

ARIANA HERNANDEZ-COLMENARES

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hernandez-colmenares.com

Education

The Ohio State University, Columbus, OH

Doctor of Philosophy in Psychology; Quantitative Minor, Expected 2026

Master of Science in Psychology, 2023

Advisors: Kentaro Fujita and Steven Spencer

San Diego State University, San Diego, CA

Bachelor of Arts in Psychology with Honors, 2019

Honors and Awards

FELLOWSHIPS & SCHOLARSHIPS

2021-Present	The Ohio State University Dean's Distinguished Graduate Enrichment Fellowship Provides three years of tuition and stipend support (\$110,088)
2018	Summer Research Opportunities Program (SROP) Attendee for intensive 8-week undergraduate research experience
2017-2019	NIH Initiative for Maximizing Student Development Fellowship Intensive undergraduate research training program which prepares students for direct entry into PhD programs
2016	Educational Opportunity Program (EOP) Future Scholars Scholarship \$1,500 awarded to EOP scholar with excellent academic and service record

RECOGNITIONS

2025-2026	Colloquium Chair , The Ohio State University Social Psychology Program
2023	Honorable Mention , NSF Graduate Research Fellowship Program (GRFP)
2023	Honorable Mention , Ford Foundation Predoctoral Fellowship

TRAVEL AWARDS

2023	SPSSI Diversity Graduate Travel Award \$500 awarded for expenses incurred during travel to The Society for the Psychological Study of Social Issues (SPSSI) Conference to present original research
2022	Edward J. Ray Travel Award for Scholarship and Service \$1,000 awarded for expenses incurred during travel to conferences and meetings to present original research
2022	¡Lánzate!/Take Off! Higher Education Travel Award Supports Latine college students who travel away from home to pursue higher education with four roundtrip tickets on Southwest to stay connected with their loved ones
2018	Western Psychological Association Convention Travel Award Registration fee and travel expenses covered during travel to The Western Psychological Association Convention
2017	CSU Channel Islands Graduate Diversity Forum Nomination/Attendee

Publications

- Hernandez-Colmenares, A.**, Wallace L. E. & Fujita, K. (under review). Understanding resistance to growth mindset messaging: A mindset certainty approach. *Personality and Social Psychology Bulletin*.
- Kroeper, K. M., **Hernandez-Colmenares, A.**, Green, D. J., Williams, H. E., Mills, A., Ospina, J., Moore, C. A., Agarwal, G., Crocker, J., Fujita, K., Heckler, A. F., Murphy, M. C., & Spencer, S. J. (revise and resubmit). How do you measure a threat in the air? Developing and validating the social identity threat concerns (SITC) inventory scale. *Science Advances*.
- Wallace, L. E., Murphy, M. C., **Hernandez-Colmenares, A.**, & Fujita, K. (2025). When do mindsets predict interest in an organizational culture of growth vs. genius? A mindset certainty perspective. *Journal of Personality and Social Psychology: Interpersonal Relations and Group Processes*.
- Kroeper, K. M., Jiang, T., Hildebrand, L. K., **Hernandez-Colmenares, A.**, Brown, K., Wilk, A., Spencer, S. J., Heckler, A. F., & Fujita, K. (2024). The recursive cycle of perceived mindset and psychological distress in college. *Social Psychological and Personality Science*.
- Wallace, L. E., LaCosse, J., Murphy, M. C., **Hernandez-Colmenares, A.**, Edwards, L. J., & Fujita, K. (2023). Matching and mismatching personal and organizational mindsets: Divergent effects on belonging and grades. *Journal of Experimental Psychology: General*.

Works in Progress

- Hernandez-Colmenares, A.**, Fujita, K., & Spencer, S. J. (in prep). *Increasing trust and reducing threat in power-imbalanced relationships*.
- Hernandez-Colmenares, A.**, Spencer, S. J., & Fujita, K. (in prep). *Diversity structure in organizations*.
- Juarez, B., **Hernandez-Colmenares, A.**, & Fujita, K. (in prep). *Effortful cues: Increasing belonging in organizational settings*.

Presentations

SYMPOSIA ORGANIZED

- Navigating Identity Salience in Interpersonal Interactions: Interventions for School and Workplace Settings*. (2025, July). Summer Institute in Social and Personality Psychology (SISPP), Northwestern University. Invited speakers include Skyler Gin, Jovani Azpeitia, and Brad Huang.
- Threat and Safety: Re-examining organizational and interpersonal support for POC*. (2025, June). Society for the Psychological Study of Social Issues (SPSSI), Portland, OR. Invited speakers include Nadia Floyd, Minh Duc Pham, and Grace Drake.
- Identity and Context: Threat and Safety among historically marginalized people*. (2025, April). Midwestern Psychological Association (MPA), Chicago, IL. Co-chair with Steven Spencer. Invited speakers include Dorainne Green, Josiah Rosario, Tessa Benson-Greenwald, Natarshia Corely-Rigoni, Yanzhe Augstin Zeng, and Nicole Russel Pascual

CONFERENCE PRESENTATIONS

Hernandez-Colmenares, A., Fujita, K. & Spencer, S. J. (2026, February). Increasing trust and reducing threat in interracial power-imbalanced relationships. Paper talk (invited symposium) accepted at 2026 Society for Personality and Social Psychology (SPSP) Convention at Chicago, IL.

Hernandez-Colmenares, A. & Spencer, S. J. (2025, June). Nobody got promoted: Race and organizational structure in affecting threat. Paper talk (symposium) presented at 2025 Society for the Psychological Study of Social Issues (SPSSI) Convention at Portland, OR.

Hernandez-Colmenares, A., Spencer, S. J., & Fujita, K. (2025, April). Increasing trust and reducing threat in interracial power-imbalanced relationships. Paper talk (symposium) presented at 2025 Midwestern Psychological Association (MPA) Convention at Chicago, IL.

Hernandez-Colmenares, A., Spencer, S. J., & Fujita, K. (2024, June). Increasing trust and reducing threat in interracial power-imbalanced relationships. Paper talk presented at 2024 Society for the Psychological Study of Social Issues (SPSSI) Convention at Philadelphia, PA.

Hernandez-Colmenares, A., Wallace, L., & Fujita, K. (2024, February). Mindset certainty as a framework for understanding who might be most impacted by mindset interventions. Poster presented at 2024 Society for Personality and Social Psychology (SPSP) Convention at San Diego, CA.

Hernandez-Colmenares, A., Wallace, L., & Fujita, K. (2023, June). Mindset certainty: Predicting resistance to growth mindset messages. Paper talk presented at 2023 Society for the Psychological Study of Social Issues (SPSSI) Convention at Denver, CO.

Hernandez-Colmenares, A., Wallace, L., & Fujita, K. (2023, April). Mindset certainty: Predicting resistance to growth mindset messages. Paper talk presented at 2023 Midwestern Psychological Association (MPA) Convention at Chicago, IL.

Hernandez-Colmenares, A., Wallace, L., & Fujita, K. (2023, February). Mindset certainty: Predicting resistance to growth mindset messages. Poster presented at 2023 Society for Personality and Social Psychology (SPSP) Convention at Atlanta, GA.

Hernandez-Colmenares, A., Wallace, L., & Fujita, K. (2022, May). Mindset certainty and resistance to mindset messaging. Poster presented at 2022 Society for the Science of Motivation (SSM) at Chicago, IL.

Hernandez-Colmenares, A., Wallace, L., & Fujita, K. (2022, February). Mindset certainty and resistance to mindset messaging. Poster presented at 2022 Society for Personality and Social Psychology (SPSP) Convention at San Francisco, CA (virtual).

Wallace, L. E., LaCosse, J., Murphy, M. C., **Hernandez, A.,** & Fujita, K. (2021, October). When do mindsets predict interest in a culture of growth vs. genius? A mindset certainty perspective. Presentation presented at 2021 Society for Experimental Social Psychology (SESP) at Santa Barbara, CA.

Avalos, D. L., **Hernandez, A.,** Delgadillo, J., & Ulloa, E. (2019, April). The effects of sexual assault experience on beliefs in rape myths among college students. Poster presented at 2019 Western Psychological Association (WPA) Convention at Pasadena, CA.

McLesse, L., **Hernandez, A.,** & Thoman, D. (2019, March). Motivational effects of science stereotypes on first-generation college freshmen in science. Poster presented at 2019 Student Research Symposium

(SRS) at San Diego State University, San Diego, CA.

Hernandez, A., Wallace, L., Murphy, M., & Fujita, K, (2019, February). Resisting a culture of genius: How certainty promotes resistance to the socialization of fixed vs. growth mindsets. Poster presented at 2019 Society for Personality and Social Psychology (SPSP) Convention at Portland, OR.

Hernandez, A., & Thoman, D. (2018, November). Using interdependent/Helping motives to increase course investment among first generation college students. Poster presented at 2018 Annual Biomedical Research Conference for Minority Students (ABRCMS) at Indianapolis, IN.

Hernandez, A., Wallace, L., Murphy, M., & Fujita, K, (2018, July). Resisting a culture of genius: How certainty promotes resistance to the socialization of fixed vs. growth mindsets. Poster presented at 2018 Summer Research Opportunity Program (SROP) Symposium at The Ohio State University, Columbus, OH.

Hernandez, A., Wallace, L., Murphy, M., & Fujita, K, (2018, July). Resisting a culture of genius: How certainty promotes resistance to the socialization of fixed vs. growth mindsets. Presentation presented at 2018 Summer Research Opportunity Program (SROP) Symposium at The Ohio State University, Columbus, OH.

Hernandez, A., Lee, G., & Thoman, D. (2018, May). The misconception of student support services within first-generation, low income students. Poster presented at 2018 South Western Initiative for Maximizing Student Development (IMSD) Regional Symposium at San Diego State University, San Diego, CA.

Hernandez, A., Lee, G., & Thoman, D. (2018, March). The misconception of student support services within first-generation, low income students. Poster presented at 2018 Student Research Symposium (SRS) at San Diego State University, San Diego, CA.

Teaching Experience

PSY-1100 Introduction to Psychology, **Instructor of Record** (Fall 2025)

The Ohio State University, undergraduate course for Young Scholars Program (first-generation students)

- 21 students: Student Evaluation TBD

PSY-1100 Introduction to Psychology, **Instructor of Record** (Spring 2025)

The Ohio State University, undergraduate course

- 34 students: 4.89/5 Student Evaluation (4.51/5 Department Average)

PSY-1100 Introduction to Psychology, **Recitation Instructor** (Fall 2024)

The Ohio State University, undergraduate course (3 sections)

- 32 students: 4.75/5 Student Evaluation (4.52/5 Department Average)
- 32 students: 4.85/5 Student Evaluation (4.52/5 Department Average)
- 30 students: 4.89/5 Student Evaluation (4.52/5 Department Average)

PSY-4520 Social Psychology Laboratory, **Course Assistant** (Spring 2024)

The Ohio State University, undergraduate course

PSY-3530 Personality Psychology, **Course Assistant** (Spring 2024)

The Ohio State University, undergraduate course

PSY-2420 Psychology Applied to Sports, **Course Assistant** (Spring 2024)
The Ohio State University, undergraduate course

PSY-2462 Psychology of Creativity, **Course Assistant** (Fall 2023)
The Ohio State University, undergraduate course

PSY-345 Chicana/o Psychology, **Course Assistant** (Fall 2017)
San Diego State University, undergraduate course

Mentoring

- Bethany Juarez, Undergraduate Thesis Student (B.A., expected 2026)
- Gabby Wilson, Undergraduate Teaching Experience (B.A., expected 2028)

Research Assistant (RA) Mentoring

Supervised between three and four RAs every semester. Facilitated discussion of selected research articles and development of research skills in regular RA meetings. Met with RAs individually to discuss graduate school and career plans.

Additional Training

Summer Institute in Social and Personality Psychology (SISPP, 2025)

Instructors: David Sherman & Emily Dix
Conducted in Northwestern University, Evanston, IL.

Measurement, Hypothesis Testing, Experimentation in Causal Inference (2024)

Instructor: Dan Schley
Conducted in The Ohio State University, Columbus, OH.

Service & Leadership

Fujita Lab Assistant Research Experience (FLARE) Founder/Program Coordinator, 2022-Present

- Organizes monthly meetings for 8-12 research assistants on professional development

Social Area Paid Pool Coordinator, 2023-Present

- Organizes research database for the social area; recruits participants across the university

Psych Department Diversity Recruitment Panelist, 2022-Present

- Volunteers in grad student panel for OSU's graduate diversity recruitment weekend

Social Area DEI Committee Chair, 2023-2025

- Led the Social Area DEI Committee with goals of increasing equity for graduate students in the social area

Social Media and Listserve Coordinator, 2022-2025

- Created content and posts for the social area Twitter account (@OSUsocialpsych) such as colloquium talks, student talks, Social Area social events, etc.

Psych Department DEI Recruitment and Retention Subcommittee Member, 2023-2024

- Organized the peer mentoring program for graduate students to increase student retention

Archivist & Attendance Taker, 2022-2023

- Recorded colloquium and uploads videos to the Social Behavior Interest Group (SBIG) website

English Teacher Volunteer, 2019

- Taught English in Naples, Italy to middle school students

Educational Opportunity Program (EOP) Volunteer, 2016-2019

- Led campus tours and participated in student panels for the EOP Program at San Diego State University

References

Kentaro Fujita, PhD, Professor in Department of Psychology, (614) 247-2751, The Ohio State University, 1835 Neil Avenue, Columbus, OH 43210, fujita.5@osu.edu

Steven J. Spencer, PhD, Professor in Department of Psychology, (614) 292-2726, The Ohio State University, 1827 Neil Avenue, Columbus, OH 43210, spencer.670@osu.edu

Lisa Cravens Brown, PhD, Associate Vice Chair for Instruction in Department of Psychology, (614) 247-4348, The Ohio State University, 1835 Neil Avenue, Columbus, OH 43210, cravens-brown.1@osu.edu

Dustin Thoman, PhD, Professor in Department of Psychology, (619) 594-2273, San Diego State University, College of Sciences, 6475 Alvarado Road, Suite 135, San Diego, CA 92120, dthoman@sdsu.edu