

Julia M. Record, M.A.
Curriculum Vitae

Email

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EDUCATION

August 2025 – present

Doctor of Philosophy (Ph.D.) – Clinical Psychology (APA-accredited), Child track

University of Southern Mississippi, Hattiesburg, MS

Advisor: Stephanie D. Smith, Ph.D.

GPA: To be determined

August 2021 - May 2023

Master of Arts Degree (M.A.) – Experimental Psychology

University of Minnesota Duluth, Duluth, MN

Thesis-equivalent project title: “Implicit and Explicit Attitudes Toward those with Intellectual Disabilities in Romantic Relationships: Impacts of Personhood Perception”

Advisor: Ashley E. Thompson, Ph.D.

GPA: **4.00**/4.00

August 2017 - May 2021

Bachelor of Arts Degree (B.A.) -- Neuroscience

Awarded magna cum laude

Macalester College, St. Paul, MN

Neuroscience Major, Spanish Minor

GPA: **3.82**/4.00

FULL-TIME APPOINTMENTS

September 2023 – May 2025

Department of Psychology, University of Minnesota Duluth, Duluth, MN

Instructor

Primary Responsibilities

1. Prepared and executing undergraduate-level lectures
2. Prepared/graded exams and homework assignments with constructive written feedback
3. Answered student questions in-person and through email
4. Attended faculty department meetings
5. Advised students relating to academic progress and post-graduate career planning

Courses Taught

Course (Credits)	Modality	Semesters Taught	Enrollment Average	Additional Notes
1. PSY 1003: General Psychology (4.0)	IP	Fall 2023	84	Supervised a graduate level teaching-assistant, provided guest lecture feedback
2. PSY 2003: Discipline and Profession: (1.0)	IP	Spring 2025	10	
3. PSY 3020: Statistical Methods (4.0)	IP	Fall 2024	18	
4. PSY 3021: Experimental Design and Methodology (4.0)	IP, O	Fall 2023 (IP), Fall 2024 (O)	21	Helped groups of students write empirical psychology research proposals
5. PSY 3022: Applied Methods and Measurement (4.0)	IP, O	Spring 2024 (IP), Spring 2025 (O)	21	Helped the same group of PSY 3021 students execute research project proposals from the semester prior
6. PSY 3061: Physiological Psychology (4.0)	IP	Spring 2024, Fall 2024	24	
7. PSY 3231: Psychology of Drug Use: (3.0)	IP	Spring 2025	30	
8. PSY 3613: Applied Behavior Analysis and Behavior Change (3.0)	IP	Fall 2023, Spring 2024, Spring 2025	28	

Note. IP = In-person, O = Online; student reviews, course descriptions, and syllabi available upon request

PUBLICATIONS

Record, J. M., & Thompson, A. E. (2024). Implicit and explicit attitudes toward those with Down syndrome in romantic relationships: Impacts of personhood perception. *Sexuality and Disability, 43*, Article 1. <https://doi.org/10.1007/s11195-024-09879-2>

Thompson, A. E., Hill, M. R., & **Record, J. M. (2023).** Can a kiss conquer all?: The predictive utility of idealized first kiss expectations on reports of romantic love. *Frontiers in Psychology, 14*, Article 1256423. <https://doi.org/10.3389/fpsyg.2023.1256423>

Harms, M. B., & **Record, J. (2023).** Maltreatment, harsh parenting, and parent-adolescent relationships during the COVID-19 pandemic. *Current Opinion in Psychology, 52*, Article 101637. <https://doi.org/10.1016/j.copsy.2023.101637>

Thompson, A. E., **Record, J. M.,** Miller, R. & Bjorback, H. (2023). Rose-colored glasses: An exploration of the relationship between sexual nostalgia and sexual satisfaction. *The Journal of Sex Research, 1-11*. <https://doi.org/10.1080/00224499.2023.2175769>

MANUSCRIPTS UNDER REVIEW

Record, J. M., & Thompson, A. E. (under review). The effects of implicit infantilization on implicit attitudes toward mixed-sex romantic couples with Down syndrome. *Advances in Neurodevelopmental Disorders*.

MANUSCRIPTS IN PREPARATION

Thompson, A. E., Muzzy, B. M., & **Record, J. M.** (in preparation). *Set in stone or shaped by experience?: The impact of lay beliefs about romantic attachment malleability on relationship satisfaction*.

Record, J. M., Song, W., Zheng, L., Nyce, A., Tichá, R., Abery, B., & Nguyen-Feng, V. N. (in preparation). *Child maltreatment as a moderator of the relationships among leisure participation, perceived stress, and anxiety of autistic adults*.

ORAL PRESENTATIONS

*denotes undergraduate students supervised as part of a research methods course

#denotes formal mentorship of undergraduate research project

#Ashby, E., & **Record J.** (April 2025). *The impact of perceived criticism on relationship satisfaction with romantic attachment as a moderating variable*. Poster presented at the University of Minnesota Duluth Undergraduate Research & Artistic Showcase, Duluth, MN.

*Anteneh, S. A., *Lansing, J. R., *Oelkers, R. A. K., *Rist, Z. P., & **Record J.** (April, 2024). *Differences between millennials and Generation Z in the workplace*. Poster presented at the Annual Meeting of the Twin Ports Undergraduate Psychology Conference, Duluth, MN.

*Curtis, J., *Diamond, T., & **Record J.** (April, 2024). *The relationship between emotional intelligence and academic performance, goals, and involvement in college students*. Poster presented at the Annual Meeting of the Twin Ports Undergraduate Psychology Conference, Duluth, MN.

Hill, M. R., **Record, J. M.**, & Thompson, A. E. (November, 2023). *Can a kiss conquer all?: The predictive utility of idealized first kiss expectations on reports of romantic love among U.S. adults*. Poster presented at the Annual Meeting of the Society for the Scientific Study of Sexuality, New Orleans, LA.

Record, J. M., & Thompson, A. E. (August, 2023). *Implicit and explicit attitudes toward romantic couples with Down Syndrome: Impacts of implicit infantilization*. Poster presented at the Annual Meeting of the American Psychological Association, Washington DC.

Hill, M. R., **Record, J. M.**, & Thompson, A. E. (April, 2023). *Can a kiss conquer all?: The predictive utility of idealized first kiss expectations on reports of romantic love*. Poster presented at the Annual College of Education and Human Service Professions [CEHSP] Research and Scholarship Showcase, Duluth, MN.

Record, J. M., Thompson, A. E., Miller, R. & Bjorback, H. (April, 2023). *Rose-colored glasses: An exploration of the relationship between sexual nostalgia and sexual satisfaction*. Paper presented at the Annual Meeting of the Midwestern Psychological Association, Chicago, IL.

RESEARCH EXPERIENCE

September 2024 – present

Mind-Body Trauma Care Lab, University of Minnesota Duluth

Director: Dr. Viann Nguyen-Feng

Research Collaborator

- Preparing manuscript on the impacts of child maltreatment on the relationship between leisure participation and stress, as well as that on anxiety
- Ran descriptive and inferential analyses

February 2024 – December 2024

Integrative Brain Function and Neurodevelopment Lab, Washington State University

Director: Dr. Georgina Lynch, Ph.D., CCC-SLP

Research Collaborator (Remote)

- Prepared manuscript on the impacts of a CBT-based visual teaching intervention to help autistic adolescents bolster their visual attention to non-salient cues (e.g., detecting two individuals' attention to a shared referent)
- Ran descriptive statistics

May 2023- present: **Research Collaborator**

November 2021 – May 2023: **Graduate Research Assistant/Lab Manager**

Sexuality and Relationship Science Lab, University of Minnesota Duluth

Supervisor/Director: Ashley Thompson, Ph.D.

- Attended weekly lab meetings
- Prepared and revised manuscripts, as well as abstracts for conference submissions
- Developed and implemented cognitive paradigms
- Cleaned, aggregated, and analyzed data
- Wrote IRB protocol for thesis project utilizing an Implicit Association Test (IAT) using Inquisit 6 software
- Trained and supervised two undergraduate research assistants with in-person data collection procedures
- Coordinated data collection through Department of Psychology Sign-Up System (SONA) and extra credit recipients outside SONA
- Evaluated credit administration based on time taken to complete study

January 2023 – July 2023

Learning, Emotion, and Development (LEAD) Lab, University of Minnesota Duluth

Supervisor: Madeline Harms, Ph.D.

Graduate/Postgraduate Research Assistant

- Helped create an annotated bibliography and literature matrix for a literature review about the experiences of COVID-19 on harsh parenting and parent-adolescent relationships

May 2022 – October 2022

SHINE Research Team, University of Minnesota Duluth

Supervisor: Rhea Owens, Ph.D., L.P.

Graduate Research Assistant

- Phase 1 Coding (May 2022 - August 2022)
 - Coded (~6000) articles for a meta-analysis pertaining to the effectiveness of positive psychological interventions for individuals aged 0-19, regarding whether specific criteria were met.
- Phase 2 Coding (October 2022)
 - Extracted information from articles that fit Phase 1 criteria, such as methodology, research design, type of positive psychological intervention implemented
 - Evaluated study validity by assessing risk of bias

PEDAGOGICAL TRAINING AND SERVICE

October 2024 – April 2025

Undergraduate Research Opportunities Program (UROP), University of Minnesota Duluth, Duluth MN

Committee Member, Psychology Representative

Description: In working with a faculty mentor, the UROP program offers financial awards to students for pursuing research projects that cover \$300-worth of project-related expenses, as well as up to \$1800 in scholarship toward tuition.

- Looked over undergraduate research proposals within the College of Education and Human Service Professions
- Ranked and provided comments on proposals
- Met with committee to determine which projects should receive university funding

January 2024 – April 2024

The Center for Educational Innovation, University of Minnesota Duluth, Duluth, MN

Student

Description: The main theme of this course was to find ways to improve student mental health and wellbeing by implementing a more inclusive course design and fostering a more supportive class climate.

- Met biweekly 6 times throughout the semester to discuss the topics below:
 - The need of supporting oneself to support students, trauma-informed pedagogy, effective course and syllabus designs, universal design for learning, empirically-based instructional strategies and behaviors, and how to improve grading practices and course policies
- Completed assigned homework following each session.

PART-TIME TEACHING EXPERIENCE

January 2023 – May 2023

Department of Psychology, University of Minnesota Duluth, Duluth, MN

Graduate Teaching Assistant (volunteer)

PSY 8052: Advanced Statistics II, Graduate course

- Graded weekly lab assignments that used SPSS Statistics and R softwares
- Responded to students' questions and concerns in-person and through email

January 2022 – May 2022

Department of Psychology, University of Minnesota Duluth, Duluth, MN

Graduate Teaching Assistant

PSY 2003: Psychology Discipline and Profession, Undergraduate course

- Graded weekly assignments
- Created discussion assignments and quizzes
- Created and updated rubrics for said assignments
- Responded to students' questions and concerns in-person and through email
- Guest-lectured one class period aimed to distinguish between biological and experimental psychology

CLINICAL/WORK EXPERIENCE**August 2022 – February 2023: Part-time**

Northway Academy, Duluth MN

Behavior Technician

Overview: Northway Academy provides individualized Applied Behavior Analysis (ABA) for children and adolescents with Autism Spectrum Disorder (ASD) in order to achieve social and developmental milestones.

- Provided ABA therapy services and tracked a series of goals for multiple individuals with ages ranging from 2-21.
 - Examples of goals include but are not limited to: Improving interpersonal skills, reducing and redirecting challenging behaviors (e.g., negative vocalizations, hitting)
- Completed a 40-hour Registered Behavior Technician (RBT) training program to best assist in providing services
- Helped with feeding and toileting needs
- Interacted with parents during the beginning and/or end of an individual's day

August 2021 – October 2022: Seasonal**February 2021 – August 2021: Part-time**

Fraser, Woodbury MN

Mental Health Technician I

Overview: Fraser provides autism and early childhood mental health services and has the goal to integrate children, adolescents, and adults into their communities.

- Implemented and tracked three goals for one individual (ages 2-6) over a 3-hour period in a treatment-based setting to prepare them for later schooling
 - Examples of goals include but are not limited to: accepting calming strategies (e.g., ways to regulate emotion), accepting limits and transitions, engaging in peer interaction, and participating in group activities
- Provided ideas regarding how to aid individual progress, learning, and rapport-building
- Helped with feeding and toileting needs
- Wrote incident reports for behavior considered risks to safety of oneself or others

April 2017 – January 2020: Seasonal

The Center for Enriched Living (CEL), Riverwoods, IL

Activity Instructor I

Overview: This organization provides an educational and recreational setting that helps enrich the

lives of those living with intellectual and developmental disabilities

- Assigned with one to three members per session
- Ensured safety and fun for members both in the CEL building and out in the community
- Helped assigned members change clothes, assisted with diaper changes and overall toileting needs
- Wrote incident reports for behavior considered risks to safety of oneself or others

SCHOLARSHIPS/FELLOWSHIPS/GRANTS

Scholarships

2022 University of Minnesota Duluth Psychology Legacy Scholarship: Outstanding Research (Master's Project) [\$1,333.00]

Fellowships

2022 Master of Arts in Psychological Science Program Graduate Student Summer Fellowship [\$3,000.00]

Grants Awarded

2025 Internal Funding: Department of Psychology
University of Minnesota Duluth
Project Title: "*The Impact of Perceived Criticism on Relationship Satisfaction with Romantic Attachment as a Moderating Variable*" [\$300.00]
Role: Principal Investigator and Mentor of Student Co-investigator for UROP project

2022 Internal Funding: Department of Psychology
University of Minnesota Duluth
Project Title: "*Rose Colored Glasses: An Exploration of the Relationship Between Sexual Nostalgia and Sexual Satisfaction*" [\$2,555.00]
Supervisor: Ashley Thompson, Ph.D.
Role: Student Co-Investigator

Additional Awards

2023 Thank a Teacher, Center for Educational Innovation
2023 Research Award (Master's Project), Master of Arts in Psychological Science
2020 Nu Rho Psi (The National Honor Society in Neuroscience) Inductee
2017-2021 Macalester College Dean's List (5x)
2018 Macalester College Spanish and Portuguese Department Faculty Prize, Intermediate Level Spanish

PROFESSIONAL MEMBERSHIPS

2022 - present American Psychological Association
2021 - 2023 Midwestern Psychological Association

VOLUNTEER SERVICE

August 2022 - May 2023

Department of Psychology, University of Minnesota Duluth, Duluth, MN

Master of Arts in Psychological Science Graduate Student Representative

- Promoted academic and professional growth through events pertaining to questions on doctoral program applications, writing workshops, job opportunities, and guest speaking events
- Promoted an increased work-life balance by planning social events for students
- Bridged communication between students and faculty through addressing and answering questions and/or concerns brought by either or both parties

March 2018 - November 2020

Ramsey Middle School, St. Paul, MN

Education Volunteer

- Served as a classroom assistant for 6th and 7th grade math classes
- Helped students with classroom activities and with upcoming assignments and exams
- Built rapport with students and teachers

Family Support Volunteer

- During the Fall 2020 semester, delivered groceries to Ramsey schoolchildren's families who had been laid off during COVID-19

September 2017 - May 2019

Macalester College Program Board, Macalester College, St. Paul, MN

Coordinator

Overview: Program Board is a branch of Macalester College's student government that utilizes student activity fees to produce events on and off campus to unify the student body.

- Created event proposals regarding what the event was, its location, and budget allocations
- Reserved spaces for on-campus events
- Planned out event logistics regarding budget breakdown and how reserved space would be utilized
- Liaised with college administration for bingo events
- Managed both on and off-campus events

September 2019 - September 2020

Macalester College Orientation, Macalester College, St. Paul, MN

Orientation Leader

Overview: Served as a role-model and provided reassurance to incoming students, impartially helped students make their own decisions, encouraged involvement in campus life, shared experiences, Macalester's community of respect, and provided information about campus resources and services.

- Was a resource person and peer advisor when new students have a concern or problem
- Held group and 1:1 meetings with each of the new students

SKILLS

Language: Intermediate in Spanish, Fluent/Native in English

Research Software/Sites: SPSS Statistics, R, G*Power 3.1, PROCESS macro, Inquisit 6, Qualtrics

Crowdsourcing Sites: Prolific, SONA

Google Workspace: Google Drive, GMail, Google Sheets, Google Slides, Google Forms

Microsoft 365: Word, Excel, PowerPoint

Learning Management Tools: Canvas, MindTap (Cengage)