

Polina Beloborodova

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EDUCATION

- 2019– **Virginia Commonwealth University** (Richmond, Virginia)
PhD, Experimental Psychology (Social Psychology concentration)
Advisor: Kirk Warren Brown, PhD
GPA: 4.0
- 2015–2018 **HSE University** (Moscow, Russia)
PhD, Psychology (General and Personality Psychology concentration)
Dissertation: Motivational and Personal Premises of Life Calling
Advisor: Dmitry Leontiev, ScD
- 2013–2014 **HSE University** (Moscow, Russia)
Professional certificate program, Business and Life Coaching
- 2009–2011 **HSE University** (Moscow, Russia) & **ESCP Europe Business School** (Paris, France)
MS, Strategic Management (double degree program)
- 2005–2009 **HSE University** (Perm, Russia)
BS, Management
- Research methods & data analysis training **Core (Virginia Commonwealth University):**
Statistics I (A), Statistics II (A), Multilevel Modeling (A), Advanced Multivariate Statistics (A), Data Science I (A), Data Science II (A), Machine Learning Algorithms (A), Principles of Psychological Measurement (A), Applied Regression (audited)
- Additional:**
- Causal Inference (CenterStat, 2022)
 - Introduction to Quantitative Meta-Analysis (CenterStat, 2021)
 - Introduction to Big Data and Machine Learning (University of Michigan, 2020)
 - Data Collection Using Wearables, Sensors, and Apps (University of Michigan, 2020)
 - Introduction to Structural Equation Models (CenterStat, 2020)
 - Data Science specialization (3/10 courses) (John Hopkins University via Coursera, 2020)
 - Methods and Statistics in Social Sciences specialization (University of Amsterdam via Coursera, 2018)
 - Qualitative Research Summer Intensive (University of North Carolina at Chapel Hill, 2016)

CAREER

- 2019– **Virginia Commonwealth University** (Richmond, Virginia)
Psychology Department, Teaching assistant/Lab instructor (each Fall & Spring; Summer, 2020)
Decision Neuroscience Lab, Research Assistant (Summer, 2021; PI: James M. Bjork, PhD)
Created an R Markdown-based automated eye-tracking data analysis and reporting pipeline (valid trials identification, saccade detection, first saccade/fixation analysis) and a Shiny app for raw data visualization.
- 2018–2019 **VIA Institute on Character** (Cincinnati, Ohio), Research assistant
Completed a systematic literature review on the Five Facet Mindfulness Questionnaire (73 studies; 18,609 participants), completed literature reviews on mindfulness and character strengths.
- 2015–2019 **HSE University** (Moscow, Russia), two positions held simultaneously
International Laboratory of Positive Psychology of Personality and Motivation, Research assistant
Led a 4-year Russian Foundation for Basic Research-funded project on career calling among Russian students: (1) theoretical analysis, including religious and philosophical roots and contemporary research, (2) exploratory qualitative study, (3) intervention study.
International College of Economics and Finance, Head of alumni relations & career services
Built career services from scratch: (1) developed curriculum for career orientation and job search training, (2) provided individual career counseling, (3) built a network of partner employers and organized several employer-taught elective courses and countless career events, (4) updated and maintained alumni database, (5) launched alumni-student mentor program and networking meetings.
- 2013–2015 **Citi**, Employer brand and graduate recruitment manager (Moscow, Russia)
- 2012–2013 **Severstal**, Graduate recruitment and employer brand specialist (Moscow, Russia)
- 2011–2012 **Universum**, Employer branding consultant (Stockholm, Sweden & Moscow, Russia)

PUBLICATIONS

- Completed
- Brown, K. W., Berry, D., Eichel, K., **Beloborodova, P.**^{†¶}, Rahrig, H., Britton, W. B. (accepted). Comparing impacts of meditation training in focused attention, open monitoring, and mindfulness-based cognitive therapy on emotion reactivity and regulation: Neural and subjective evidence. *Psychophysiology*.
- Beloborodova, P.** & Brown, K. W. (accepted). Mindfulness and basic psychological needs satisfaction. In R. Ryan & E. Deci (Eds.), *Oxford Handbook of Self-Determination Theory*. Oxford University Press.
- Beloborodova, P.** & Leontiev, D. (2019). Russian students' secular conceptions of life calling: A qualitative analysis. *Psychology in Russia: State of the Art*, 13(2), 3–18.
- Beloborodova, P.** (2017). Life calling: From religious and philosophical concepts towards a psychological construct. *Chelovek*, 6, 76–91.
- Beloborodova, P.** (2017). Contemporary foreign research on the phenomenon of life calling. *Voprosy Psikhologii*, 5, 150–158.
- Coming soon
- Juberg, M. & **Beloborodova, P.**^{*‡§} (on review). Empathy: A critical link between self-compassion and social dominance orientation.
- Beloborodova, P.**, Dutcher, J. M., Villalba, D. K., Tumminia, M. J., Doryab, A., Creswell, K., Cohen, S., Riskin, E., Sefdigar, Y., Seo, W., Mankoff, J., Dey, A., Creswell, J. D., & Brown, K. W. (on review). Momentary states of mind are related to social well-being: The case of mind wandering and presence.
- Beloborodova, P.** & Leontiev, D. (in preparation; writing). Discernment of career calling: A quest for meaning and authenticity.
- Contributions to non-first author publications: * Conceptualization & methodology, † Investigation & administration, ‡ Statistical analysis & data visualization, § Original draft preparation ¶ Review & editing

CONFERENCES

- Presentations
- Brown, K.W. & **Beloborodova, P.** (2021, February). *How presence supports the basic human need for social connection*. Paper presented at the Society for Personality and Social Psychology's Annual Convention (online).
- Beloborodova, P.** (2019, October). *Discernment of career calling: A quest for meaning and authenticity*. Paper presented at 42nd meeting of the Society of Southeastern Social Psychologists (Johnson City, TN).
- Beloborodova, P.** (2019, July). *"I'm looking for a calling, not just a job": Testing a career calling discernment intervention for college students*. Paper presented at 16th European Congress of Psychology (Moscow, Russia).
- Beloborodova, P.** (2019, April). *Make your future job matter: Career calling discernment course for university students*. Paper presented at 20th April International Academic Conference on Economic and Social Development (Moscow, Russia).
- Beloborodova, P.** (2018, June). *How to find your calling? Testing of an intervention for college students*. Paper presented at International research seminar 'Quality of life in times of the global transformation of mankind' (Aktru, Russia).
- Beloborodova, P.** (2017, May). *Intervention for the discernment of calling: Pilot test and results*. Paper presented at XXII International symposium 'Psychological problems of life meaning and acme' (Moscow, Russia).
- Beloborodova, P.** (2016, May). *Life calling: Philosophical and psychological concepts*. Paper presented at XXI International symposium 'Psychological problems of life meaning and acme' (Moscow, Russia).
- Posters
- Beloborodova, P.** & Brown, K. W. (2022, February). *Does Five Facet Mindfulness Questionnaire (FFMQ) actually measure mindfulness?* Poster accepted for the Society for Personality and Social Psychology's Annual Convention (San-Francisco, CA).
- Juberg, M. & **Beloborodova, P.** (2021, July). *Empathy: A critical link between self-compassion and social dominance orientation*. Poster presented at 7th International Positive Psychology Association (IPPA) World Congress (online).
- Beloborodova, P.** (2021, April). *Career calling and time perspective: Looking further into the future*. Poster presented at the Western Psychological Association (WPA) Annual Conference (online).
- Beloborodova, P.**, Villalba, D., Dey, A., Cohen, S., Creswell, K., Mankoff, J., Sutkus, J., Lovett, M., Dutcher, J., Tumminia, M., Doryab, A., Creswell, J. D., & Brown, K.W. (2020, June). *Mindful states: A promoter of social well-being and mental health*. Poster presented at the Mind & Live Summer Research Institute (online).
- Beloborodova, P.**, Villalba, D., Dey, A., Cohen, S., Creswell, K., Mankoff, J., Sutkus, J., Lovett, M., Dutcher, J., Tumminia, M., Doryab, A., Creswell, J. D., & Brown, K.W. (2020, June-September). *Mindfulness and social well-being in emerging adults: An ecological momentary assessment study*. Poster presented at Association for Psychological Science (APS) Virtual Poster Showcase (online).

Beloborodova, P., & Leontiev, D. (2018, June). *Russian students' conceptualization of life calling: A qualitative analysis*. Poster presented at 9th European conference on positive psychology (Budapest, Hungary).

GRANTS & AWARDS

Grants in progress	Effects and mechanisms of smartphone-based mindfulness training on emotional well-being in at-risk college students. Mind & Life Francisco J. Varela Grant, 2022–2023 (\$20,000, approved)
Completed grants	Russian Foundation for Basic Research (project 17-06-01009), 2016–2019. Personality development through the transition from childhood to adulthood: psychological mechanisms, indicators and trajectories (Co-Investigator, PI: Dmitry Leontiev; \$18,850)
Submitted grants	Animal mind perception and preference for plant- over meat-based foods. SPSP Inside the Grant Panel, 2021 (\$3,000, unfunded) Effects and mechanisms of smartphone-based mindfulness training on depressive symptoms in at-risk college students. APF Visionary Grant, 2021 (\$20,000, unfunded), APA PsychSolutions Competition, 2020 (\$10,000, unfunded), Mind & Life Francisco J. Varela Grant, 2020 (\$20,000, unfunded)
Awards	Professional development grant, Psychology Department, Virginia Commonwealth University, 2021 (\$700) 2 scholarships to attend Mind & Live Summer Research Institute in the US and Europe, 2021 (\$100 both) Travel grant, Psychology Department, Virginia Commonwealth University, 2019 (\$600) 2 travel grants, International Laboratory of Positive Psychology of Personality and Motivation, HSE University, 2018 (\$500 and \$1000)

TEACHING & MENTORING

2019–	Virginia Commonwealth University (Richmond, Virginia) <i>PSYC 680 & 681 Statistics I & II</i> (2020–2022, 13-17 students), Lab instructor <ul style="list-style-type: none">• In addition to required SPSS labs, taught optional R labs• Rated as “Outstanding” by 100% of the students in the Spring, 2021 <i>PSYC 214 Application of Statistics in Psychology; PSYC 406 Perception; PSYC 410 Principles of Learning and Cognition; PSYC 401 Physiological Psychology</i> (2019–2020, ~100 students), Teaching assistant Supervised students: <ul style="list-style-type: none">• Matthew Passarelli: RA, Fall 2021– (applying for MD programs)• Melina Johnson: RA and Honors Thesis Student, Fall 2021–• Nuzhat Rahaman: RA, Fall 2021–• Mariela Romero: RA, Fall 2021
2015–2019	Higher School of Economics (Moscow, Russia) <i>My Calling and Professional Development Strategy</i> (2016–2019, 15-90 students), Primary instructor <ul style="list-style-type: none">• Aim: help students find possible areas of professional development and start moving towards them• Format: interactive training sessions with discussions, individual and group work; almost no lecturing• In 2017–2019 the course became so popular that the number of students seeking to enroll substantially exceeded the maximum class size <i>Career Orientation and Job Search Seminars</i> (2015–2019, 10-100 students), Primary instructor <ul style="list-style-type: none">• Aim: to help students to choose their future career path, instruct on job search and selection (CV & cover letter, interview, assessment center)• Format: workshops and lectures with discussions; simulation of assessment center <i>Psychology of Personal Wellbeing</i> (2018, 30 students), Primary instructor <ul style="list-style-type: none">• Aim: to provide students with an overview of psychology as a science, introduce psychological tools for enhancing academic and personal life• Format: combination of lectures (~20%) and discussions and activities (~80%)

DIVERSITY, EQUITY & INCLUSION

Training	RAMmalogies, a monthly forum to explore social identities through dialogue (VCU Office of Institutional Equity, Effectiveness and Success, 2021–) Disrupting Racism and Eurocentrism in Research Methods and Practices workshop (Society for Personality and Social Psychology's Annual Convention, 2022) IExcel Diversity & Inclusion Facilitator Training (VCU Office of Institutional Equity, Effectiveness and Success, 2022)
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Becoming an Antiracist Educator Series (VCU School of Education, 2021–2022)
 Non-Discrimination Training (VCU Office of Institutional Equity, Effectiveness and Success, 2021)
 Diversity Dialogues Course (VCU Psychology Department, 2019)

Service

Editor, *Application Statement Feedback Program (ASPF)* for psychology PhD applicants from underrepresented minorities, 2021–
 Presenter at a conference ‘Modernization of Education in the Context of Multiculturalism and Inclusivity’ organized by Kremenchuk National University (Ukraine). Topic: *Cultivation of the heart: Using mindfulness practices to further inclusivity in higher education*, 2021 (online)
 Organizer of HSE University (Moscow, Russia) entrance examinations for international candidates in their home countries, an initiative to increase national and ethnic diversity of the student body, 2019 (Shymkent, Kazakhstan & Tashkent, Uzbekistan)

SKILLS & SERVICE

Languages	Russian (native), English (fluent), French (upper intermediate)
Software	R (including R Markdown & Shiny), Open Science Framework, Git & GitHub
Statistical techniques	MLM, SEM, EFA, CFA, difference in differences, psychological network analysis, machine learning
Research platforms	Qualtrics, RedCap, Prolific, Amazon MTurk, SONA
Peer review	Psychology in Russia: State of the Art, 2021– Current Directions in Psychological Science, 2020 (ad hoc with Advisor)
Department service	Peer mentor, VCU Social Psychology program, 2021– Factotum (organized interview day for prospective students and social events for current students and faculty), VCU Social Psychology program, 2020– Presenter, Graduate School Application Seminars, VCU Wellbeing Lab, 2020– Poster Judge, Undergraduate Poster Presentations, VCU Department of Psychology, 2019
Community service	Community engagement consultant, <i>Green Bukhara ECO Park</i> project of the European Bank of Reconstruction and Development, 2020 (Bukhara, Uzbekistan) Presenter at a public discussion ‘When green lifestyle meets personal well-being’ organized by the British Embassy in Russia as part of <i>Different Ever After</i> British culture festival, 2020 (online) Pro-bono coach for leaders of non-profits in <i>Socially Oriented Non-profit Organizations' Leaders' Development Program PRONKO_2.0</i> , 2015 (Moscow, Russia)
Professional memberships	Society of Personality and Social Psychology (SPSP) Society of Southeastern Social Psychologists (SSSP) Russian Psychological Society (RPS)
Personal interests	Travel (visited 50 countries and 17 US states), eco-friendly lifestyle, contemplative practices