

# Devanshi Upadhyaya

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San Diego, CA

## EDUCATION

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<b>University of California, Riverside</b> Ph.D. Social Psychology Advisor: Jimmy Calanchini, Ph.D.	May 2030
<b>San Diego State University</b> M.A., Research and Experimental Social Psychology Thesis- <i>Beyond Borders: Understanding Cross-Cultural Variations in Skin Tone Preferences</i> Advisor: Thierry Devos, Ph.D.	May 2025
<b>California State University San Marcos</b> B. A., Psychological Sciences	May 2022

## ACADEMIC HONORS AND AWARDS

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Presidential Graduate Research Fellowship (\$15000)	August 2024-25
Magna Cum Laude	May 2022
WPA Christina Maslach –Philip Zimbardo Research Awards in Social PSY	April 2022
PSI CHI International Honor Society in Psychology	May 2020
CSUSM International Scholarship for up to \$6000	August 2019-May 2022
Dean's List of Honors	August 2018-May 2022

## RESEARCH EXPERIENCE

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**Graduate Researcher** August 2023 - May 2024

*Intergroup Relations Lab*

San Diego State University

Advisor: Thierry Devos, Ph.D.

**Research Focus:** *Prejudice, Stereotypes, Biases, Culture, Intergroup Relations, Systematic Racism*

- Conduct quantitative research on cross-sectional and large-scale datasets using R and R Studio, focusing on multilevel modeling, Pearson correlation, ANOVA and spatial clustering with Moran's I.
- Design original research exploring culture, biases, and stereotypes, advanced survey methodologies, statistical inferences and graph plotting.
- Effectively communicate analyses and findings to diverse audiences, translating complex quantitative insights into clear and actionable reports.

**Research Coordinator**

June 2022 - July 2023

*SleepScore Labs*

San Diego, CA

Project: *Improve mental and psychological well-being by enhancing sleep*

- Managed 4 studies on sleep's impact on anxiety in 40+ participants, ensuring data precision with advanced methodologies, including bias sampling and correction.
- Designed 16 studies in Qualtrics, leveraging Power BI for data visualization.
- Conducted statistical analyses, including independent and paired sample T-tests, in R and Excel, with findings summarized in statistical reports.

**Study Manager**

October 2022 - March 2023

*Culture, Relationships, and Health Lab*

University of California, Irvine

Principal Investigator: Belinda Campos, Ph.D.

- Examined the mental and physical health benefits of romantic relationships, with a focus on the unique processes in intercultural romantic relationships.
- Investigated implications for intergroup relations and the generalizability of relationship processes across diverse cultural backgrounds.
- Supervised 6 RAs in data collection, participant recruitment, and study session organization.

**Research Assistant and Lab Manager**

August 2021 – January 2023

*Culture, Diversity, and Reasoning Research Lab (CDR)*

California State University San Marcos

Principal Investigator: Alex Huynh, Ph.D.

Project: *Inequality and Social Class*

- Explore factors predicting wise thinking amongst marginalized students through correlation analysis.
- Designed studies in Qualtrics, managed lab logistics, and handled participant recruitment.
- Processed and coded sensitive research data; performed data analysis in SPSS.

Project: *Reasoning and Humility*

- Performed data coding by converting participants' qualitative responses into numerical values, enabling quantitative analysis for further statistical interpretation.
- Facilitated in conducting parameter estimation and moderation analysis to evaluate how intellectual humility and narcissism predict warmth and competence, concluding that intellectual humility increased warmth for humble groups but decreased it for arrogant groups.

**Research Assistant**

July 2021 - July 2022

*Social and Affective Psychophysiology Lab (SAP)*

California State University San Marcos

Principal Investigator: Daniel Berry, Ph.D.

Project: Mindfulness and Empathy

- Led dyadic study examining whether focused attention mindfulness meditation can increase empathy toward social outgroup members (e.g., racial, ethnic, and political).
- Compiled literature reviews to consolidate theoretical and methodological insights on mindfulness.

**CONFERENCE PRESENTATIONS**

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**Upadhyaya, D.,** Koelze, L., O'Hanlon, Z., Devos, T. (2025, April). *Uneven Ideologies: Regional and Spatial Differences in Authoritarianism and Social Dominance across the United States*. Poster accepted at 105th Western Psychological Association, Las Vegas, Nevada

Koelze, L., O'Hanlon, Z., **Upadhyaya, D.,** Devos, T. (2025, April). *Uneven Ideologies: Regional and Spatial Differences in Authoritarianism and Social Dominance across the United States*. Poster presented at SDSU Student Symposium, San Diego, California.

**Upadhyaya, D.,** Abdallah, A., Devos, T. (2025, February). *Are Cross-Cultural Variations in Skin Tone Preferences Tied to Socioeconomic Disparities?* Abstract accepted for The Society for Personality and Social Psychology, Denver, Colorado

**Upadhyaya, D.,** Duru, A., Devos, T. (2024, April). *Beyond Borders: Understanding Cross-Cultural Variations in Implicit Skin Tone Preferences*. Poster presented at 104th Western Psychological Association, San Francisco, California

**Upadhyaya, D.,** Duru, A., Devos, T. (2024, March). *Beyond Borders: Understanding Cross-Cultural Variations in Implicit Skin Tone Preferences*. Poster presented at SDSU Student Symposium, San Diego, California.

Abdallah, A., **Upadhyaya, D.,** Devos, T. (2024, January). Spatial Clustering of County-Level Implicit Associations between American and White Identities. Poster presented at The Society for Personality and Social Psychology, San Diego, California.

Rus, H.M., Danoff-Burg, S., Burke, C., Saba, S.K., Weaver, M.A., Carmon, K.C., Lara Ledesma, D., **Upadhyaya, D.** Use of an Innerspring Mattress Improves Deep Sleep and WASO. Submitted for presentation at SLEEP 2023.

Danoff-Burg, S., Rus, H.M., Burke, C., Weaver, M.A., Carmon, K.C., **Upadhyaya, D.** Lara Ledesma, D. Use of a Hybrid Mattress Improves Objective and Perceived Sleep Outcomes. Submitted for presentation at SLEEP 2023.

**Upadhyaya, D.,** Romero, R., Huynh, A. C. (2022, April). *College-generational status and wisdom: What factors matter*. Poster presented at the 102nd Western Psychological Association, Portland, Oregon.

**Upadhyaya, D.,** Romero, R., Barajas, K., Diaz, E., Huynh, A. C. (2021 November). *Social class and social conflicts: How first-generation and continuing-generation students' reason over disagreements*. Poster presented at the Student Poster Showcase, California State University San Marcos.

## **TEACHING EXPERIENCE**

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### **Graduate Teaching Assistant**

August 2023 - Present

*San Diego State University*

San Diego, CA

- Instruct students on quantitative methods in psychology, covering sampling, research design, data distribution, correlation, and regression.
- Teach application of normal probability curve, confidence intervals, and significance tests to analyze and interpret psychological data.
- Guide data analysis and interpretation using statistical, word processing, and SPSS Software.

### **Lead Psychology Tutor**

October 2021 - May 2022

*Academic Success Center*

California State University San Marcos

- Train and supervise a team of six tutors, ensuring effective tutoring and providing mentorship.
- Develop and lead academic support workshops for first year and transfer students, including new marketing strategies to promote services.

### **Psychology Tutor**

August 2021 - May 2022

*Academic Success Center*

California State University San Marcos

- Provide 1:1 and group tutoring for 20 students across all psychology courses, including Biopsychology, Statistics, Research Methods, and SPSS.
- Design presentations, worksheets, and study groups to enhance student comprehension and engagement in key subject areas.

**Instructional Student Assistant** January - May 2021  
*Linguistics and Liberal Studies Department*  
California State University San Marcos  
-Teach Gujarati language to 25 Linguistics undergraduates, covering pronunciation, grammar, and sentence structure.

**Teaching Assistant** October 2019 - May 2022  
**Course:** *Positive Psychology*  
California State University San Marcos  
**Mentor:** Professor Emily Merryweather  
- Delivered lectures on empathy, mindfulness, happiness, and forgiveness to a class of 35 undergraduates and assisted with curriculum development.

### **LEADERSHIP AND SERVICE**

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**Psychology Graduate Ambassador** September 2024  
*Psychology Graduate Department*  
San Diego State University

**Student Mentor** September 2024  
*Psychology Graduate Department*  
San Diego State University

**President** August 2021 - May 2022  
*Psi Chi International Honorary Society*  
California State University San Marcos

**Co-President** November 2021 - May 2022  
*Society of Human Resource Management (SHRM)*  
California State University San Marcos

**President** August 2019 - December 2022  
*Indian Student Organization*  
California State University San Marcos

### **OTHER WORK EXPERIENCE**

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**Student Assistant** January 2019 - May 2022  
*STEM Department*  
California State University San Marcos

**Human Resource Assistant** May - August 2021  
*GAO Tek INC.*  
New York, NY

**College Coordinator for Curriculum (Internship)** September - December 2020  
*Sole Effects, NGO*  
San Diego, CA

### **PROFESSIONAL MEMBERSHIP**

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Member of American Psychological Association (APA) April 2022-23  
Member of Society of Personality and Social Psychology August 2021  
Member of Society of Human Resource Management May 2021  
Member of PSI CHI International Honorary Society May 2020

### **PROFESSIONAL DEVELOPMENT**

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<b>Clifton Strengths Workshop</b>	August 2021
<i>Department of Students' Success</i>	
California State University San Marcos	
<b>STEM SC Professional and Cultural Development Program</b>	August 2018 - May 2022
<i>STEM SC Department</i>	
California State University San Marcos	

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**PANEL AND TALKS**

<b>Panelist</b>	September 2024
<i>Graduate Student Panel</i>	
San Diego State University	

<b>Panelist</b>	August 2019 - May 2022
<i>International Student Panel, Orientation</i>	
California State University San Marcos	

<b>Guest Speaker</b>	February 2022
<i>Department of Speech-Language Pathology</i>	
California State University San Marcos	

<b>Guest Speaker</b>	October 2021
<i>Course: Women's, Gender, and Sexuality Studies</i>	
California State University San Marcos	

<b>Guest Speaker</b>	August 2019 - 2021
<i>Course: General Education Learning</i>	
California State University San Marcos	

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**RELEVANT COURSES**

*Graduate Level*

LING 505 Writing for Grad Students	Fall 2024
PSY 561 Advanced Neuropsychology	Fall 2024
PSY 775 Multivariate Statistics	Fall 2024
PSY 787 Seminar Cognitive Psych	Fall 2024
PSY 670A Advanced Statistics in Psychology	Fall 2023
PSY 740 Seminar in Social Psychology	Fall 2023
PSY 670B Advanced Statistics in Psychology	Spring 2024
PSY 610 Advanced Research Methods in Psychology	Spring 2024
PSY 600 Research Orientation	Spring 2024

*Undergraduate Level*

PSYCH 334 Psych of Personality	Spring 2022
PSYCH 328 Developmental Psychopathology	Fall 2021
PSYCH 396 Social Psychology Lab	Fall 2021
PSYCH 393 Cognitive Lab	Spring 2021
PSYCH 353 Industrial Organizational Psychology	Spring 2021
PSYCH 362 Cognitive Processes	Spring 2020
PSYCH 360 Bio Psychology	Spring 2020
PSYCH 230 Research Methods	Fall 2019
PSYCH 220 Psychological Statistics	Spring 2019

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**CERTIFICATIONS**

<b>Social and Behavioral Research</b>	August 2024
<b>(except for School of Education) - Basic/ Refresher</b>	

*Collaborative Institutional Training Initiative (CITI)*  
**Graduate Certificate in College Teaching**  
*Department of Psychology*

April 2024

**OTHER LANGUAGES KNOWN**

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**Hindi:** Proficiency

**Gujarati:** Native Proficiency