

Danielle Victoria Simpson

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Academic History

California State University, Stanislaus

Turlock, California

Bachelor of Arts, Psychology

May 2020

- Concentration in Experimental Psychology
- 4.0 GPA
- Senior Honors Thesis
 - *The Difference Between Subjective and Objective Exercise on Cognitive Ability*
 - The risk of cognitive decline increases with age. Past research has examined factors that reduce this risk, including physical activity. This research design intended to (1) examine the relationship of physical activity to cognitive function in older adults and (2) explore the relationship between physical activity based on objective data in comparison to subjective self reports. Participants from an independent living community of senior citizens provided subjective and objective exercise information. They were also assessed using tests to measure their cognitive capacity. Results indicated (1) the reliability of self-reported exercise, as compared with objective reports of physical activity, and (2) a significant positive correlation between physical activity and cognitive function in areas of working memory and visuospatial skills.

Modesto Junior College

Modesto, California

Associate of Applied Science, Social and Behavioral Science

June 2018

Associate of Arts to Transfer, Psychology

June 2018

- 4.0 GPA
- Commencement Speaker

Research Interests

My chief research goal is to examine the impact of lifestyle factors on psychological health. I am primarily interested in observing the effects of diet and exercise, in addition to sleep and stress of individuals. I wish to look further into how different forms of physical activity can contribute to overall well-being and self esteem, as well as comparing the effects of socialization when combined with exercise. In addition to physical activity, I also wish to investigate the contribution of eating habits and sleep variation on psychological health, with the emphasis on

balance in all of these areas. Furthermore, I wish to examine how inconsistency in these areas can affect stress and coping capabilities of an individual.

Research Experience

Research Assistant for the Healthy Aging Lab

Turlock, California

California State University, Stanislaus

January 2019 – Present

- Research conducted in this lab is focused on understanding the relationship between social support and exercise on cognitive functioning in elderly adults. Working under Drs. Kelly Cotter, Gary Williams, and Dawn Strongin, I assist in the process of conducting a longitudinal investigation, which will span for over four years. I entered the lab during the second cohort of participants and was trained in scoring, administration, and data entry and analysis. I scored all of the cognitive assessments (WAIS-IV, WMS-IV, RBANS, and MMSE) in compliance with each assessment's scoring criteria. I entered the demographic and cognitive data into Microsoft Excel, which was later converted and analyzed in SPSS. In addition, I helped create posters for presentation at the Western Psychological Association conference in April 2019. During the second round of data collection, I learned to administer the informed consent, MMSE, RBANS, WAIS-IV, WMS-IV and debriefing form to participants. In June 2019, I began to transition into a leadership role in the lab. Under this new role, I maintained contact with the facility where the study was carried out, as well as with the participants.

Research Assistant for the Pigeon Lab

Turlock, California

California State University, Stanislaus

August 2019

- Research conducted in this lab focused on the analysis of behaviors in pigeons, where I assisted Master's student Christa McDiffett with conducting research for her thesis. The primary goal was to replicate prior studies which suggested the correlation between light, sound, and eating patterns. We conducted the study over a period of four weeks where we ran conditioning, normal, fast and slow programs over eleven and twenty-three hour intervals. My duties as an assistant were to help clean the chambers, weigh the food before and after feeding, and weighing the pigeons for consistency.

Co-Primary Investigator for the Exercise on Student Performance Study

Modesto, California

Modesto Junior College

June 2018

- Under the supervision of Dr. June Newman I designed a study to assess physical activity on the success of college students. I gathered the measures used for the survey, submitted the study for ethical approval from the Psychology Institutional Review Board, created the online survey using Qualtrics, and administered the study to students at

Modesto Junior College. I also analyzed the data and based on subjective self-reports of exercise and factors such as GPA.

Co-Primary Investigator for the Variations of Physical Activity on Mood Study

Turlock, California

California State University, Stanislaus

Fall 2018

- Under the supervision of Dr. Miriam Crogman I designed a study that compared different types of exercise on a participant's reported mood. I gathered measures used for the survey, submitted the study for ethical approval from the Psychology Institutional Review Board, and helped to create a survey through Qualtrics to collect data. After data collection I helped analyze the results through SPSS, and created a powerpoint presentation discussing our findings.

Co-Primary Investigator for the Effects of Caffeine on Anxiety Study

Turlock, California

California State University, Stanislaus

Spring 2019

- Under the supervision of Dr. Jason Emory, my research group and I designed a study that examined the effects of caffeine consumption on reported levels of anxiety. This study was conducted within the parameters of a research seminar course. We submitted an application for ethical approval from the Psychology Institutional Review Board, gathered appropriate measures to be used in the survey, helped create the survey on Qualtrics, analyzed the data in SPSS, and helped create a poster presentation for a Research Seminar Symposium.

Teaching Experience

Teaching Assistant

Modesto, California

Modesto Junior College

August 2017 – Present

- Working under Professor Richard Vanden Bosch, I assisted with his History 101 and History 102 courses. I proctored tests at the beginning of each course as well as graded them for over seventy students. In addition, I graded each student's final assignment worth over 300 points.

Teaching Assistant

Turlock, California

California State University, Stanislaus

Fall 2019

- Working under Dr. Miriam Crogman, I will be assisting in the Aging course. I am currently grading assignments as well as participation points in VoiceThread lectures. I provide feedback for students and assistance with any questions about coursework. I also enter all of the grades into Blackboard.

Presentations

Simpson, D., Ayala, M., Perez, E., Shaw, D., *The Effects of Caffeine on Anxiety*. California State University, Stanislaus, Research Seminar Symposium (2019).

Simpson, D., *Healthy Aging: Exploring the Relationship Between Self-Reported Exercise, Objective Exercise, and Cognitive Function*. California State University, Stanislaus, Capstone Conference (2019).

Rojas, D., *Healthy Aging: Exploring the Relationship Between Self-Reported Exercise, Objective Exercise, and Cognitive Function*. California State University, Stanislaus, Research Competition (2020).

Rojas, D.V., Van Till, L., McDiffett, C., Mashinchi, G. M., Strongin, D. L., Williams, G. A., Cotter, K. C., *Healthy Aging: Exploring the Relationship Between Physical Activity and Cognitive Function in Older Adults*. Under review for presentation at the Western Psychological Conference (2020).

Pablo, J., **Rojas, D.V.**, Torres, E., Villagomez, M., Williams, G.A., *Exploring the Relationship Between Physical Activity and Dependent Stress*. Under review for presentation at the Western Psychological Conference (2020).

Lectures Presented

Simpson, D. (2017) *Factory Farming in the United States*

Simpson, D. (2019) *How To Be A Successful College Student*

Simpson, D. (2019) *Email Etiquette*

Simpson, D. (2019) *Psychology of Fear*

Publications in Preparation

Simpson, D., Cotter, K.A. (2020). *Exploring the Relationship Between Self-Reported Exercise, Objective Exercise, and Cognitive Function*. Manuscript in progress.

Volunteer

Volunteer at the Alzheimer's/Dementia Support Center

Modesto, California

January 2018 –

Present

- The center provides support and resources for caregivers while their patients spend time in the Memory Care Center. I attend support group meetings and help explain the cognitive and physiological processes that the brain of a patient who suffers cognitive decline experiences. As a caregiver, I also share my experiences with new caregivers in hopes of preparing them for their journey ahead. g.

Volunteer at Turlock Unity Day**Turlock, California***April 2017, April 2018, April 2019*

- I helped prepare coffee and sell raffle tickets for our 50/50 raffle. Unity Day is an event that gathers all of the recovery groups in the city together for speaker meetings and fellowshiping.

Volunteer at Merced Unity Day**Merced, California***September**2018*

- I was the main speaker for Merced Unity Day where I was able to share my experience, strength and hope with over 200 people.

Honors

Psi Chi Honor's Society Treasurer

January 2019-May 2020

Stanislaus Honor's Society

August 2018-May 2020

McNair Scholar

January 2019-May 2020

Dean's List Member

Fall 2018-May 2020

Phi Kappa Phi

*April 2020-Present***Awards**

Modesto Junior College Commencement Speaker

Spring 2018

- I was selected as the commencement speaker of my graduation from MJC in Spring of 2018 where I shared my experience as a college student in front of nearly 8,000 people.

McNair Travel Grant

February 2019

- Nine-hundred dollar grant awarded to attend the annual Western Psychological Association conference.

McNair Mini Grant

July 2019

- Eight-hundred dollar grant awarded to attend a graduate school conference at the University of Nevada, Las Vegas

Warriors Excellence Textbook Scholarship

Fall 2018-May 2020

- Two-hundred and fifty dollars was awarded each semester.

President's Scholarship *Fall 2018-May 2020*

- Two-thousand and five-hundred dollars was awarded each semester.

SERSCA Undergraduate Assistantship *Fall 2019-May 2020*

- One-thousand, one-hundred and twenty dollars was awarded to complete research in the Healthy Aging Lab.

McNair Travel Grant *Fall 2019*

- Eight-hundred and sixty dollars was awarded to attend a graduate school conference at UC Irvine.

California State University, Stanislaus Research Competition 1st Place Recipient *March 2020*

- I was awarded first place at the university's annual research competition and advanced to state competition.

Outstanding Student Award for Psychology *May 2020*

- I was awarded by faculty in the psychology department as the outstanding student in my graduating class.

Outstanding Graduate Award *May 2020*

- I was awarded by faculty at California State University, Stanislaus as an outstanding graduate for the class of 2020.

Skills

Proficiency with Qualtrics survey software

Proficiency with Microsoft Office

Proficiency with Microsoft Excel

Familiarity with SPSS software

Certifications

Completion of CITI Ethics Training

Yoga Teacher Certification