

C. M. Shihara Fernando

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Education

University of Western Ontario London, Ontario
Master of Arts in Counselling Psychology September 2024 – Present

York University Toronto, Ontario
Specialized Honors Bachelor of Arts in Psychology September 2019 – June 2024
Summa Cum Laude
Advisor: Dr. Raymond Mar
Thesis: “Lives to be Lived: Finding Direction by Writing One’s Own Obituary”

Manuscripts Under Review or in Preparation

Neofytou, E., Farah, A., & **Fernando, C.M.S.** (*pending revisions*). The prevalence of Borderline Personality Disorder in female child sex offenders: A systematic review and meta-analysis.

Conference Poster Presentations

Fernando, C.M.S. & Mar, R. (2024). Lives to be lived: Finding direction by writing one’s own obituary. *Conference for Undergraduate Health Research*. York University, Toronto, CAN. May 2024.

Fernando, C.M.S. & Bellana, B. (2023). Meaning vs engagement: Lingering of non-narrative content. *Summer 2023 Undergraduate Research Conference*. York University, Toronto, CAN. August 2023.

Fernando, C.M.S. (2022). Social media use and psychological developmental disturbances in adolescent females. *Luminate Mental Health Conference*. March 2022 *Event held virtually.

Scholarships, Grants and Awards

Total Awarded: \$21, 324

Summa Cum Laude	June 2024
Dean’s Honour Roll	May 2020 – June 2024
Graduate Entrance Scholarship University of Western Ontario \$6000	April 2024
CGS-M SSHRC – Alternate University of Calgary	March 2024
John & Mike’s Award York University \$800	November 2023
Continuing Student Scholarship York University \$616	August 2023

Natural Sciences and Engineering Research Council of Canada Undergraduate Student Research Award (NSERC USRA) \$8680	May 2023
Continuing Student Scholarship York University \$528	August 2022
Presidents Creative Writing Award, Screenplay Category York University Honorable Mention for my screenplay “Breezeblocks”	May 2022
Undergraduate Residence Life Bursary York University \$1700	March 2020
Student Life Award York University \$500	September 2019
Automatic Entrance Scholarship York University \$1000	August 2019
David F. Denison & Maureen Flanagan Award \$1000	June 2019
House of Commons Award for Youth Entrepreneurship • Awarded by House of Commons Canada and The Government of Ontario for my small business <i>FreelanceFilms</i> demonstrating exemplary youth entrepreneurship.	September 2018
Knights of Columbus Belleville Bursary for Service & Academic Excellence \$500	June 2018

Academic and Administrative Positions

The Mar Lab Lab Manager	Dr. Raymond Mar September 2022 – May 2024
<ul style="list-style-type: none">• Coordinate lab activity including creating testing schedules, planning, and running lab meetings, managing ethics applications etc. in accordance with project timelines.• Prepare testing materials in accordance with testing procedures.• Interview, process, and train new Research Assistants.• Delegate tasks to Research Assistants based on skillset and RA interests.• Administrative duties such as email correspondence, database management and lab Wikipedia management.• Provide input on research topics and journal club discussions.• Enforce and create lab safety procedures.• Facilitate social activities for lab morale.	

Well-being Research Lab Lab Manager and Research Assistant	Dr. Nicole Mead May 2022 – August 2022
<ul style="list-style-type: none">• Created efficient organizational lab procedures.• Interviewed, processed, and trained new Research Assistants.• Developed studies on Qualtrics.• Delegated tasks to Research Assistants based on skillset and RA interests.• Moved lab communication on to Slack.• Coordinated bi-weekly lab meetings.	

Research Experience

Memory and Meaning Lab

Dr. Buddhika Bellana

September 2023 – May 2024

- Volunteer Research Assistant
 - Consult on ongoing projects.
 - Participate in pilot testing and odd jobs as required.
 - Attend and participate in weekly lab meetings, journal club presentations, programming workshops and graduate school workshops.
- NSERC USRA Funded Project May 2023 – September 2023
 - 1 of 3 recipients in Psychology at York. Only recipient at Glendon Campus.
 - Primarily continued working on Meaning vs Engagement Project:
 - Conducted a large-scale literature review to begin writing abstract and introduction.
 - Determined appropriate, similarly challenging words for *Wordle* based word game using word frequency scales.
 - Administered pilot testing to gather initial data and trouble shoot issues that arose.
 - Prepared and presented an APA poster on project progress.
 - Attended and participated in weekly lab meetings, journal club presentations, 1:1 meetings with Dr. Bellana and programming workshops.
 - Other RA tasks as assigned.
- Individual Research Project Student September 2022 – May 2023
 - Course code – *PSYC4100: Individual Study – Memory*
 - Final Grade: A
 - Project title – *Meaning vs engagement: Lingering of non-narrative content*
 - Coded 3 experimental conditions based on *Wordle* via HTML, JavaScript and CSS.
 - Began integrating experimental conditions into online experimental framework via PsiTurk, Heroku and Terminal commands.
 - Completed literature searches for item measures.
 - Programmed participant questionnaires.
 - Attended and participated in weekly lab meetings, journal club presentations, 1:1 meetings with Dr. Bellana and programming workshops.
 - Other RA tasks as assigned.
- Research Assistant December 2021 – September 2022
 - Funded by Research at York
 - Data preparation, cleaning, quality assurance and organization including reading, coding, and scoring data (R, Microsoft Office Suite).
 - Prepared presentations and written communications of research including conducting literature reviews and journal club presentations.
 - Produced graphs and conducted statistical analyses (R).
 - Prepared clear and concise documentation regarding lab procedures and protocols.

- Administrative duties such as email correspondence, database management, lab Wikipedia management, website creation and management.
- Attended and participated in weekly lab meetings, journal club presentations, 1:1 meetings with Dr. Bellana and programming workshops.
- Mentioned in the acknowledgements for my research contributions:
 - * Bellana, B., Mahabal, A., & Honey, C.J. (2022). Narrative thinking lingers in spontaneous thought. *Nature Communications*, 13(1), 1–16. <https://doi.org/10.1038/s41467-022-32113-6>

The Mar Lab

Volunteer Research Assistant

Dr. Raymond Mar

May 2022 – September 2022

- Prepared testing and experimental materials.
- Executed in-person testing following experimental and safety protocols.
- Responded to participant communications and ensured participant safety and satisfaction.
- Assisted with creating SEM models for data visualization.

Course Projects

PSYC3010: Intermediate Research Methods (A)

Winter 2022-2023

- Conducted a replication of an existing study (Kakkar & Sivanathan, 2022) with an added dependent variable.
- Presented as an APA poster in a mock conference as well as in an individual APA report.
 - **Fernando, C.M.S.**, Mohammad, A., Sudhaskaran, V., & Duru, O. (2023) The impact of leader dominance on employee zero-sum mindset, loneliness and helping behaviour. *PSYC3010 Mock Conference*, York University, Toronto, CAN, April 2023.

PSYC3031: Intermediate Statistics I (A+)

Fall 2022-2023

- Created a novel research question and executed statistical analysis and data visualization via R from a class data set.
- Presented findings in an APA report.
 - **Fernando, C. M. S.** (2022). Is religious identification associated with positive superstitious belief?

PSYC3640: Psychology of Intimate Relationships (A)

Fall 2022-2023

- Proposed a novel research venture in the study of intimate relationships. This included conducting an extensive literature review as well as formulating an experimental methodology and hypotheses.
- Presented as an APA proposal.
 - **Fernando, C.M.S.** (2023) Writing interventions, gratitude, positive affect, and relationship satisfaction in couples.

PSYC2010: Writing in Psychology (A+)

Fall 2021-2022

- Conducted a literature review on a topic of choice and wrote an APA research paper.
 - **Fernando, C. M. S.** (2021). Social media use and psychological developmental disturbances in adolescent females.
- Presented at the Luminate Mental Health Conference as an APA poster (2022).

Work Experience

PAPER

July 2021 – September 2023

English & Humanities Tutor and Essay Reviewer

- Managed tutoring sessions with multiple students from elementary to university level education.
- Conducted pedagogical assessments and provide feedback to teachers and students.
- Reviewed essays and offer constructive criticism through the Socratic method.
- Created an engaging and safe learning environment to enhance student confidence and interest in learning.
- Contributed to the tutor team by offering knowledge and support via Slack.

Volunteer Experience

Women's Mental Health Talks

York University

Peer Support Worker

June 2023 – May 2024

- Lead a bi-weekly support group on topics pertaining to women's mental health and well-being while providing a safe, inclusive, accepting, and non-judgmental environment for discussion of thoughts, experiences, and coping strategies.
- Support individuals struggling with mental health issues by demonstrating compassion, empathetic understanding, active listening and other counselling related skills and frameworks.
- Maintain complete confidentiality regarding private questions, comments, experiences, or perspectives that may be arise during support groups (excluding cases of abuse, self-harm or harm of others, which are taken to higher authority).
- Compile relevant on and off campus instrumental resources.
- Participate in all executive meetings through the sharing of input, ideas and perspectives that would help advance WMHT.

Undergraduate Psychology Student Association

York University

Peer Mentor

July 2022 – November 2023

August 2020 – July 2021

- Attended to 221+ undergraduate students regarding their questions and concerns. As required, refer them to appropriate departments to resolve issues.
- Hosted weekly drop-in hours, group activity sessions, and one-on-one sessions for mental health and wellness, skill-building, and social support.
- Created a safe and accepting environment for individuals of all intersectionalities providing empathy, compassion, and judgment-free understanding through active listening in all mentoring sessions and communications.

- Created weekly email updating on current school events, important upcoming dates, available academic and mental health resources both on and off-campus.
- Regularly checked in on mentee mental health and wellness and ensure to offer on-campus and off-campus mental health resources in every mentoring session.
- Maintained confidentiality regarding topics discussed in all mentoring sessions with the exception of self-harm risk, risk of harming another, abuse, and any illegal interactions with minors.
- Attended bi-weekly team meetings to discuss procedures and the future direction of UPSA.

Peer Ambassador

September 2021 – July 2022

- Assisted in the planning and execution of UPSA events (write scripts, create slides, contact stakeholders, set up & facilitate events).
- Assisted in the creation of UPSA's newsletter (discussed upcoming events and initiatives, researched topics relevant to the newsletter's theme, edited and compiled the newsletter on Canva).
- Assisted in the execution of UPSA's podcast (hosted episodes and wrote podcast summaries).
- Attend bi-weekly meetings to discuss progress and future directions.
- Maintained timely communication with UPSA team via Slack.

Skills and Abilities

- Exemplary written and oral communication skills.
 - Proficient ability to effectively communicate with people of all ages and intersectionalities via multiple communication mediums.
- Excellent leadership, collaboration, and interpersonal skills.
 - Ability to both lead and follow in team environments to meet and exceed objectives. Able to self-start and work independently when necessary.
- Proficient computer skills
 - Beginner to intermediate experience in R, JavaScript, HTML, CSS, SPSS, JASP, Markdown and Terminal Commands.
 - Experience in website design through Wix.com. View some of my websites below:
 - www.bellanalab.com
 - www.drmoorewebsite.wixsite.com/glendon
 - www.cmsfernando.com
 - Experience in software such as Microsoft Office (Word, PowerPoint, Excel), Canva, Adobe Acrobat Reader DC, Photoshop, Lightroom, Final Cut Pro, Logic Pro, and most social media including Facebook, Twitter, and Instagram.
- Eagerness to continue learning.
- Excellent work ethic and integrity.

Certifications

Sexual Violence Response and Awareness The Centre for Sexual Violence Response, Support & Education York University	September 2023
Active Bystander Training The Centre for Sexual Violence Response, Support & Education York University	January 2022
Tri-Council Policy Statement (TCPS 2): Ethical Conduct for Research Involving Humans Course on Research Ethics	October 2021
Foundational Peer Leadership Training (FPLT) York University	July 2020
Advanced Peer Leadership Training (APLT) York University	July 2020