

LAUREN HERB

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EDUCATION

B.S. High Point University, Psychology
Graduated Cum Laude and All-University Honors

May 2021

RESEARCH EXPERIENCE

Love Styles and Attachment Styles in College Students

Nov. 2020–April 2021

High Point University, High Point, NC

Advisor: Dr. Jana Spain

College students were surveyed through Qualtrics to examine relationships between approaches to romantic relationships—specifically Lee’s love styles (1976)—and attachment styles. Anxious attachment was found to significantly predict *mania*, but no other significant correlations were found between attachment styles and love styles, likely due to low statistical power stemming from limitations to participant recruitment and low rates of response completion.

“Play Ball”: The Relationship between Gender Norms, Childhood Physical Activity, and Adult Athletic Development

Nov. 2019–April 2020

High Point University, High Point, NC

Advisor: Dr. Sarah Vess

Co-Researchers: Jason Webster, Peyton Carrington, Tommy Cahill

Devised an original Sports/Exercise History Questionnaire to survey college students on their athletic experiences from elementary school to the present day, as well as the perceived impact of gender norms on their experiences. Elementary school sports were found to predict physical activity in adulthood; women reported significantly more negative impacts of gender norms on their high school and college sports experiences compared to men.

Mutation Density in “Blondy” Okra (*Abelmoschus esculentus*)

Aug. 2018–Dec. 2018

High Point University, High Point, NC

Advisors: Dr. Cindy Vigueira, Dr. Patrick Vigueira

Co-Researchers: Blake Jones, Alexa Kummrow

Seeds of the “Blondy” cultivar of okra, *Abelmoschus esculentus*, were treated with the mutagen EMS and then planted to observe for potential phenotypic and genotypic variation. Leaves and fruits from the plants were collected, and genomic DNA was extracted from the samples for sequencing. No mutations were seen in the sequenced DNA regions of any sampled plant.

PRESENTATIONS

Oral Presentation, “Love Styles and Attachment Styles in College Students,” Advanced Research Methods in Psychology (PSY-4100), April 2021.

Poster Presentation, “Mutation Density in ‘Blondy’ Okra (*Abelmoschus esculentus*),” High Point University Research and Creativity Symposium, April 2019.

PROFESSIONAL TRAINING

CITI Social and Behavioral Responsible Conduct of Research **Oct. 2020**
High Point University, High Point, NC

Recognizing and resolving ethical concerns in diverse aspects of social and behavioral research, including use of human and animal subjects, responsible data use and storage, handling conflicts of interest, and reporting research misconduct.

QPR Gatekeeper Training for Suicide Prevention **Spring 2019**
High Point University, High Point, NC

“Question, Persuade, and Refer” technique for recognizing warning signs of suicide, assessing risk, and referring resources and help as necessary.

IMPULSE Peer Review Training **Spring 2018**
High Point University, High Point, NC

Standards of peer review for articles submitted to IMPULSE: The Premier Undergraduate Journal of Neuroscience.

Research Rookies **Aug. 2017–April 2018**
High Point University, High Point, NC

“Soft skills” underlying the research process across disciplines, including critical thinking and research ethics. Culminated in a “mini” research project using statistical analysis to examine international trends over time in life expectancy, child mortality, literacy, and income.

HONORS AND AWARDS

All-University Honors **May 2021**
Awarded for successful completion of the Honors Core Curriculum of the Honors Scholars Program.

SGA Senator of the Year **April 2021**
Awarded for exceptional service to and engagement in the Student Government Association during the 2020-2021 academic year.

SGA Senator of the Month**Nov. 2020, Sept. 2019**

Awarded for exceptional service to and engagement in the Student Government Association during the months of September 2019 and November 2020.

Super Scholar Spirit Award**Fall 2018**

Awarded for “exemplary co-curricular participation, enthusiasm, and spirit in the HPU Honors Scholars Program” during the Fall 2018 semester.

Research Apprentice**May 2018**

Title awarded for successful completion of the Research Rookies program through the Office of Undergraduate Research and Creative Works.

Presidential Fellowship**March 2017**

Merit scholarship awarded as a prospective student of High Point University for academic achievement, leadership, and citizenship during high school.

PROFESSIONAL AFFILIATIONS

Psi Chi, 2021-Present

PROFESSIONAL SERVICE

Presidential Scholars Weekend Interviewing**Feb. 2018–Feb. 2021**

High Point University, High Point, NC

Interviewed prospective High Point University students who were eligible for Presidential Scholarships. Collaborated with other student and faculty interviewers to evaluate scholarship candidates.

Peer-Reviewed Articles for:

- **IMPULSE: The Premier Undergraduate Journal of Neuroscience** **2018-2021**

LEADERSHIP EXPERIENCE

SGA Representative for Neuroscience Club**Oct. 2018–April 2021**

High Point University, High Point, NC

Represented the Neuroscience Club in the Student Government Association, including in discussions and votes on bills and resolutions presented by the SGA and other student organizations. Presented bills and budget defenses to the SGA on behalf of the Neuroscience Club. Coordinated with other Neuroscience Club officers to organize club meetings and events.

Quiz Bowl Team Co-Captain**Dec. 2018–March 2020**

High Point University, High Point, NC

Organized team meetings and practices. Expanded team membership for 2018-2019 by presenting to first-year Honors students. Won 2nd Place at 2019 Big South Regional Quiz Bowl Tournament.

Honors Advisory Board Recruitment Committee**Oct. 2017–May 2019**

High Point University, High Point, NC

Recruited prospective Honors students at High Point University admissions events, including open houses and Presidential Scholars Weekends. Collaborated to develop a peer mentorship program to serve first-year Honors students.

COMMUNITY SERVICE

First Annual Panther Putt: High Point University Drive Fore Food**Jan. 2019**

High Point, NC

Educated the High Point University community on food insecurity in High Point and Greensboro. Sorted, packed, and loaded food donations for delivery to charities throughout Guilford County.

Haywood Street Congregation**Oct. 2018**

Asheville, NC

Alternative Fall Break. Served the community meal for the homeless population serviced by Haywood Street Congregation. Worked in the community garden at Haywood Street Congregation.

Blessing Bags for High Point's Homeless**Jan. 2018**

High Point, NC

Collaborated with other volunteers to pack 1500 toiletry bags for distribution to homeless veterans in the High Point community.

LANGUAGES

English: Native Language**Spanish:** Intermediate Speaking, Intermediate Listening, Intermediate Reading & Writing

COMPUTER SKILLS

Microsoft Office: Word, PowerPoint, Excel**Data Collection/Analysis:** Qualtrics, IBM SPSS Statistics**Website Building:** Wix.com