Jackson G. Cowherd

Curriculum Vitae

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EDUCATION

Anticipated, May 2027

Bachelor of Science in Psychology
Philosophy Minor
Pacific University, Forest Grove, OR
GPA: **4.0**

RESEARCH INTERESTS

- **Emotion-regulation theory and assessment**: emotion-regulation strategies (ERS); emotion-regulation flexibility (ERF); ecological momentary assessment
- **Targeted interventions**: game-based interventions; mobile-app interventions; Unified Protocol
- **Dimensional psychopathology**: Hierarchical Taxonomy of Psychopathology (HiTOP); Personality Inventories (e.g., CAT-PD, PID-5)

HONORS/AWARDS/GRANTS

Outstanding Poster for Social Sciences, Pacific University Undergraduate Research Conference (2026), awarded for the presentation *"From Tables to Screens: Transforming the Curse of Ironbrook."*

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.

PROFESSIONAL CONFERENCE 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.*

UNIVERSITY RESEARCH PRESENTATIONS

Cowherd, J., Castro, I., Casperson, S. (2026, October). From Tables to Screens: Transforming the Curse of Ironbrook. *Poster presented at the Pacific University Undergraduate Research Conference.* Advisor: Erica Kleinknecht, Ph.D. Forest Grove, OR.

Iwamoto, E., **Cowherd, J.**, Casperson, S. (2026, October). Trust in Psychological Science as a Function of Tag-Spam Saturation. *Poster presented at the Pacific University Undergraduate Research Conference.* Advisor: Erica Kleinknecht, Ph.D. Forest Grove, OR.

Casperson S., Castro, I., **Cowherd, J**. (2026, October). From Design to Impact: Creating and Assessing Serious Games. *Poster presented at the Pacific University Undergraduate Research Conference.* Advisor: Erica Kleinknecht, Ph.D. Forest Grove, OR.

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.

RESEARCH EXPERIENCE

1. Senior Thesis: Curse of Ironbrook, Co-Lead Student Researcher & Video-Game Development Lead
(Summer 2026 – Present)
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.
- Co-developed the game-efficacy assessment protocol, following a pre-post intervention design to compare board and video conditions.
- Co-led IRB preparation and study protocol development.
- Collaborated with co-investigators and professional consultants to revise the board game and align both formats for a comparative efficacy study and integrated DBT, CBT, and mindfulness-based practices.
- Currently developing the Curse of Ironbrook video game in Unreal Engine 4 for a Spring 2027 between-subjects and within-subjects study.
- Co-leading participant facilitation and data collection for the Fall 2026 study.
- Co-writing the study manuscript for planned submission in 2027; currently developing literature review and Methods section.

2. Media Matters Lab
(Fall 2025 – Present)
PI and Supervisor: Erica Kleinknecht, Ph.D.

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

- Contributing to study design and methodological development.
- Assisting with conference poster development (e.g., WPA, APS).
- Writing abstracts for conference submission.
- Contributing to data analysis through JASP.
- Led the writing of Python scripts and use of AI-powered tools to scrape and analyze psychology content across social media platforms (e.g., see Reality Curated at APS).
- Cleaned and organized datasets for analysis.

Research Coordinator, Crusaders for Change (November 2025 & February 2026)
Project Leads: Perri Funai & Daria Tsybina

- Facilitated a 60-minute community research project examining disability attitudes in middle-school-aged and college-aged people, including both gameplay and pre- and post-intervention questionnaires.

Research Coordinator, Seeds of Tomorrow (September 2026)
Project Lead: Sydney Casperson

- Facilitated game play for a 60-minute community-based research project examining sustainability attitudes.

3. 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 research study in PSY 300-301 investigating psychological rigidity and emotion-regulation (in)flexibility.
- Co-designed study methodology using validated psychological measures (i.e., FlexER, Brief-COPE, OCI-R, RRS, CPQ), alongside a novel scenario-based measure, the *Situational Emotion-Regulation Scale* (SERS), intended to assess emotion-regulation flexibility.
- Led quantitative data analysis using Pearson correlations and simple linear regression.
- Prepared findings for a class presentation and written research brief.

SELF-PUBLISHED WORK

Works In Progress

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

- A 6-chapter psychoeducational workbook that translates current psychological research into practical identity-building tools for teens (see chapter 1).
- Aims: To help adolescent readers build a clearer, more coherent sense of self.

Public Essays

Cowherd, J., (2026, March). What The Brain Can Teach Us About Government. *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

Psychology 301: Research Methods & Statistics II

Prospective, Spring 2027 – Supervisor: Mohamed Zerrouk, PhD

- Will facilitate workshops on graduate school preparation (CVs, portfolios) and statistics and lead at least one class session.
- Will mentor students throughout full-cycle research projects.
- Will assist with grading in-class assignments.

Philosophy 202: Ethics & Society

Fall 2026 – Supervisor: Gregory Blakemore, MA
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.
- Assisted with grading 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)

Treasurer (Fall 2025)

- Leading programming and outreach, coordinating events including: QPR Training, Senior Presentation Day, Mental Health Day.
- Managing organizational planning and resources, including: budgeting, elections, coordination with campus partners and faculty, catering, USS club recognition.

2. Undergraduate Student Representative

University Curriculum and Standards Committee

Pacific University (2025 – Present)

- Representing undergraduate perspectives on the University Curriculum and Standards Committee, contributing to assessment discussions on curricular and accreditation matters.

University Standards and Appeals Board

Pacific University (2026 – Present)

- Serving as a voting member of the University Standards and Appeals Board, where I help review and make decisions on student appeals related to academic sanctions.

3. Senator for Social Sciences

Undergraduate Student Senate (USS)
Pacific University (Spring 2025)

- Elected to represent social-science students and evaluate funding requests for student organizations and campus initiatives.

4. Boxer's Hardcore Harm Reduction
Course: Philosophy 202, Ethics and Society
Pacific University (Fall 2024)

- Co-developed a campus-wide opioid harm-reduction initiative, distributing nearly 500 educational materials and supporting outreach efforts and creating a companion website.

Academic Affiliations

Western Psychological Association (WPA)
Association for Psychological Science (APS)
Association of Science Communicators (ASC)

EMPLOYMENT

Strategic Projects Assessment Intern, Opportunity Hub
Pacific University
September 2026 – Present
Responsibilities:

- Contributing to the development of Hub learning outcomes and assessment indicators.
- Leading student and alumni interviews on experiential learning.
- Transcribing interview data and using qualitative methods (e.g., Framework Analysis) for analysis.
- Collaborating with the Hub team to develop a repository of student stories, including systems for organizing, categorizing, and maintaining data to support accessibility and consistency.

Research & Office Assistant, Office of Institutional Research & Assessment
Pacific University
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 with administrators on accreditation and assessment metrics.

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; 8 years of experience*
  Python, *Intermediate*

- **Research Development:** Qualtrics, grant writing, IRB protocol preparation
  Intermediate

- **Productivity Tools**: MS Office Suite (Excel, Word, Powerpoint) and Google Workspace Apps
  Proficient

REFERENCES

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