

JASMINE BIGELOW

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EDUCATION

Bachelor of Liberal Arts and Sciences

University of Illinois Urbana-Champaign, Developmental Psychology

May 2023

Minor: Philosophy

GPA: 3.97/4.00

PROJECTS

Honors Thesis, Psychology Honors Program

Bigelow, J., Modi, H.M., & Rudolph, K.D. The role of need for approval in predicting social perceptions following victimization. [Unpublished bachelor's thesis]. University of Illinois Champaign- Urbana.

RESEARCH EXPERIENCE

University of Illinois, Champaign, IL

2021 – Present

Family Studies Lab - under the direction of Professor Karen Rudolph

Cultivating Emotional Resilience in High-Risk Adolescent Girls: Effects of a Mindset Induction on Emotion Processing (STEP Project)

- Entered data from over 50 participant files into SPSS
- Handled administrative tasks, such as the preparation of testing materials, to prepare for data collection
- Completed training to administer the Trier Social Stress Test (TSST) to a community sample of adolescent girls
- Completed reliability training to code the Youth Life Stress Interview (YLSI) and TSST for a community sample of adolescent girls
- Coded participants' affect, comfort, performance quality, and stress regulation during the TSST
- Together with a team of coders, rated the objective stress levels for self-reported life events from the YLSI, along dimensions of familial and peer loss, deprivation, and threat
- Developed summaries of the coded YLSI's to reference for future coding meetings
- Kept up to date with incoming consent and assent information for over 200 participants

- Researched articles relevant to adolescent girls, emotion regulation, and depression to present during lab meetings

Honor's Thesis, Champaign, IL

- Utilized data from the Social Health and Relationships in Education (SHARE) Project
- Searched for current peer-reviewed articles relevant to my thesis topic
- Developed a thorough literature review covering results from over 15 studies

HONORS AND AWARDS

Dean's List Top 20% of College of Liberal Arts and Sciences	2020 - Present
James Scholar Top 10% of College of Liberal Arts and Sciences	2020 - Present
Psychology Honors Society Induction into PSI CHI, a national membership recognizing scholastic achievement Top 35% of class	2021

LEADERSHIP EXPERIENCE

Campus Honors Ambassador Volunteer Student Leader, University of Illinois	2021
<ul style="list-style-type: none"> • Planned and executed 20 events for Freshman Orientation, including events related to friendship, leadership, and professional development • Provided advice and served as a role model for 80 students 	
Alpha Phi Omega Active member, University of Illinois	2021
<ul style="list-style-type: none"> • Encouraged several new members to become more involved in the fraternity by participating in the "parent" program • Volunteered once a week over the course of a semester at a local thrift store to sort through over 300 donated items 	
October Lovers Club Philanthropy Chair/Treasurer, University of Illinois	2021-2022
<ul style="list-style-type: none"> • Financed all club activities to spend under the budget of \$5,000 • Organized a food drive and donated over 100 non-perishable items to a local soup kitchen 	
Olive Garden Trainer , Champaign, IL New Hire Trainer	2022
<ul style="list-style-type: none"> • Taught 15 newly hired servers how to greet customers, serve food and beverages, and maintain a clean and positive work atmosphere • Supervised the actions of trainees to ensure excellent performance • Provided constructive feedback to trainees and hiring manager 	

