

1. Pacific Undergraduate Psychology Society (PUPS)

Faculty Advisor: Heide Island, PhD

Pacific University

President (Fall 2026)

Vice President (Spring 2026)

- Coordinated project and event timelines for club initiatives, including QPR Training, Senior Presentation Day, and Mental Health Day.
- Connected executive members with institutional and external resources to support organizational programming and outreach.
- Designed and implemented internal research and administrative forms, including election ballots, presentation sign-ups, and event feedback surveys.

Treasurer (Fall 2025)

- Managed reimbursement submissions and financial coordination with the Undergraduate Financial Committee.
- Developed the organization's budget plan for the 2025–2026 academic year.
- Oversaw distribution of event materials, including food, prizes, and supplies for club programming and campus events.

2. Undergraduate Student Representative

University Curriculum and Standards Committee

Pacific University (2025 – 2026)

- Collaborated with university administrators to support assessment development and curricular decision-making.
- Represented undergraduate student perspectives and advocated for student concerns in committee discussions.

3. Senator for Social Sciences

Undergraduate Student Senate (USS)

Pacific University (Spring 2025)

- Elected and served as a student representative and decision-maker on student financial and organizational matters.
- Evaluated and allocated funding requests for student clubs, initiatives, and campus programming.
- Collaborated with fellow student senators to support student engagement and strengthen student-led activities across campus.

4. Boxer's Hardcore Harm Reduction

Philosophy 202: Ethics and Society

Pacific University (Fall 2024)

- Collaborated with peers to design and implement a campus-wide harm reduction program focused on combating the opioid epidemic.
- Developed educational materials, including bookmarks and CDs, and organized outreach efforts to engage students directly.
- Distributed nearly 500 harm reduction bookmarks across Pacific University's campus.
- Contributed to the development of a companion [website](#) documenting the campaign.

Academic Affiliations

Western Psychological Association (WPA)

Association for Psychological Science (APS)

Association of Science Communicators (ASC)

EMPLOYMENT

Office of Institutional Research and Assessment, Pacific University

Research & Office Assistant

September 2024 – April 2026

- Supported institutional research through data entry, analysis, and visualization using Excel, Tableau, and SAS.
- Interpreted and synthesized qualitative and quantitative data for institutional research reports and presentations.
- Collaborated cross-institutionally with administrators on accreditation, assessment metrics, and data reporting initiatives.
- Maintained professional communication with administrators across independent and collaborative projects.

FORMAL TRAINING

Collaborative Institutional Training Initiative (CITI)

- Social & Behavioral Research
Certified September 2025
- Social and Behavioral Responsible Conduct of Research
Certified September 2025

Pacific University

- Question, Persuade, Refer (QPR)
Certified April 2025

FORMAL SKILLS

- **Foreign Language Competency:** Spanish
5 years, *Advanced*
- **Statistical Analysis & Software:** JASP®, SPSS®
Proficient
- **Data Visualization:** Tableau®, SAS®
Intermediate
- **Programming & Game Design**
Unreal Engine 4, *Expert*
Python, *Intermediate*
- **Productivity Tools:** MS Office Suite and Google Workspace Apps
Proficient
- **Teaching & Mentoring Skills:** academic mentoring, grading, student support
Intermediate

REFERENCES

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