

ALEXANDRA C. NIETO

SUMMARY OF RESEARCH INTERESTS

My overall interests include emotion regulation, improving evidence-based psychological interventions, stress reduction, cognitive control, decision-making, and sustained attention. Specifically, I am interested in examining the implications of mindfulness-based practices on such factors in clinical populations. Some questions I wish to address are the following: What components/aspects of mindfulness-based practices have the most impact on emotion regulation and cognitive control? What is the length of time it takes to see significant improvements in cognitive control, attention, and decision-making? What happens after the mindfulness-based practice sessions end?

EDUCATION

- M.S** Experimental Psychology (GPA: 3.5) Aug 2018 – May 2020
Nova Southeastern University, Davie, FL
Thesis: “The Effects of a Brief Mindfulness Meditation on Reaction to Emotionally Valenced Stimuli”
Advisor: Jonathan B. Banks, Ph.D.
- B.A** Psychology (GPA: 3.2) Aug 2014 – Dec 2016
Florida International University, Miami, FL
- A.A** Psychology (GPA: 3.3) Aug 2012 – May 2014
Miami Dade Community College, Miami, FL

RESEARCH EXPERIENCE

- Graduate Research Assistant** Fall 2018 – May 2020
Nova Southeastern University, Davie, FL
Advisor: Jonathan B. Banks, Ph.D.
- Research Topics: Working memory, mind wandering, emotion regulation, mindfulness meditation, thought suppression, affect, attentional control, stress, the effects of creatine and cognitive functioning
 - Responsibilities: Data collection, data entry, data coding, supervision of undergraduate research assistants, manuscript preparation
- Undergraduate Research Assistant** Fall 2016
Florida International University, Miami, FL
Center for Children and Families
Advisor: William Pelham, Ph.D.

- Research Topics: Evidence-based treatment (Summer Treatment Program) for elementary school children with ADHD and conduct problems
- Responsibilities: Data collection, data entry

PUBLICATIONS

Banks, J.B., Jha, A. P., Mallick, A., **Nieto, A.C.**, & Zanesko, A. P. (in preparation). *Altering the dynamic upregulation of cognitive control: Are there individual differences in dynamic upregulation?*

Garcia, P. C. J., Manimaleth, R., Napolitano, P., Watters, H., Weber, C., Alvarez-Beaton, A., **Nieto, A.C.**, ... & Tartar, J. (2020) *Body Composition Assessment: A Comparison of the DXA, InBody 270, and Omron*. Journal of Exercise and Nutrition ISSN, 2640, 2572.

POSTER PRESENTATIONS

Mallick, A., **Nieto, A.C.**, Parisi, A., Witkin, J. E., Jha, A. P., & Banks, J. B. (November, 2020). *Individual differences in the dynamic upregulation of cognitive control*. Poster presentation at the Annual Meeting of the Psychonomic Society.

Napolitano, P., Watters, H., Banks, J. B., Manimaleth, R., Tartar, J. L., Garcia, J., Czartoryski, P., Weaver, C., Jiannine, L., Peacock, C., Alvarez-Beaton, A., **Nieto, A. C.**, Weber, C. , Patel, A., & Antonio, J. (September, 2020). *Does creatine supplementation alter total body water?* Poster presented at the Annual Meeting of the International Society of Sports Nutrition, Daytona Beach, FL.

Nieto, A. C., Welhaf, M.S., Mallick, A., & Banks, J. B. (November, 2019). Attention Restraint, Working Memory Capacity, and Mind Wandering: *Do Emotional Valence or Intentionality Matter?* Poster presentation at Psychonomics 2019 in Montreal, Quebec, Canada.

Weber, C., Alvarez-Beaton, A., Patel, A., **Nieto, A. C.**, Napolitano, P., Watters, H., Garcia, J., Manimaleth, R., Antonio, J., & Banks. J. B. (November, 2019). *Creatine and Cognitive Functioning: Part 2*. Poster presentation at Society for NeuroSports 2019 in Deerfield Beach, Florida.

Suarez, S. A., Poulsen, M., **Nieto, A. C.**, & Banks, J.B. (November, 2019). *The Mindful Athlete: How Mindfulness May Improve Athletic Performance*. Poster presentation at Society for NeuroSports 2019 in Deerfield Beach, Florida.

Czartoryski, P., Garcia, P. C. J., Manimaleth, R., Napolitano, P., Watters, H., Weber, C., Alvarez-Beaton, A., **Nieto, A.C.**, ... & Tartar, J. (November, 2019). *Body Composition Assessment: A Comparison of the DXA, InBody 270, and Omron*. Journal of Exercise and Nutrition ISSN, 2640, 2572. Poster presentation at Society for NeuroSports 2019 in Deerfield Beach, Florida.

TEACHING EXPERIENCE

Teaching Assistant

Spring 2020

Nova Southeastern University, Davie, FL,

- Course: PSYC 2900 Intro to Quantitative Statistics
- Professor: Jonathan B. Banks, Ph.D.
- Responsibilities: Grading assignments, proctoring exams, lecturing, corresponding with students

Teaching Assistant

Spring 2019 – Fall 2019

Nova Southeastern University, Davie, FL,

- Course: PSYC 2900 Intro to Quantitative Statistics
- Professor: Valerie Starratt, Ph.D.
- Responsibilities: Grading assignments, proctoring exams, lecturing, corresponding with students

AWARDS & GRANTS

PAN SGA Travel Grant (\$750.00)

Fall 2019

Nova Southeastern University, Davie, FL

- Poster presentation for Psychonomics 2019 in Montreal, Canada

Alejandro Sosa Changing Lives Scholarship (\$2500.00)

Fall 2019 – Spring 2020

Nova Southeastern University, Davie, FL

- Graduate student recipient for doing research on mindfulness

Cornerstone Group Scholarship (\$1500.00)

Fall 2019 – Spring 2020

The Miami Foundation

Dean's List

Spring 2016 – Fall 2016

Florida International University

PRESENTATIONS & INVITED LECTURES

“The effects of a brief mindfulness meditation on reaction to emotionally valanced stimuli.”

May 2020

Nova Southeastern University
Master's Thesis Defense

“The effects of a brief mindfulness meditation on reaction to emotionally valanced stimuli.”

Sept 2019

Nova Southeastern University
Graduate Research Series

“How to run an ANOVA in R.” Mar 2019
Nova Southeastern University
Course: PSYC 2900 Intro to Quantitative Statistics
Professor: Valerie Starratt, Ph.D.

“Do working memory and attention restraint predict types of emotionally valenced mind wandering?” Mar 2019
Nova Southeastern University
Graduate Research Series

“Working memory” Feb 2019
Nova Southeastern University
Course: Cognitive Processes
Professor: Jonathan B. Banks, Ph.D.

TRAININGS & CERTIFICATIONS

Trainings

Virtual ERP Boot Camp: Introduction to ERP’s

Description: Introduction to the event-related potential technique, designed for students and researchers with little or no prior ERP experience.

Certifications

Society for NeuroSports Certification (CSNS)

Registered Yoga Teacher (RYT-200)

PROFESSIONAL MEMBERSHIPS

Society for NeuroSports, 2020-Present

Psychonomic Society, 2019-Present

EMPLOYMENT & PROFESSIONAL SERVICE

Employment

- **Education Program Supervisor** Oct 2020 – Present
Aspiring Scientists Coalition
 - Managing and hosting virtual events such as

journal clubs and works in progress
meetings where members can discuss
and present their research

- **Yoga Teacher** June 2015 – Present
Body4Yoga (2016 – Current)
Shula's Athletic Club (2017 – Current)
 - Vinyasa Yoga, Hot Yoga Vinyasa, Yin Yoga, Meditation

- **Front Desk Clerk** Mar 2017 – Aug 2017
Larkin Community Hospital Outpatient
Behavioral Services, Miami, FL
 - Handle patients' needs such as registration, transportation, physician appointments, and medication inquiries
 - Scheduling therapy and medication management appointments for psychiatrists, therapists, psychiatry medical residents, and clinical interns
 - Assisting in crisis intervention

Professional Service

- **Graduate Student Assistant** Dec 2019
Nova Southeastern University, Davie, FL
Event: Mindfulness-Based Self-Care for First Responders and the Healing and Helping Professions.

- **Graduate Student Assistant** April 2019
Florida Atlantic University, Boca Raton, FL
Event: Life Sciences of South Florida 2019
 - Tabling, providing prospective students with information on NSU's psychology graduate programs

- **Student Volunteer** Jan 2017 – Mar 2017
Larkin Community Hospital Outpatient
Behavioral Services, Miami, FL
 - Observed group therapy sessions
 - Completed consent forms and biopsychosocials for new patients
 - Data input

LANGUAGES

English: Native Language

- Fluent speaker, writer, and reader

Spanish: Native Language

- Fluent speaker, writer, and reader

SKILLS

Proficient

Microsoft Office

Gained experience in

E-Prime, R, MediaLab, Prism GraphPad

REFERENCES

Available upon request