**Katie Silaj   |   Curriculum Vitae**

**Department of Psychology, University of California, Los Angeles**

**1354 Psychology Building, 502 Portola Plaza, Los Angeles, CA 90095 |**

**219-789-7794 |**[**kmsilaj@ucla.edu**](mailto:kmsilaj@ucla.edu)

**Education**

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*University of California, Los Angeles (UCLA), Los Angeles, California*

* Doctor of Philosophy (Ph.D.), Cognitive Psychology, expected June 2024
* Master of the Arts (M.A.), Cognitive Psychology, Cognitive Psychology, December 2020

*Purdue University, Calumet Campus, Hammond, Indiana*

* Bachelor of the Arts (B.A.), Secondary Social Studies Education, May 2014
* Minor in Spanish

**Research Interests**

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learning, instruction, memory, metacognition, and aging

**Peer-Reviewed Publications**

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**Silaj, K. M.**, Schwartz, S. T., Siegel, A. L. M., & Castel, A. D. (in press). Test anxiety and metacognition in the classroom. *Educational Psychology Review.*

Whatley, M.C., Siegel, A. L. M., Schwartz, S. T., **Silaj, K. M.**, & Castel, A. D. (2020). Younger and older adults’ mood and expectations regarding aging during COVID-19. *Gerontology and Geriatric Medicine, 6,* 1-9.

**Chapters in Edited Books**

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Whatley, M. C., Murphy, D. H., **Silaj,** **K. M.**, & Castel, A. D. (in press). Motivated memory for what matters most: How older adults (selectively) focus on important information and events using schematic support, metacognition, and meaningful goals. In G. Sedek, T. M. Hess, & D. R. Touron (Eds.), Multiple pathways of cognitive aging: Motivational and contextual influences. Oxford University Press.

**Popular Works**

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**Silaj, K.** (2020, March). Out with the Old, in with the Older [Web blog post]. <https://www.psychologyinaction.org/psychology-in-action-1/2020/3/13/out-with-the-older-in-with-the-older>

**Conference Presentations**

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Schwartz, S. T., **Silaj, K. M.**, Siegel, A. L. M., & Castel, A. D. (2020, November 21). Examining the effects of test anxiety on metacognitive performance. Poster presented at the Psychonomics Virtual Conference online.

**Silaj, K. M.**, Schwartz, S. T., Siegel, A. L. M., & Castel, A. D. (2020, September 18). *Test anxiety and metacognition in the classroom* [Conference Presentation]*.* University of California Teaching and Learning Conference, Los Angeles, CA, United States.

Soto Garcia, J.\*, **Silaj, K.**, Clark, C. & Paquette-Smith, M. (May 2020). *Learning from Lectures: The Impact of the Classroom Learning Environment.*Poster presented online at the UCLA Psychology Undergraduate Research Conference.

Soto Garcia, J.\*, **Silaj, K.**, Clark, C. & Paquette-Smith, M. (May 2020). *Learning from Lectures: The Impact of the Classroom Learning Environment.*Talk presented at UCLA Undergraduate Research Week.

**Silaj, K. M.**, & Chen, K. C. (2014, April 3). *Pedagogy discovery for teaching talented students: The case for AP social studies to secondary learners* [Conference Presentation]. Undergraduate Research Conference, Purdue University Calumet, Hammond, IN United States.

\*student mentee

**Research Experience**

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*Memory and Lifespan Cognition Lab, UCLA, Los Angeles, CA*

Principal Investigator: Dr. Alan Castel

* Graduate Student Researcher, September 2019 - Present
  + Conducted several classroom studies examining the effects of test anxiety on metacognition and performance during and after the transition to remote learning.
  + Conducted research on the effects of using numerical value to provide schematic support to participants in a variety of value-directed remembering and teaching tasks
  + Examined the effects of varying amount of text on slides and instructor accent on test performance
  + Investigated the effects of previewing testing context on participants’ anxiety levels and performance on a free recall task.

**Teaching Experience**

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*UCLA: Teaching Assistant, Winter 2021*

* Research Methods (PSYCH 100B)

*UCLA: Teaching Assistant, Fall 2020*

* Cognitive Psychology (PSYCH 120A)

*UCLA: Teaching Assistant, Fall 2019*

* Introductory Psychology (PSYCH 10)
  + Overall rating: 8.03 (out of 9)

*Morton Senior High School, Hammond, IN: high school teacher, August 2017 – June 2019*

* United States Government
* Geography and History of the World
* Gay-Straight Alliance (GSA) Sponsor

*Berkeley High School, Moncks Corner, SC: high school teacher, August 2014 – June 2017*

* Psychology and Honors Psychology
* Law Education
* Spanish I and II
* Geometry
* United States History
* World History
* United States Government
* Student Government Sponsor

**Honors, Awards, and Fellowships**

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*UCLA Bedari Kindness Institute Grant*

UCLA, November 2020

* Awarded $10,000 for spring research

*Graduate Summer Research Mentorship*

UCLA, June 2020 – August 2020,

* Awarded $6,000 for summer research

*Distinguished University Fellowship*

UCLA, September 2019 – June 2020

* Awarded $21,000 for full-time research and study

*New Teacher of the Year*

Morton Senior High School, Hammond Indiana, June 2018

*Graduated with Highest Distinction*

Purdue University Calumet, Hammond, Indiana, May 2014

* Recognizes GPA of 3.95 or higher and 90th percentile

*Outstanding Student in Education*

Purdue University Calumet, Hammond, Indiana, March 2014

*Outstanding Student in History*

Purdue University Calumet, Hammond, Indiana, March 2014

*Dean’s List and Semester Honors*

Purdue University Calumet, Hammond, Indiana, August 2010 – May 2014

*Jim and Betty Dye Scholarship*

August 2010 – May 2014

* Awarded $24,000 for full-time study

**Skills and Training**

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Statistics: Introduction to Multilevel Modeling, 250 Advanced Psychological Statistics Series

Computer: R, MATLAB, SPSS, Microsoft Excel

**Professional Memberships**

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*Psychology in Action, UCLA, 2019 – present*

* Leadership team 2020 – present
  + Co-leading organization efforts for Spring 2021 Symposium
  + Co-organizer of the Spring 2020 Symposium
* Blogger 2019 – present

*Phi Alpha Theta, Purdue University Calumet, August 2013 – May 2014*

* History Honors Society

**Reviewing Experience**

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*Zeitschrift fuer Psychologie*

* Co-reviewer with Dr. Alan Castel

*Learning and Individual Differences*

* Co-reviewer with Dr. Alan Castel

**Undergraduates Mentored**

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Joy Hsieh- 2019 *–* present

Liora Razibadeh- 2019 *–* present

Emily Huang- 2019 *–* present

Itzel Nuñez- 2019 *–* present

Celia Gleason- 2020 *–* present

Julia Beasley- 2020 *–* present

Natalie Ha- 2020 *–* present

Himanshu Chaudhary- 2020 – present

**Relevant Volunteer Experience and Outreach**

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*Psychology Research Opportunity Program Mentor, January 2021 – present*

* Mentoring an undergraduate student from a background that is underrepresented in psychology through their first research project

*Graduate-Undergraduate Mentorship Program Mentor, January 2021 – present*

* Mentoring an undergraduate transfer student through informal mentorship activities

*UCLA TIES, Los Angeles, CA, September 2020 – present*

* Co-wrote a grant to get funding for a mentorship program between UCLA undergraduate students and UCLA TIES adolescents who were recently adopted out of foster care

*Kidsave, Culver City, CA, January 2020 – present*

* Set up games, activities, and food for events where foster kids can meet with potential parents and mentors
* Contributed to care packages for Kidsave kids during the onset of the pandemic
* Organized a “Learning how to Learn” summer workshop (the workshop was not implemented due to issues stemming from the COVID-19 pandemic, but materials for the workshop were shared with group leaders)

*White People for Black Lives (WP4BL)*

* Participated in phone banks encouraging registered Democrats in Los Angeles to vote yes on Measure J (Reimagine LA) which would secure permanent allocation of existing revenue for community investment and alternatives to incarceration