

Amanda M. Skoranski, M.S.

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Education

PH.D. | PSYCHOLOGY | IN PROGRESS

The Pennsylvania State University
Concentration: Developmental Psychology
Mentor: Erika S. Lunkenheimer, Ph.D.

M.S. | HUMAN DEVELOPMENT AND FAMILY STUDIES | 2017

Colorado State University
Concentration: Marriage and Family Therapy
Mentor: Erika S. Lunkenheimer, Ph.D.

B.S | PSYCHOLOGY, WITH DISTINCTION | 2009

University of Delaware
Minors: Biology, Philosophy
Senior Thesis Advisor: James E. Hoffman, Ph.D.

Honors and Awards

SCHOLARSHIPS, GRANTS, AND FELLOWSHIPS

- Elizabeth Dyar Gifford Scholarship (2016-2017) *Colorado State University*, \$1000
- Nancy M. Yeager Memorial Scholarship (2016-2017) *Colorado State Women's Association*, \$1250
- Graduate Fellowship (2014) *Colorado State University*, \$2000
- National SMART Grant (2007-2009) *Undergraduate Tuition Support*
- Delaware Scholarship Incentive Program (2005-2009) *Undergraduate Tuition Support*

HONORS AND DISTINCTIONS

- Outstanding Research Presentation (2016) *American Psychological Association Annual Symposium*
- Best Graduate Student Poster (2016) *Society for Research in Human Development Biennial Conference*
- 1st Place Undergraduate Poster (2008) *Delaware Society for Neuroscience Annual Poster Symposium*
- Women of Promise Award (2007) *University of Delaware*

TRAVEL SUPPORT

- Student Travel Award (2017) *Society for Research in Child Development Conference*, \$300

Research Experience

PARENT-CHILD DYNAMICS LABORATORY | 2017-CURRENT

Graduate Research Assistant | The Pennsylvania State University
Research investigating parent-child interactional dynamics and risk indicators for child maltreatment
Skills: Research in ecologically valid settings; Collecting and analyzing physiological data with Mindware
Supervisor: Erika S. Lunkenheimer, Ph.D.

PARENTING YOUNG CHILDREN PROJECT | 2015-2017

Graduate Research Assistant | Colorado State University

Longitudinal study of affective, behavioral, and physiological processes in parent-child interactions

Skills: Assessments with young children; Observational coding with Noldus XT; Proficiency in MPlus

Supervisor: Erika S. Lunkenheimer, Ph.D.

PREVENTION RESEARCH CENTER | 2014-2017

Graduate Research Assistant | Colorado State University

Assessing the impact of a mindfulness-based intervention on parent-youth interactional dynamics

Skills: Designing an observational coding system; Mentoring undergraduate research assistants

Supervisor: J. Douglas Coatsworth, Ph.D.

ADOLESCENT WELLNESS LABORATORY | 2014-2015

Graduate Research Assistant | Colorado State University

Assessing the effects of mindfulness training on well-being in adolescents at-risk for type 2 diabetes

Skills: Metabolic and behavioral testing with adolescents; Proficiency in SPSS; Secondary data analysis

Supervisor: Lauren B. Shomaker, Ph.D.

RE-MIND INTERVENTION PROJECT | 2014-2015

Graduate Research Assistant | Colorado State University

Assessing the effects of a mindfulness-based socioemotional intervention for preschool children

Skills: Community-based research; Implementing interventions in schools

Supervisor: Karen Barrett, Ph.D.

LABORATORY FOR CHILD DEVELOPMENT | 2012-2014

Laboratory Manager | Johns Hopkins University

Supervisor: Lisa Feigenson, Ph.D.

MOTIVATED ATTENTION AND PERCEPTION LABORATORY | 2009-2012

Study Coordinator | University of Delaware

Supervisors: Steven B. Most, Ph.D., Robert F. Simons, Ph.D., James E. Hoffman, Ph.D.

VISUAL COGNITION LABORATORY | 2008-2009

Senior Thesis Student | University of Delaware

Supervisor: James E. Hoffman, Ph.D.

HUMAN EMOTIONS LABORATORY | 2008-2009

Undergraduate Research Assistant | University of Delaware

Supervisor: Carroll Izard, Ph.D.

Teaching Experience

CO-INSTRUCTOR | 2016-2017

HDFS 470: Mentoring At-Risk Youth

Colorado State University

GUEST LECTURER | 2016

HDFS 302: Marriage and Family Relationships

Colorado State University

Publications

PUBLISHED MANUSCRIPTS

- **Skoranski, A.**, Kelly, N.R., Radin, R.M., Thompson, K.A., Galescu, O., Demidowich, A.P., Brady, S.M., Chen, K.Y., Tanofsky-Kraff, M., Yanovski, J.A., & Shomaker, L.B. (2018). Relationship of dispositional mindfulness to subjective distress and cortisol stress response in adolescent girls at risk for type 2 diabetes. *Journal of Child and Family Studies*. Advance online publication.
- Lunkenheimer, E., Tiberio, S., **Skoranski, A.**, Buss, K., & Cole, P. (2018). Parent-child coregulation of parasympathetic processes varies by social context and risk for psychopathology. *Psychophysiology*, *55*(2), 1-16.
- **Skoranski, A.**, Lunkenheimer, E., & Lucas-Thompson Graham, R. (2017). The effects of maternal respiratory sinus arrhythmia and behavioral engagement on mother-child physiological coregulation. *Developmental Psychobiology*, *59*(7), 888-898.
- Shomaker, L.B., Bruggink, S., Pivarunas, B., **Skoranski, A.**, Foss, J., Chaffin, E., Dalager, S., Annameier, S., Quaglia, J., Brown, K.W., Broderick, P., & Bell, C. (2017). Pilot randomized controlled trial of a mindfulness-based group intervention in adolescent girls at risk for type 2 diabetes with depressive symptoms. *Complementary Therapies in Medicine*, *32*, 66-74.
- **Skoranski, A.**, Most, S.B., Lutz-Stehl, M., Hoffman, J.E., Hassink, S., & Simons, R.F. (2012). Response monitoring and cognitive control in childhood obesity. *Biological Psychology*, *92*(2), 199-204.

MANUSCRIPTS IN PREPARATION AND UNDER REVIEW

- **Skoranski, A.**, Coatsworth, J.D., & Lunkenheimer, E. (*In Preparation*). A dynamic systems approach to understanding interpersonal mindfulness.
- **Skoranski, A.**, Lunkenheimer, E., & Wendt, K. (*In Preparation*). Maternal depressive symptoms moderate the relationship between dyadic flexibility and children's emotion regulation.
- **Skoranski, A.**, Kemp, C.J., Brown, K., Hamby, C., & Lunkenheimer, E. (*In Preparation*). The effects of maternal and paternal psychopathology symptoms on dyadic coregulation between parent and child.

Presentations

ORAL PRESENTATIONS

- Barrett, K. & **Skoranski, A.** RE-Mind: Regulation, emotion knowledge, & mindfulness. Symposium presentation at the Society for Research and Child Development Biennial Conference in Austin, TX. April 2017.

- **Skoranski, A.** & Lunkenheimer, E. Parent stress reactivity's effect on parent-child coregulation. Presented at the American Psychological Association Annual Convention, Young Investigators in Developmental Psychology Symposium in Denver, CO. August 2016.
- Tran, A., **Skoranski, A.**, Wells, S., & Hoffman, J.E. (2012). Spacing and set size effects of MOT may reflect different underlying mechanisms. Abstract published in *Journal of Vision*, 12(9), 555.

POSTER PRESENTATIONS

- **Skoranski, A.** & Lunkenheimer, E. Effects of parent baseline physiology and behavioral engagement on parent-child physiological coregulation. Poster presented at the Society for Research in Child Development Biennial Conference in Austin, TX. April 2017.
- **Skoranski, A.** & Lunkenheimer, E. Mapping dynamic physiological and affective-behavioral regulation patterns within the child. Poster presented at the Society for Research in Human Development Biennial Conference in Denver, CO. March 18, 2016.
- **Skoranski, A.** & Lunkenheimer, E. Associations between physiological and affective-behavioral regulation in early childhood. Poster presented at Graduate Showcase at Colorado State University. November 11, 2015.
- **Skoranski, A.** & Feigenson, L. Children and Choice: The effect of numbers of options on preschoolers' satisfaction. Poster presented at Cognitive Development Society Conference in Memphis, TN. October 18, 2013.
- **Skoranski, A.**, Most, S.B., Simons, R.F., & Hassink, S. Behavioral and neural measures of cognitive control in childhood obesity. Poster presented at Object Perception and Memory (OPAM) in Seattle, WA. November 3, 2011.
- **Skoranski, A.**, Most, S.B., Simons, R.F., & Hassink, S. Behavioral and neural measures of cognitive control in childhood obesity. Poster presented at Eastern Psychological Association Conference in Boston, MA. March 13, 2011.
- **Skoranski, A.**, Most, S.B., Simons, R.F., Hoffman, J.E., Lutz-Stehl, M., & Hassink, S. Behavioral and neural measures of cognitive control in obesity: A preliminary analysis. Poster presented at the Delaware INBRE External Advisory Board Meeting, Alfred I. DuPont Hospital for Children, Wilmington, DE, November 12, 2010.
- **Skoranski, A.**, Most, S.B., Simons, R.F., Hoffman, J.E., Lutz-Stehl, M., & Hassink, S. Behavioral and neural measures of cognitive control in obesity: A preliminary analysis. Poster presented at the NIH, BCRR 3rd Biennial National IDeA Symposium of Biomedical Research Excellence, Bethesda, MD, June 17, 2010.
- **Skoranski, A.**, Most, S.B., Simons, R.F., Hoffman, J.E., Lutz-Stehl, M., & Hassink, S. Behavioral and neural measures of cognitive control in obesity: A preliminary analysis. Poster presented at the Delaware INBRE Research Forum, Delaware Biotechnology Institute, Newark, DE, April 2, 2010.

- **Skoranski, A.**, Hoffman, J.E., & Doran, M. How does the brain track multiple objects? Poster presented at the University of Delaware Senior Thesis Symposium, Newark, DE, May 2, 2009.
- **Skoranski, A.**, Hoffman, J.E., & Doran, M. How does the brain track multiple objects? Poster presented at the Delaware Chapter of the Society for Neuroscience Annual Poster Symposium, Delaware Biotechnology Institute, December 5, 2008.