

Risako Nishiyama

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EDUCATION

The University of Texas at Austin

December 2023

Bachelor of Arts in Psychology & Minor in Educational Psychology

Major GPA: 4.0 / Cumulative: 4.0

Graduation with Highest Honors

RESEARCH INTERESTS

- Cognitive psychology and neuroscience
- Learning and memory across the lifespan
- Effects of trauma and stressors on mental health in adolescents and adults
- Lifespan development

ACADEMIC & RESEARCH EXPERIENCE

Memory and Aging Laboratory, UT Austin

Laboratory Manager

April 2024 – Present

Volunteer Research Assistant, Undergraduate Research Assistant

January 2023 – March 2024

- Assisted with research on how sleep quality, levels of depression and anxiety, socio-cultural related stress, and other psychosocial factors impact episodic memory and other memory-related brain activity in adults across the lifespan
- Conducted data analyses such as Principal Component Analysis and Hierarchical Regression using Python and R programming language
 - Used for analyses presented in SLEEP Conference 2024
- Wrote Python code for re-scoring and cleaning data from self-report questionnaires
- Assisted graduate student during MRI scanning sessions, and proctored five cognitive assessments with participants
- Led training for new research assistants guiding them through participant phone calls and observation, providing them with constructive feedback
- Aided with EEG assessment for participant; prepared participant by placing gel on the cap and ensuring proper placement and proper signal in the electrodes
- Received Level 1 MRI Scanning Certification through asynchronous lecture, quiz, and in-person walk-through session

Supervised by Dr. Audrey Duarte, Professor, Dept. of Psychology and Dept. of Neurology

Undergraduate Research Apprenticeship, UT Austin

Research Assistant

August 2022 – December 2022

- Participated in the GRIDS (Gender, Race, Indigeneity, Disability, and Sexuality Studies) Initiative.
- Analyzed rhetoric, argument schemes, and common themes using in arguing for or against ethnic and gender studies curriculum in proposed legislative bills
- Collected relevant sources such as legislation, news articles, commentary and Op-Eds, and social media posts surrounding the assigned state bill

- Culminated in final presentation at the end of the semester in front of 30+ students, the College of Liberal Arts Dean and Associate Dean and various professors
- Selected out of competitive applicant pool to participate in research program receiving \$500
Supervised by Dr. Karma Chavez, Professor, Dept. of Mexican American and Latin American Studies

Project SEED, UT Austin

Head Scheduler, Office Research Assistant

August 2021 – April 2022

- Assisted research on the effects of translating from English to Spanish on academic and socio-emotional well-being of students with parents who do not speak English
- Contacted participants who missed a survey the day prior through email and Google Voice, and recorded interactions on REDCap
- Led the scheduling team of 6~13 RAs to ensure that all contacting and phone call shifts were covered by RAs
- Managed, supervised, and trained 7 RAs on contacting protocols and procedures; served as a resource for on-duty RAs that had any questions
- Implemented and executed changes with the help of the head RA to aid in the process of changing and updating scheduling protocols
- Compiled and sorted scheduled training and exams, and sent emails that updated the scheduling team on the training itinerary during the 3-day time period

Supervised by Dr. Su Yeong Kim, Professor, Department of Human Development and Family Sciences

PUBLICATIONS AND PRESENTATIONS

Abstracts

1. Seo A, Lee K, **Nishiyama R**, Duarte A. Interoception and Sleep: the role of insula cortex across adult lifespan. Cognitive Neuroscience Society Annual Meeting. Toronto, CN, February 2024. (in review)
2. **Nishiyama R**, Ravandi D, Lee K, Duarte A. Poor Habitual Sleep Quality Predicts Heightened Interoceptive Awareness Particularly in Older Age. SLEEP Conference. Houston, TX, December 2023.

COMMUNITY INVOLVEMENT

(un)Jaded, Austin, Texas

Operations Director, Member

February 2022 – December 2023

- Promoted mental health and wellbeing in Asian and Pacific Islander students and allies at the University of Texas
- Facilitated weekly director meetings consisting of 16 people, and ensured that all leadership departments were aware of plans such as workshops, fundraising, events and social, and that goals were being met
- Coordinated event planning, funding, recruiting, and helped with recruiting while working with the finance and fundraising, marketing culture, program and outreach, and events department
- Managed and tracked membership requirements utilizing a Google spreadsheet that included information about each member, due payments, and number of meetings attended
- Oversaw communication platforms such as Discord and email, and sent newsletters to ~100 total members and non-members to notify them of upcoming events, merchandise, and recruitment period

HONORS, AWARDS, SCHOLARSHIP

Distinguished College Scholar - COLA, UT Austin
University Honors, UT Austin

Spring 2022 – Spring 2023
Fall 2020 – Fall 2023

AFFILIATIONS

Phi Beta Kappa Honor Society, UT Austin
Phi Kappa Phi Honor Society, UT Austin
Alpha Lambda Delta Honor Society, UT Austin

March 2023 – Present
March 2022 – Present
February 2020 – Present

SKILLS

Computer: R Programming Language, Python Programming Language, Data Entry, Data Analysis, Adobe InDesign, Microsoft Office,

Languages: Japanese (native level proficiency)

CERTIFICATIONS

Adult Mental Health First Aid, Mental Health First Aid USA
Social/Behavioral Researchers, CITI Program
Level 1 MRI Scanning Certification, University of Texas at Austin
Social and Behavioral Responsible Conduct of Research, CITI Program

August 2023
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March 2023
December 2022