Mikayla R. Carson, MS

Office Address: 370 W Lancaster Ave, Sharpless 420   Email: mcarson1@haverford.edu

Haverford, PA 19041   Office Phone: (610) 795-6386

PROFESSIONAL POSITION(S)

Lab Instructor & Research Manager   **2023 – Present**

Haverford College, Haverford, PA

EDUCATION

Master of Science in Experimental Psychology   **2021 – 2023**

Saint Joseph's University, Philadelphia, PA

Cumulative GPA: 4.00

Mentor: Jodi Mindell, PhD, DBSM

Thesis: *Symptoms of Sleep Disordered Breathing and Associated Outcomes in Preschool-Aged Children*

Bachelor of Science in Psychology (clinical concentration)   **2018 – 2022**

Saint Joseph's University, Philadelphia, PA

Summa Cum Laude, Minor in Art Therapy

Cumulative GPA (overall): 3.98

Cumulative GPA (psych): 4.00

HONORS AND AWARDS

Graduate Psychology Award	**2023**
Exceptional Service to the Honors Program (First Recipient)	**2022**
University Honors, Saint Joseph's University	**2022**
Dr. Henrik S. Arnesen Award, Undergraduate Psychology Award	**2022**
Phi Beta Kappa (US Academic Honors Society)	**2021**
Psi Chi (International Psychology Honors Society)	**2020**
Dean's List, Saint Joseph's University	**2018 – 2022**
Provost Scholarship for leadership, academics, and community engagement	**2018 – 2022**
Presidential Scholarship for outstanding academic and achievements records	**2018 – 2022**

RESEARCH EXPERIENCE

Post-Graduate Research Coordinator and Assistant   2023 – Present

- Lead research coordinator of a randomized control trial in collaboration with Philadelphia nonprofit, Beds for Kids, to investigate the impact of bed and sleep health education provision on sleep in children ages 8-12 years and living in poverty
- Assist with survey building and preparation of manuscripts and poster presentations

Research Intern and Volunteer   2022 – 2023

Division of Cardiology, Children's Hospital of Philadelphia

Supervisors: Kristen Lanzilotta, MS and Courtney Vu, MS

Primary Investigators: Joseph W. Rossano, MD, FAAP, FACC and Kimberly Y. Lin, MD

- Navigated Epic and input echocardiogram data into REDCap for a registry designed to enhance the understanding and treatment of hypertrophic cardiomyopathy and other genetic heart diseases in children
- Assisted with rectification of incorrect and incomplete CMRI, ambulatory monitoring, echocardiogram, stress test, cardiac event, and cardiology visit historical data collected for the hypertrophic cardiomyopathy registry
- Assisted with physical organization and electronic log for thousands of consent forms
- Shadowed clinicians and researchers in the Division of Cardiology

Graduate Research Coordinator   2021 – 2023

Department of Psychology, Saint Joseph's University

Mentor: Jodi Mindell, PhD, DBSM and Ariel Williamson, PhD, DBSM

- Lead research coordinator of a randomized control trial in collaboration with Philadelphia nonprofit, Beds for Kids, to investigate the impact of bed and sleep health education provision on sleep in children ages 8-12 years and living in poverty
- Assisted with creation of project materials, including IRB application/materials, Qualtrics surveys, and participant tracking sheets
- Trained and supervised undergraduate and graduate research assistants
- Coordinated with community-based interventionists

Graduate Research Assistant   **2021 – 2023**

Behavior, Emotions, Development, and Sleep Laboratory (BEDS Lab)

Sleep Center, Children's Hospital of Philadelphia

Supervisors: Jodi Mindell, PhD, DBSM and Ariel Williamson, PhD, DBSM

- Assisted with creation and testing of project materials, including REDCap and Qualtrics surveys
- Coordinated and input data at the Children's Hospital of Philadelphia site for a national registry which aimed to better understand narcolepsy in the pediatric population
- Attended ongoing supervision and lab meetings

Graduate Research Assistant   **2021 – 2023**

Pediatric Sleep Lab, Department of Psychology, Saint Joseph's University

Supervisors: Jodi Mindell, PhD, DBSM and Erin Leichman, PhD

- Delivered bedtime routine education intervention to families (e.g., creation of individualized bedtime routines) at baseline and follow-up in a study partnered with Temple Pediatrics'
- Assisted with literature reviews, abstract writing, manuscript preparation, and poster presentation preparation
- Cleaned, created syntax, and conducted data analyses using SPSS
- Attended ongoing supervision and lab meetings

Honors Capstone Project   **2021 – 2022**

Department of Psychology, Saint Joseph's University

Mentor: Jodi Mindell, PhD, DBSM and Ariel Williamson, PhD, DBSM

- Examined discrepancy between caregiver-reported sleep problems (habitual snoring, behavioral sleep problems, sleep health problems) and clinician-documented sleep problems and management
- Developed project, conducted data analyses using SPSS, prepared manuscript

Undergraduate Research Assistant   **2019 – 2021**

Pediatric Sleep Lab, Department of Psychology, Saint Joseph's University

Supervisor: Jodi Mindell, PhD

- Delivered bedtime routine education intervention to families (e.g., creation of individualized bedtime routines) at baseline and follow-up in a study partnered with Temple Pediatrics
- Collected and coded publicly available data, including data from Twitter, YouTube, Apple App Store, and Google Play App store
- Assisted with the organization of International Baby Sleep Day and application materials for educational sleep webinars designed for clinicians, nurse practitioners, and postdoc individuals in a clinical setting dealing with pediatric sleep

Undergraduate Research Assistant   **2018 – 2020**

Developmental Psychology Lab, *Department of Psychology, Saint Joseph's University*

Supervisor: Clare Conry-Murray, PhD

- Obtained informed consent and conducted structured interviews on young children's (ages 5-6 and 9-11 years old) and college students' moral reasonings
- Transcribed and coded interviews
- Assisted with the design and implementation of studies
- Attended ongoing supervision and lab meetings

MANUSCRIPTS

Carson, M., Moore, M. Cicalese, O., Dunnewald, M., Varker, A., Mindell, J.A., & Williamson, A. *Variation in Twitter posts referencing pediatric sleep aids*. Sleep Health. https://doi.org/10.1016/j.sleh.2023.04.009

Carson, M., Cicalese, O., Bhandari, E., Stefanovski, D., Fiks, A.G., Mindell, J.A., & Williamson, A.A. *Discrepancies between caregiver reported early childhood sleep problems and clinician documentation and referral.* Academic Pediatrics. https://doi.org/10.1016/j.acap.2023.02.001

PUBLISHED ABSTRACTS

Carson, M. R., Lamanna, E. M., Dunnewald, M., Fay, K., Kyck, F., Mindell, J. A., & Williamson, A. A. (2022). *Sleep in children in need of a bed and living in poverty*. Sleep, 45, A226-227.

PRESENTATIONS

Carson, M., Dunnewald, M., Lamana, E., Fay, K., Kyck, F., Mindell, J. A., & Williamson, A. A. (2023, June). *Feasibility and acceptability of personalized sleep health education as part of bed provision for families living in poverty*. Poster presentation upcoming for the 37th Annual Professional Sleep Societies meeting, Indianapolis, IN.

Mindell, J. A., **Carson, M. R.**, Leichman, E. S., Gould, R., Alunkal, L., Mack, C., & Walters, R. (2023, June). *Sleep, early solid introduction, and allergic disease in infancy*. Poster presentation upcoming for the 37th Annual Professional Sleep Societies meeting, Indianapolis, IN.

Lam, J. T. Y., Salih, Z., **Carson, M. R.**, Dunnewald, M., Waisfeld, A., Randazzo, I., Heere, M., Mindell, J. A., & Williamson, A. A. (2023, June). *Linkages between a consistent bedtime routine, child outcomes, and parenting stress in toddlers presenting to primary care*. Poster presentation upcoming for the 37th Annual Professional Sleep Societies meeting, Indianapolis, IN.

Carson, M. R., Leichman, E. S., Rotella, K., & Mindell, J. A. (2022, October). *Maternal outcomes related to maternal sleep quality and infant sleep patterns.* Poster presented at the virtual meeting of the International Pediatric Sleep Association.

Carson, M. R., Lamanna, E. M., Dunnewald, M., Fay, K., Kyck, F., Mindell, J. A., & Williamson, A. A. (2022, October). *Sleep ecology and outcomes in children living in poverty and without a bed.* Poster presented at the virtual meeting of the International Pediatric Sleep Association.

Carson, M. R., Lamanna, E. M., Dunnewald, M., Fay, K., Kyck, F., Mindell, J. A., & Williamson, A. A. (2022, June). *Sleep in children in need of a bed and living in poverty.* Poster presented at the 36th Annual Professional Sleep Societies meeting, Charlotte, NC.
Carson, M. R., Leichman, E. S., & Mindell, J. A. (2022, April). *Sleep in maternal-infant dyads and related maternal outcomes.* Poster presented at the 32nd Sigma Xi Student Research Symposium, Saint Joseph's University.

Carson, M. R., Lamanna, E. M., Dunnewald, M., Fay, K., Kyck, F., Mindell, J. A., & Williamson, A. A. (2022, June). *Sleep disturbances, impairment, and practices in children living in poverty and in need of a bed.* Poster presented at the 32nd Sigma Xi Student Research Symposium, Saint Joseph's University.

Lam, J. T. Y., **Carson, M. R**., Jump, S., Mindell, J. A., Meltzer, L. J. (2021, December). *Environmental scan of publicly-available electronic sleep resources for school-aged children and adolescents.* Poster presented at the virtual Pediatric Sleep Medicine conference.

CLINICAL EXPERIENCE

Undergraduate Intern   Jan 2021 – Aug 2021

The Social Enrichment Center

Supervisor: Lila Finley

- Assisted in note taking and teaching social skills lessons using Applied Behavioral Analysis (ABA) and play therapy for children ages 3-22 years old during individual and group therapy sessions
- Collected, tracked, and organized clients' skill and behavioral data
- Assisted in creating therapy materials and training new summer interns
- Attended ongoing supervision meetings

TEACHING EXPERIENCE

Teaching Assistant: Psychology of Media   **Spring 2023**
Saint Joseph's University
Supervisor: Phyllis Anastasio, PhD

Teaching Assistant: Social Psychology   **Spring 2023**
Saint Joseph's University
Supervisor: Phyllis Anastasio, PhD

Teaching Assistant: Cognitive Psychology (2 sections)   **Spring 2023**
Saint Joseph's University (University of the Sciences Legacy)
Supervisor: Vinaya Rajan, PhD

Teaching Assistant: Statistics for the Social Sciences   **Spring 2023**
Saint Joseph's University
Supervisor: Jodi Mindell, PhD

Teaching Assistant: Intro Psychology Seminar   **Fall 2022**
Saint Joseph's University
Supervisor: Patrick Garrigan, PhD

Teaching Assistant: Intro Psychology Seminar   **Fall 2022**
Saint Joseph's University (University of the Sciences Legacy)
Supervisor: Vinaya Rajan, PhD

Teaching Assistant: Research Seminar: Sleep   **Fall 2022**
Saint Joseph's University
Supervisor: Jodi Mindell, PhD

LEADERSHIP EXPERIENCE

Psi Chi Mentor   2021 – 2022

Honors Program, Saint Joseph's University

- Provided guidance to 3 undergraduate psychology majors
- Hosted and attended events to learn more about the students I mentored and help them with course related questions

Honors Mentor   2020 – 2022

Honors Program, Saint Joseph's University

- Provided guidance to 21 first-year undergraduate students across different major disciplines, including psychology, political science, economics, finance, English, criminal justice, and art
- Hosted group events to learn more about the students and provided students with guidance regarding courses and campus life
- Provided students with resources to promote excellence in scholarship
- Met individually with students during registration to facilitate the registration process and answer questions about honors requirements

Co-Coordinator of Honors Mentorship Program   2020 – 2022

Honors Program, Saint Joseph's University

- Met with the University of the Sciences honors program president and attended events at the University of the Sciences to facilitate merger efforts
- Created program parameters, mentor applicant materials, and resources for honors students to facilitate their academic experience and promote excellence in scholarship
- Interviewed, trained, and hosted meetings with co-coordinators and mentors to ensure first year students were getting the desired mentorship
- Paired over 200 first year students with a mentor, and held office hours for the honors student body to answer questions pertaining to the program, academics, and campus life
- Planned events for students to facilitate socialization, networking, and mental health breaks for honors students
- Attended and spoke at honors program events for first year students and newly accepted students and their families
- Attended ongoing meetings with the honors Director and honors Associate Director

Club Field Hockey Co-Captain   **2020 – 2022**
Saint Joseph's University

- Organized schedules, COVID-19 symptom disclosure forms, drills, plays and line-ups for practices and games
- Collected dues and budgeted funds towards invoices, expenses, and travel
- Documented and reported scores from any home games on the National Field Hockey League website
- Assisted in creating constitution and attended leadership and safety trainings

RELEVANT UNDERGRADUATE COURSEWORK

Developmental Psychology	A	Multicultural Psychology	A
Research Methods	A	Stats for the Social Sciences	A
Biological Basis of Behavior	A	Personality Psychology	A
Ethics in Psychology	A	Adv. Abnormal Psychology	A
Psychological Assessment	A	Clinical Psychology	A
Research Sem: Sleep	A	Animal Learning and Memory	A
Gender Matters	A	Art Therapy	A
Internship II	A		

GRADUATE COURSEWORK

Directed Studies I Honors	A	Adv. Research Methods & Stats I	A
Directed Studies II Honors	A	Adv. Research Methods & Stats II	A
Psychology of Parenting	A	Brain and Brain Injury	A
Masters Research I	P	Forensic Psychology	A
Behavioral Medicine	A	Gerontology	A
Masters Research II	P	Data Vis. & Performance Analytics	A
Independent Research	A		

COMPUTER AND RESEARCH SKILLS

SPSS	Jamovi	R Studio
Qualitative research design	Quantitative research design	Academic writing
Qualtrics	REDCap	OnCore
Epic	Microsoft Office 365 Applications	