



SPR Student Newsletter:

Spring 2016, Volume 22



This newsletter was created by Anna Finley, Katie Garrison, Lauren Neal, Natalie Ulrich, and Jolie Wormwood of the SPR committee to Promote Student Interests and is sent to current student and general members. Please forward to your own students and any interested colleagues!

Upcoming Opportunities and Deadlines

SPR Call for Abstracts!

Are you excited about your latest research results and want to present them to the audience at the upcoming 56th annual SPR meeting in Minneapolis, MN? The submission portal for abstracts for posters and symposia is **NOW OPEN!** Abstracts can be submitted **until Friday, April 1st**. For further information, please visit the SPR website (<https://sprweb.org/meeting/2016/abstracts.cfm>). Think your research is top-notch? Posters by student authors can be considered for one of SPR's student poster awards (just select that you want your poster to be considered when you submit it). You can see the list of last year's recipients in this edition of the newsletter!

SPR Student Travel Award

Are you a PhD student and want to attend the SPR meeting in Minneapolis but are short on travel funds? Apply for the student travel award when submitting your conference contribution. SPR has allocated funds for 30 travel awards. Fifteen of these are specifically reserved for award winners within North America, who will receive \$500 USD to assist with their travel accommodations while attending the SPR Annual Meeting. The other 15 awards are reserved for non-North American members who will receive \$1000 USD. For more information on past recipients and eligibility criteria, visit the SPR website (<https://www.sprweb.org/student/awards/index.cfm>).

SPR Research Fellowship Training Awards

Would you like to visit the lab of an SPR member to learn new skills and techniques? Consider applying for an SPR Research Fellowship Training Award from The Education and Training Committee and the Committee to Promote Student Interests. These awards allow students or postdocs to obtain mentorship/training in psychophysiological assessment/analysis with experts in the field, which they could not get at their home institution. This could involve travel to a remote site or travel expenses for a remote mentor to visit the applicant's lab. Each application may include a budget of up to \$5,000 U.S. (although smaller budgeted applications are encouraged and would allow for more applications to be funded). The deadline for applications will be May 1, 2016, for funding to begin early September 2016. Recipients will be announced at the Saturday Business Luncheon at the conference in Minneapolis. Eligibility for the award requires attendance at the 2016 SPR meeting. Further information regarding eligibility criteria and the application process are available on the SPR website (<https://sprweb.org/student/awards/index.cfm>). You can see the list of last year's recipients and read an interview with one recipient about her experiences in this edition of the newsletter!

Planning your 2016 Minneapolis Adventure!

Getting around the Twin Cities:

- Getting from the MSP Airport to your hotel in Minneapolis is cheap and easy using [MetroTransit's](#) Light Rail Transit (LRT) and MetroTransit buses (~\$1.75-\$2.25 per fare). LRT routes service both MSP Airport terminals, Mall of America, Downtown Minneapolis, and Downtown Saint Paul. The trip from MSP Airport to Downtown Minneapolis is a short 25 minutes via LRT. MetroTransit kiosks (at LRT stops) accept cash and card. MetroTransit buses accept cash (exact change required) and have routes throughout the greater Minneapolis/Saint Paul region. **Tip:** the Google Maps app is enabled for MetroTransit trip-planning.
- Plenty of Taxi/Uber/Lyft options also exist in the Twin Cities Area.



Local Attractions:

- **See Minneapolis!** The [Stone Arch Bridge](#) area, just over a mile northeast of the convention center, possesses must-see views of the Minneapolis skyline. Also, be sure to take in one of the best views in town from the observation deck (the “Endless Bridge”) at the [Guthrie Theater](#); theater tickets not required for access to the observation deck. Afterwards, take a stroll across the Stone Arch Bridge, over the [Saint Anthony Falls](#), to the east side of the river (towards the university) where there are bountiful park benches as well as several restaurants ([Tuggs](#) [\$], [Wilde Roast](#) [\$\$], and [Aster Café](#) [\$\$\$]) with patio seating.
- **Take me out to the ballgame!** The Marriott Downtown Hotel is located less than half a mile away from [Target Field](#). Catch the Minnesota Twins play the Detroit Tigers and the Seattle Mariners.



- **In the mood for art?** Check out the [Walker Art Center](#) and adjacent outdoor [Minneapolis Sculpture Garden](#) (home of the “Spoonbridge”). These popular attractions are a short jaunt from the Marriott Downtown Hotel along Hennepin Avenue, through the [Loring Greenway](#), and across the street from Loring Park. Catch a taxi a few blocks southwest to visit the [Minneapolis Institute of Art](#) (a local favorite!) or towards the University of Minnesota to the [Weisman Art Museum](#).

- **Want to learn more about Minneapolis' history?** Along the west side of the Mississippi river (towards downtown) is [Mill City Museum](#), a tribute to Minneapolis' industrial past.
- It wouldn't be a trip to the “**City of Waters**” without actually seeing some water! About 2 miles south of the convention center, grab a coffee on Hennepin Avenue in Uptown at [Spyhouse](#) (\$) or [Isles Bun & Coffee](#) (\$) and stroll along Minneapolis' chain of lakes, including Lake of the Isles (2.6 mi.; 4.3 km circumference), Lake Calhoun (3.1 mi.; 5 km), Cedar Lake (2.8 mi.; 4.6 km), and Lake Harriet (2.8 mi.; 4.5 km).



Nightlife:



- **Have a cocktail from the top floors of Minneapolis' original skyscraper.** Built in 1929 and modeled after the Washington Monument, the 27th floor of the iconic [Foshay Tower](#) is home to [Prohibition Bar](#) (\$\$\$), a speakeasy style cocktail bar that is not to miss.
- **Minneapolis has a bustling brewery and taproom scene!** Grab a pint a few blocks from the Marriott Downtown Hotel at [Fulton Taproom](#) or [Sisyphus Brewery](#). A short car ride (2.6 mi.; 4 km) from the Marriott Downtown Hotel can take visitors to Minneapolis' brewery and taproom hotbed, locally referred to as “Northeast.” Behind the famous [Grain Belt Premium sign](#) overlooking the Mississippi River, this artsy neighborhood has a number of lively taprooms with good beer and cider. Some recommended locations include: [Dangerous Man Brewing](#), [Indeed Brewing](#), [Bauhaus Brew Labs](#), and [Sociable Cider Werks](#). **Tip:** while breweries do not serve food in Minneapolis, most provide on-site food-trucks or allow delivery from nearby establishments.

Student Poster Award Recipients

Congratulations to our 2015 Student Poster Award Recipients!

Daniel Bradford, University of Wisconsin, Madison: ALCOHOL DAMPENS STRESS REACTIVITY BUT NOT PERCEPTION TO VISUALLY UNCERTAIN STRESSORS IN A STIMULUS GENERALIZATION PARADIGM

Tania Kong, University of Illinois at Urbana-Champaign: BRIDGING THE BRAIN: A CROSS-VS.-WITHIN HEMISPHERE COMPARISON OF AGE-RELATED CHANGES IN RESTING STATE FUNCTIONAL CONNECTIVITY

Michelle Leckey, University of Illinois at Urbana-Champaign: AGE-RELATED SHIFTS IN HEMISPHERIC DOMINANCE FOR SYNTACTIC PROCESSING

Mei-Heng Lin, Colorado State University: DEVELOPMENTAL TREND OF ERROR-RELATED NEGATIVITY (ERN) IN 7-TO 25-YEAR-OLDS AFTER ADJUSTING FOR TRIAL-TO-TRIAL VARIABILITY

Katja Lindner, University of Greifswald: LAB VS. MRI: TESTING THE STARTLE PROBE METHODOLOGY IN DIFFERENT EXPERIMENTAL SETTINGS

Saren Seeley, University of Arizona: THE ROLE OF TRAIT WORRY IN TEMPORAL DYNAMICS OF THE EVOKED CARDIAC RESPONSE TO AFFECTIVE IMAGES

Heather Soder, University of South Florida: THE EFFECT OF DOPAMINE GENETICS ON NEURAL REWARD SENSITIVITY AND RISKY CHOICE

Nina Thigpen, University of Florida: EXPERIENCE-RELATED CHANGES IN RETINOTOPIC VISUAL CORTEX ARE ORIENTATION-SPECIFIC, LOCATION-SPECIFIC, AND EYE-SPECIFIC

Andrei Vakhtin, University of New Mexico: ABERRANT DEVELOPMENT OF POST-MOVEMENT BETA REBOUND IN YOUNG ADULTS WITH FETAL ALCOHOL SPECTRUM DISORDERS

Laura Zambrano-Vazquez, University of Arizona: THE INTERACTION BETWEEN TRAIT AND STATE WORRY ON THE ERN DURING A WORRY INDUCTION TASK

Benjamin Zimmerman, University of Illinois at Urbana-Champaign: THE DIFFERENCES BETWEEN MEAN BLOOD FLOW AND VASCULAR REACTIVITY AND THEIR RELATIONSHIPS WITH AGE, FITNESS, AND COGNITION IN OLDER ADULTS

2015 Travel Award Recipients

North American

Alexandria Meyer, Stony Brook University
Hannah Volpert, University of Delaware
Jonathan Stange, Temple University
Emily W. Shih, University of California, Riverside
Sephira Ryman, University of New Mexico
Erik Benau, University of the Sciences
Laura Drislane, Florida State University
Casey Strickland, Florida State University
Melissa Yuan, Harvard University
Sandy Lwi, UC Berkeley
Makenzie O'Neil, Arizona State University
Darin Brown, University of New Mexico
Saren Seely, University of Arizona
Xiaoxue Fu, The Pennsylvania State University

Non-North American

Natalia Levpak, Lessya Ukrainka Volyn National University
Tsukasa Kimura, Kwansai Gakuin University
Raoul Dieterich, Humboldt University of Berlin
Sreekari Vogeti, The University of Auckland
Jingwen Mao, The University of Auckland
Anna Dalecki, University of Wollongong
Janine Wirkner, University of Greifswald
Sebastian Schindler, University of Bielefeld
Jessica Sanches Figueira, Federal Fluminense University
Daniel Best, University of Trier, Institute of Psychobiology
Emilie Dessy, Royal Military Academy
Matthias F. Sperl, Justus Liebig University Giessen
Dion Henare, University of Auckland
Takahiro Hirao, Waseda University
Christiana Theodorou, University of Cyprus
Marios Theodorou, University of Cyprus

Research Fellowship Training Award

Research Fellowship Training Awards are given annually to SPR member students and postdocs. These awards allow recipients to receive mentorship and training in psychophysiological research from an expert in the field that is not a part of their home institution.

Recipients of the 2015 awards include:

- Johannes Rodrigues, University of Würzburg, Germany
- Akina Umemoto, University of Victoria, Canada **** Read an interview with Akina Umemoto below! ****
- Xiao Yang, Virginia Tech, USA

Congratulations to all recipients, and good luck in your training and research!

An Interview with Akina Umemoto Recipient of a 2015 Research Fellowship Training Award

Congratulations on receiving a Research Fellowship Training Award! Can you tell us a little bit about your plans for this Award? (i.e., what new psychophysiological assessment/analysis you plan to learn, and with whom?).

Thank you for the award; I am very excited for this opportunity! I plan to visit the Laboratory for Affective and Translational Neuroscience at Harvard Medical School headed by Dr. Diego Pizzagalli. My goal is to apply my research expertise in cognitive neuroscience to the domain of mental disorders, particularly depression disorder. In my PhD work, I have used electrophysiological measures to study reward processing as they relate to individual differences in personality traits associated with anterior cingulate cortex (ACC) function (i.e., motivation and reward sensitivity). ACC is a key neural substrate for decision-making and cognitive control, and its dysfunction is strongly implicated in depression. By visiting Dr. Pizzagalli, who is a leading expert in translational, clinical research in depression, I want to continue working on my data to further understand neurocognitive impairments by integrating neurocognitive-based theories with more clinically-oriented ones and understanding them at a larger brain circuits level. And Dr. Pizzagalli is doing exactly that.



How will this new measure fit with your research interests? In what new directions do you hope to go with this new training?

Depression, as in any other mental disorder, is extremely complex and heterogeneous, and I am interested in finding objective measures for it, as the current diagnostic practice is based solely on self-reported behavioral symptoms. In particular, although two potential biomarkers for depression are both associated with ACC function (the reward positivity ERP component and frontal theta oscillations), the exact function of ACC is still highly debated. Also, ACC dysfunction should be understood in relation to dysfunctions of other brain regions and neural mechanisms associated with depression. I am also interested in understanding individual differences, as depression symptoms highly vary across individuals and often co-occur with other disorders (e.g., anxiety, substance abuse). This is important for developing personalized treatment which integrates depression subtypes and comorbidity. These considerations are also consistent with the Research Domain Criteria research framework proposed by the U.S. National Institute of Mental Health, which encourage, as new ways of understanding mental disorders, the identification of basic functional dimensions underlying human behavior which are understood to vary across individuals in terms of their degree of expression from normal to abnormal (e.g., not impulsive to extremely impulsive). I am a big supporter of translational work, and I hope that my research will ultimately influence clinical practice.

How has your membership in SPR helped you to develop your career?

If it wasn't for SPR, I would not have the opportunity to visit and work with other scientists in the field! So I really thank SPR for this. I have found that my research interests fit very well with SPR's research themes, and the conferences have been a great place for research stimulation and to learn something new from like-minded scientists and gain more expertise in the field. I also appreciate SPR's support for women in science and for young academic investigators. The luncheon I attended for the former was informative, and it definitely feels good to know that I have somewhere to turn. I am looking forward to future SPR meetings and learning about cool discoveries in the Psychophysiology journal!

An Interview with Dr. Lani Shiota, Professor of Psychology, Arizona State University

1. How did you get involved in the field of Psychophysiology?

Studying emotion in graduate school, I noticed that that literature in that field was really fragmented and contradictory, partly because people using one method (self-reports, facial expression and other behavior coding, psychophysiology, neuroscience, social cognitive measures) were basically ignoring work done by people using other methods. It seemed like, early in training, researchers got locked into a methodological comfort zone and never even read the literature outside of it (my mentor Dacher Keltner was an exception – it was in his graduate seminar on emotion that I was exposed to all this stuff in the first place). My goal was to be able to read all this literature thoughtfully and critically, and be in a position to analyze it as a whole, using that foundation to break new ground as a researcher. This meant getting really solid training in psychophysiology. Fortunately Bob Levenson was also on the faculty at Berkeley, so transitioning into his lab for post-doctoral work was a smooth process. Bob is, of course, a superstar in terms of extremely rigorous use of ANS measures in emotion research, so it was a perfect fit.



2. Your research investigates basic questions about emotion, and you incorporate multiple methods of investigation including behavioral, cognitive, physiological, narrative, and questionnaires. How do these diverse methods work together and inform your overall research goals? In what ways do you use psychophysiological methods specifically to inform your research?

Great question! I use physio measures in three ways. First, I use it as a dependent variable in parallel with other kinds of measures (self report, behavior) in studies where emotional reactivity per se is the outcome of interest. For example, in emotion regulation research you'd typically expect to see a reduction in sympathetically-mediated physiological reactivity from baseline to trial when a participant uses some regulation strategy effectively, as compared to their reactivity when you exposed them to a similar emotional stimulus, but asked them not to try to regulate. You'd expect to see this in self-report as well, and perhaps expression, and reports of thoughts during the stimulus. To the extent that you see similar patterns across multiple DVs, it increases confidence in the effect on emotion as a whole. This is especially important because these are typically large studies with big samples, and replicating multiple studies is not always feasible for a single paper. Replicating across measures within a study is another way to demonstrate the robustness of whatever effect you're looking for.

Second, I sometimes use physio measures as an index of a psychological process of interest. This must always be done with considerable caution. I'm very wary of the problem of "reverse inference" – the assumption that if experimental manipulation of psychological process X leads to physiological response Y, then every time you see Y X must be going on (a classic logical fallacy, common in psychophysiology and neuroscience). However, if the background research for the X-Y association is extensive and carefully done, and your task rules out major alternative explanations for Y, then it's somewhat less risky. For example, we have a study right now where a few variables predict greater increases in RSA while the participant is looking at extremely unpleasant photographs (IAPS slides). Given the fairly strong literature showing that effortful control tasks produce an increase in RSA, and the fact that participants are sitting in a chair in a really unpleasant situation, the inference that the RSA is a marker for emotion regulation effort is plausible. But as I said, you've got to be really careful with these kinds of interpretations, and think actively about alternative explanations.

Third, I have some research where we look at the relationships between physiological reactivity and some other aspect of emotion, be it eliciting situation, self-report, behavior, or what have you. In this case the physiology is not just an index of emotional responding, where "emotion" is the variable, but rather the variable of interest in its own right. Our work looking at different physiological profiles of different positive emotions would go in this category, as would the comparison of physiological implications of detached and positive reappraisal.

3. What advice would you give to young researchers who are interested in learning new psychophysiological techniques?

The biggest thing is, learn in depth about the neural and physiological mechanisms of the measures you're using – knowledge shouldn't start with the signal you get from the sensors. It's become really easy to collect ANS data these days, which is great, but one implication is that a lot of people just learn to slap sensors on and then calculate heart rate with user-friendly software. I LOVE that software, it's made my life a lot easier, but it worries me when researchers collect these kinds of data without knowing (for example) how the sympathetic and parasympathetic systems interact to influence heart rate, and what kinds of changes are more likely to be due to one system versus the other, and how simple movements like tapping your feet can affect the ECG signal, and what quirks in the ECG signal mean something's wrong, and why you can't use heart rate as a global measure of sympathetic activation or even "arousal"... I could keep going, but you get the idea. And that's just for heart rate. The point is, what we all measure is an electrical or pressure-based or echo-based index of something happening inside the body. Whatever technique you use (fMRI, EEG, peripheral stuff) it's crucial to understand what actual body change is being measured by that signal, and how the body change is directed by the nervous system, in order to draw well-informed inferences from your data.

Having thrown that huge caveat out there, I'd also say that if you want to learn about a technique, just go for it! Be proactive, don't wait around for someone to offer to teach you, and don't feel like you have to stay in your comfort zone. SPR has scholarships for students who want to travel to another lab to learn a new technique, and postdocs are also a great mechanism for developing mastery of a new technique. At some point in training we may become reluctant to step outside our area of expertise, potentially looking like an idiot. Don't be afraid to fail, or screw up at first, just wade in and do it. It's the only way to learn, and it's fun! If the measure doesn't exist for something you want to capture (piloerection, anyone?), find some collaborators, mess around, and try to figure it out! Who knows – you might do some groundbreaking work that way!

4. Can you talk a little bit about your career trajectory? Specifically, you received your BA in Communication from Stanford, worked as a teaching assistant in Stanford's Program in Human Biology and a research assistant at the Stanford Center for Research in Disease Prevention, and you taught junior high school science before pursuing your PhD in Social/Personality Psychology at UC Berkeley. Why did you decide to pursue Psychology? How have your experiences shaped your career path?

I'm not really advocating my career trajectory as a model for anyone. I had no idea what I was doing in college, especially in terms of career selection and transition to grad school. "Half-assed but lucky" is the best way I can put it. My mother had not gone to college; my father and stepfather had, but were not at all involved in my education, and nobody had any idea about graduate school. So I was floundering a bit. Fortunately Stanford was an amazing, supportive place, and the good news is I had no pressure from family to go in any particular direction academically. I ended up in Stanford's communication department after first trying pre-med, loathing chemistry (and many of the other pre-meds) with a deep passion, and realizing that memorization is not my strongest skill, then briefly considering English, and then Human Biology (in interdisciplinary program drawing extensively from anthropology, psychology, and public policy as well as biology). An Introduction to Communication class just grabbed me, largely because it was my first exposure to what is essentially applied social psychology.

I loved the research I was learning about, but it also drove me a bit bananas. Stanford was the hub of social learning theory, Al Bandura's home institution, and social learning was still the dominant theory of behavior. My advisor at Stanford was an expert in health communication and intervention. In health psychology as well, the dominant models were all about knowledge, and overt beliefs, and social norms. To me, one crucial factor was glaringly absent – emotion. This wasn't an academic thing, it was just life. If you asked me "why do people do stupid stuff that clearly puts their health and well-being at risk?" I would have answered "emotion." I still would!

TAing in the human biology program after graduation was a terrific experience, building my comfort with interdisciplinary thinking and appreciation of how complex human behavior is. At SCRDP I developed my interest in health psychology further, and was planning to attend grad school in Stanford's communication program. It was the only school to which I applied, and several professors talked to me as though I were already in, so it seemed like smooth sailing. Then I got the rejection letter. I went to the program director, and essentially said "WTF?!!!" It turned out that of the three faculty I'd proposed to work with, one was retiring in a year or two, another was going on an extended leave of absence, and the third had (shockingly) just been turned down for tenure – there was no good fit for a mentor! No one had realized it until

they all sat down to look at the applications carefully. It was a mess, and I thoroughly freaked out. That was how I ended up teaching junior high science for a year – it was simply the first job I could get on short notice! Such a fabulous experience, though. I learned a ton about myself that year, and about people. Not least of which is that junior high students are really kind of awesome, if you can respect where they are in life and not assume that your sense of priorities should be theirs, and if you can listen as well as teach.

Ultimately the health communication interest drove my grad school applications: two psych departments, one communication program, and one sociology program. At that time, Berkeley was trying to get a new health psych program off the ground in collaboration with UCSF. I went to the interview weekend, and learned about what various faculty were doing, and when I heard about the emphasis on emotion I went nuts. It was AWESOME! Berkeley Psychology was becoming one of the leading centers in the world for emotion research, and it was just perfect. Fortunately they let me in!

Berkeley's plan to develop a health psych program fell through fairly quickly, but by that time I was pretty content learning about and doing basic affective science. In an interesting twist, however, my old interests are re-emerging, as health psychology as a whole is coming to recognize that power that emotional processes have over health-related behaviors.

I guess the moral of the story is, have plans, and get help from more senior people to learn how to pursue them effectively (NOT something I did well), but also keep an open mind about the direction of your work and life. If something grabs you and you can't let go, follow that lead. Oddly, many of the directions I've taken that were most fulfilling started because something pissed me off, and I wanted to fix it. I thought the TAs' approach when I took the year-long social science "side" of the Human Biology curriculum was a mess, so after graduation I became a TA myself to try to do better. (Arrogant, I know.) I pursued health psychology because I thought its failure to recognize the importance of emotion was disastrous. In emotion, I was a bit horrified that no one was talking about potentially discrete positive emotions, as though all pleasant feelings would have the same implications, so I started doing positive emotion differentiation research. Be open to being surprised, and if something bugs you, go after it! Also, setbacks are inevitable. You WILL fail at some point, and the farther you reach, the more often it will happen. When you fail, don't give up. Get more information, find out how you can improve, and try again.

5. You've been a very involved member of the Society for Psychophysiological Research for a long time. Currently, you serve as a member of the Board of Directors, chair of the Public Relations Committee, and co-chair of the Ad Hoc Committee on Diversity. What is it about SPR that has inspired you to become so involved? What would you say to early career members about the importance of professional service?

Actually, that was because of another thing that I was trying to fix. ☺ I started attending SPR as a post-doc in Bob Levenson's lab, and loved it. This is a terrific society with a ton of stored knowledge, fabulous people, and a real desire to help junior researchers grow! But frankly, within a few years it was clear to me that they had a serious diversity problem, and weren't even aware of it. I vividly remember sitting at the business lunch one year, and starting to go through the lists of officers, committee members, and career award winners that year and for previous years, realizing that the vast majority were men – in the 21st century. Ethnicity was not even on the table – with very few exceptions, everyone was white. I also remember walking into the business lunch one year and seeing tables at the front full of guys, and a whole row of highly accomplished women faculty all sitting in a row at the back of the room. This was just not ok. So I started making noise about it, requesting appointment to the diversity committee which had recently been formed, and rattling the cage. Turns out if you do that, people notice. Being in the band was a huge help here, because I had a warm relationship with several senior, highly respected members of the society, and their support and encouragement were very valuable. That commitment has grown into the others, and I'm proud to be of service to the society now.

Professional service is, simultaneously, a massive opportunity and a potential pit of destruction. On one hand, it is a great chance to learn how the field works (article and grant review, editorial work, society service roles), to increase your visibility as a scientist, and to shape the direction of your chosen field. On the other hand, if not managed carefully, it can grow into a black hole that eats all of your time, at the expense of your own research. I've not always handled it well. My advice would be to appreciate the value for service, to both yourself and the field, but also develop some strict guidelines for where it will fit into your career. What service opportunities will help you grow? Where can you really make an impact? How much time per month is realistic without eating up too much of your research time? Be a good citizen,

and make a difference, but don't get swallowed up by it. Start learning to say "no" now, and be prepared to use that word often.

This last is hard for everyone, but especially hard for many women. We are trained early how important it is to please other people, and to be liked and seen as valuable. One way I deal with that is to think through what I can and can't do for someone in a creative way, so it's not a binary yes or no all the time. If my answer isn't "yes," I often say "here's what I can't do, but here's what I can." That goes a long way to communicating respect and caring while also maintaining reasonable boundaries.

6. How have you seen diversity within SPR improved since the addition of the ad hoc committee on diversity?

I'm really happy with the changes so far, while recognizing we still have a long way to go. I think the most important thing is that the leadership now clearly recognized that we have an issue here, and is truly committed to working on it. The diversity committee, the symposium, and the reception have marvelous support from the board and officers – it's truly a team effort. It's not just hand-waving, there's real recognition that science conducted by people with diverse backgrounds and perspectives is simply better science. We're now starting to track member demographics more carefully so we can find out what the impact is over time; we weren't even collecting ethnicity data until a couple of years ago. We'll be doing a member survey in the coming months to find out what features are more important for our membership, and how we can help people develop their careers. The answers may vary along important demographic lines, and we need to know that. But in terms of member diversity, and diversity in psychophysiology as a field, we are just getting started. Students are extremely important here! You are the next generation of our society and our field. We want to know what you need from SPR to stay engaged and feel supported, especially if your background makes this particularly challenging in any way! However, in just the last couple of years diversity in the leadership had grown quite a lot as well, with a higher proportion of women and minorities on the board and in officer positions than was true even a few years ago. So, we definitely don't want to get complacent, but we're making progress!

7. What diversity initiatives are you looking forward to implementing this year?

I am thrilled to say that starting this year, we are going to have travel scholarships for the annual meeting that are specifically earmarked for individuals who increase the society's diversity – the board and the Committee to Promote Student Interests approved this at the end of 2015 (yay!). Students who apply for these scholarships will be able to make their own case for how they enhance diversity in SPR. The recipients will be recognized at the diversity reception during the conference. Stay tuned on this, applications will be available soon!

8. What do you think are the most important diversity issues facing SPR as an organization?

I think most of all we need to know what our members at all career stages need from their professional societies, where SPR's value lies, and whether this varies with diversity-related variables. We also need to understand better the barriers that people from various underrepresented backgrounds are facing, so we can develop smart ways to help people feel welcomed and succeed. We need to keep putting diverse role models up for all to see, students and faculty alike, so that we can put some cracks in the implicit association between "psychophysiology expert" and "older white male."

9. Lastly, what general career advice do you have for SPR's student members? Was there something you were told early in your career that helped you achieve the success you have had?

A lot of my advice is contained in answers above. I think other than that, I'd say you just never know what life is going to throw at you, in work or anything else, so have a direction and go after it with all your heart and smarts, but also be open to the unexpected. This is good advice for your science as well as your career. Don't be afraid to fail. And ask for help. This last is something I completely suck at, so I'm not a good role model for it, but many mistakes I've made can be traced back to not having asked for help when I should have, so it's at least well-informed advice.

Updates from the Committee to Promote Student Interests

Are your needs being met? Want to get involved? Please feel free to contact members of the committee with suggestions, questions, comments, or to bond with a fellow psychophysiologicalist (Contact information available at: <http://www.sprweb.org/student/contact/index.cfm>).

Diversity Subcommittee

The Diversity Subcommittee worked with the Interview Subcommittee on the interview with Lani Shiota, the Chair of SPR's ad hoc Committee on Diversity, also included in this newsletter. Furthermore, this subcommittee is working together with the Committee on Diversity to launch a diversity initiative which will include reserving travel awards for underrepresented members.

International Students Subcommittee

The International Students Subcommittee is currently taking further steps towards the implementation of a student exchange forum (e.g. specific content and sections to be included in the forum). Furthermore, we are generating ideas on how to get international students more involved in SPR (e.g. organizing another meeting for international students at this year's SPR, survey among international students). Ideas and to-dos for the future also include working with the Public Relations Subcommittee to create content for the student subsection on the new SPR homepage.

Membership Retention Subcommittee

The Membership Retention Subcommittee is currently working together with the Rees Group to obtain data on membership status across the years and potential influencing factors on membership status (e.g. receiving travel or poster awards, conference attendance). Results of the analysis will be presented in the student newsletter.

Post-doctoral/Early Career Subcommittee

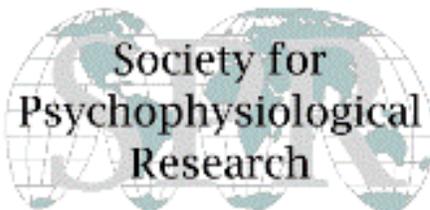
The Post-doctoral/Early Career Subcommittee has been working on some changes to the Early Career Conversation Hour. Most notably, this event has been rescheduled and will now take place on Thursday noon (12-1:30 p.m.). This year's topic will be "Surviving and Thriving as a Psychophysiology Graduate Student."

Public Relations Subcommittee

The Public Relations Subcommittee is currently working with the public relations committee on developing new content for the brand new SPR website. We are working with Lani Shiota to highlight the accomplishments and interests of our student and full members throughout the year.

Women in Science and Education Committee Student Representative

Our student representative on the WISE committee is currently helping in organizing this year's WISE luncheon, which will include a discussion panel on the topic "Mentorship: The Art of Balancing Self and Others". We're currently assembling a discussion panel of mentor-mentee pairs to share their experience on receiving good mentoring, developing good mentorship skills and mentoring others while protecting your own time. We're looking forward to an interesting discussion!



Have an exciting opportunity for our student members or a fun student event planned for the 56th annual SPR conference in Minneapolis? We'd love to highlight it in our next newsletter! Contact Jolie Wormwood at: jbwormwood@gmail.com