

Annika From

Psychology Department — University of Michigan
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EDUCATION

- 2020 – Present Doctor of Philosophy, Psychology
University of Michigan, Ann Arbor, MI
Primary Advisor: Robin Edelstein, PhD., Area Chair
Secondary Advisor: Amie Gordon, PhD.
- 2020 – 2022 Master of Science, Psychology
University of Michigan, Ann Arbor, MI
GPA: 4.00
- 2015 – 2019 Bachelor of Arts, Psychology and English
University of California, Berkeley, CA
Honors Thesis: “When talk isn’t cheap: A lens model analysis of linguistic cues
involved in displays and judgments of trustworthiness in negotiations”
Thesis Advisor: Cameron Anderson, PhD., Area Chair
GPA: 3.95

ACADEMIC HONORS AND AWARDS

- Graduate Mentor Award** (\$200) – 2024
University of Michigan, Ann Arbor
- Department of Psychology Dissertation/Thesis Grant** (\$1,000) – 2024
University of Michigan, Ann Arbor
- Rackham Graduate Student Research Grant** (\$3,000) – 2023
University of Michigan, Ann Arbor
- Psychology Outstanding GSI Nomination** – 2023
University of Michigan, Ann Arbor
- Evolution and Human Adaptation Program** (\$1,117) – 2023
University of Michigan, Ann Arbor
- John A. Swets Memorial Award** (\$5,000) – 2023
University of Michigan, Ann Arbor
Role: Graduate student contributor
- Barbara Perry Roberson Award** (\$1,000) – 2023
University of Michigan, Ann Arbor
- Robinson Family Fellowship** (\$1,000) – 2023
University of Michigan, Ann Arbor
- Psychology Excellence in Mentoring Award Nomination** – 2023
University of Michigan, Ann Arbor
- Pat Gurin Distinguished Lecture** (\$250) – 2023
University of Michigan, Ann Arbor
- 2022 Propelling Original Data Science (PODS) Grants** (\$29,938) – 2022
University of Michigan, Ann Arbor
Role: Graduate student project lead
- 2022 LSA Summer Research Program Award** (\$5,976) – 2022

University of Michigan, Ann Arbor
Role: Graduate student project lead
Institute for Social Research Zajonc Scholars Fund (\$4,724) – 2021
University of Michigan, Ann Arbor
Rackham Graduate Student Research Grant (\$1,500) – 2021
University of Michigan, Ann Arbor
Barbara Olenshanky Memorial Fund (\$2,000) – 2021
University of Michigan, Ann Arbor
Graduate Research Fellowship Program (GRFP) Honorable Mention – 2021
National Science Foundation (NSF)
Summa Cum Laude – 2019
University of California, Berkeley
Highest Honors in Psychology – 2019
University of California, Berkeley
Phi Beta Kappa – 2019
University of California, Berkeley
Swan Undergraduate Research Award (\$200) – 2019
University of California, Berkeley
Outstanding Poster Award – 2019
University of California, Berkeley
Psi Chi Honor Society – 2018
University of California, Berkeley

PUBLICATIONS

From, A., Luerssen, A., & Gordon, A. M. (2023). Both overwhelmed or in it together? Similarity in COVID-19-related stress and romantic relationship quality. *Social and Personality Psychology Compass*, 17(8), e12789. <https://doi.org/10.1111/spc3.12789>

From, A., Banks, J. Edelstein, R. S. (under review). Partner support behaviors and relationship quality in interracial and intraracial Black romantic relationships. *Personal Relationships*.

Gordon, A. M., Luciani, M., & **From, A.** (under review). I love you, but I hate your politics: Antecedents and consequences of political dissimilarity in romantic relationships. *Journal of Personality and Social Psychology*.

From, A., Diamond, E., Kafae, N., Reynaga, M., Edelstein, R. S., & Gordon, A. M. (under review). Does similarity matter for romantic relationships? A scoping review. *Psychological Bulletin*.

From, A., Gordon, A. M. (in preparation). A comprehensive approach to studying actual and perceived similarity between romantic partners.

INVITED TALKS

Strecher, V. J., Crouch, T., & **From, A.** (2024, January) *How to be well: Mental health, faith, and human flourishing*. Moderator for the 2024 Veritas Forum at the University of Michigan. Ann Arbor.

From, A. (2023, February). *Does similarity matter? A comprehensive look at similarity in romantic relationships*. Pat Gurin Distinguished Lecture presented at the University of Michigan. Ann Arbor, MI.

- From, A.** (2023, February). *Insights from psychology research on dating*. Talk presented at Chateau Ste Michelle Winery's Singles' Event. Seattle, WA.
- From, A.** (2022, December). *Research in psychology and the humanities*. Talk presented at Canyon Crest Academy. San Diego, CA.

CONFERENCE PRESENTATIONS

*undergraduate honors thesis mentee

- From, A., & Gordon, A. M.** (2024, July). *Actual and perceived similarity across domains and its association with daily romantic relationship quality*. In **A. From** (Chair), *Birds of a feather flock together? Similarity as a heuristic for romantic compatibility*. Symposium talk to be presented at the International Association for Relationship Research. Boston, MA.
- Gordon, A. M., Thorson, K. R., Ross, K. E., Mendes, W. B., **From, A., & Edelstein, R. S.** (2024, July). *Sleep and romantic relationships: A dyadic, experimental approach*. In Y. Xie (Chair), *Bidirectional associations between social relationship experiences and sleep*. Symposium talk to be presented at the International Association for Relationship Research. Boston, MA.
- From, A., Diamond, E., Kafae, N., Reynaga, M., Edelstein, R. S., & Gordon, A. M.** (2024, February). *Does similarity matter for romantic relationships? Results from a systematic review of 303 studies*. Poster presented at the Society for Personality and Social Psychology, San Diego, CA.
- Dileo, R., Saylor, J., **From, A., Devine, H., Gordon, A. M., & Edelstein, R. S.** (2024, February). *Your turn or mine? Mechanisms that buffer the effects of sleep disruption on new parents' relationship quality*. Poster presented at the Society for Personality and Social Psychology, San Diego, CA.
- Busschots, M. A. S. I.*, Edelstein, R. S., **From, A., & Reynaga, M.** (2023, April). *Unequal distribution of baby care and gratitude to one's partner*. Poster presented at the 2023 University of Michigan Psychology Research Forum, Ann Arbor, MI.
- Cuenca, H., Reynaga, M., **From, A., Edelstein, R. S., & Gordon, A. M.** (2023, April). *Infant simulators, stress, and the transition to parenthood*. Poster presented at the 2023 University of Michigan Psychology Research Forum, Ann Arbor, MI.
- Dubois, J., Reynaga, M., **From, A., Edelstein, R. S., & Gordon, A. M.** (2023, April). *Is it naptime yet? Exploring the impact of sleep on infant caregiving*. Poster presented at the 2023 University of Michigan Psychology Research Forum, Ann Arbor, MI.
- Scott, G., Reynaga, M., **From, A., Edelstein, R. S., & Gordon, A. M.** (2023, April). *We're having a baby! Cortisol, narcissism, and conflict*. Poster presented at the 2023 University of Michigan Psychology Research Forum, Ann Arbor, MI.
- Wang, A.*, **From, A., Reynaga, M., Edelstein, R. S., & Gordon, A. M.** (2023, April). *I can't tell if you're listening: Effect of sleep deprivation on perceived partner responsiveness*. Poster presented at the 2023 University of Michigan Psychology Research Forum, Ann Arbor, MI.
- From, A., Gordon, A. M., & Edelstein, R. S.** (2023, February). *Discrimination and stress: Cortisol fluctuations in Black interracial and same-race couples*. Poster presented at the Society for Personality and Social Psychology, Atlanta, GA.
- Devine, H., **From, A., Reynaga, M., Edelstein, R. S., & Gordon, A. M.** (2023, February). *Falling asleep at the stroller: Sleep quality and childcare division*. Poster presented at the Society for Personality and Social Psychology, Atlanta, GA.

- From, A.,** Gordon, A. M. (2022, July). *Does similarity matter? A comprehensive approach to similarity in romantic relationships*. Talk presented at the International Association for Relationship Research. Virtual due to COVID-19. London, England.
- From, A.,** Banks, J., Edelstein, R. S. (2022, July). *Discrimination and support in interracial and same-race Black couples*. In A. Luerssen (Chair), *New perspectives on stress and support*. Symposium talk presented at the International Association for Relationship Research. Virtual due to COVID-19. London, England.
- From, A.,** Banks, J., Edelstein, R. S. (2022, May). *"Giving a little of us to the other": Partner support in interracial and same-race Black relationships*. In the European Association of Social Psychology/International Association for Relationship Research joint symposium, *What's love got to do with it: Diversity in close/romantic relationships*. Talk presented virtually.
- From, A.,** Banks, J., Edelstein, R. S. (2022, February). *Partner support for Black individuals in interracial and intraracial romantic relationships*. Poster presented at the Society for Personality and Social Psychology, San Francisco, CA.
- Paxson, M.*, **From, A.,** Edelstein, R. S. (2022, February). *Is Cupid colorblind? Racial ideology in interracial romantic relationships*. Poster presented at the Society for Personality and Social Psychology. San Francisco, CA.
- From, A.,** Karnilowicz, H., Ford B., Lam P., John O., Mauss, I. (2020, April). *Follow your heart: Emotion regulation, decision styles, and decision-making quality*. Poster presented at the Society for Affective Science. Virtual due to COVID-19. San Francisco, CA.
- From, A.,** Anderson, C., Sharps, D. (2019, May). *"I'm a little disappointed": Linguistic trends that influence interpersonal perceptions of trustworthiness*. Poster presented at the Association for Psychological Science Conference. Washington, D.C.

WORK AND VOLUNTEER EXPERIENCE

- Undergraduate Student Mentor – Ann Arbor, MI 1/2021 – Present
- Directly recruited, mentored, and supervised twenty-one undergraduate students, including historically underrepresented undergraduate students from University of Michigan, Spelman College, and Oglethorpe University; three honors theses; and students from the UROP, SROP, and STAR Scholars programs.
 - Facilitated research skill development through weekly one-on-one meetings and research assignments tailored to specific interests.
 - Led workshops on careers in psychology, the graduate school application process, designing a CV, and basic statistics.
- STAR Scholars Mentor – Ann Arbor, MI 9/2020 – 12/2023
- Recruited and mentored underrepresented minority undergraduates studying psychology.
 - Facilitated weekly mentoring meetings as well as designed and led workshops about psychological research and relevant skills:
 - “Psychology Research: From the Lab to Real Life” (September 2022)
 - “Data Collection and Analysis” (April 2022, April 2023)
 - “Life of a Doctor—But Not That Kind” (November 2021, December 2023)
 - “The Grad School Application Process” (April 2021, September 2021)
 - “How to Get Involved in Research” (December 2020)
- IO Research Psychologist, Checkster–Novato, CA 6/2019 – 7/2020

- Researched current academic IO literature to ensure the company had the most up-to-date and empirically supported practices and wrote blog posts about relevant psychological science.
- Designed, conducted, and analyzed data for studies on topics such as unethical behavior in the hiring process, changes in the hiring process due to COVID-19, and content validation.

Undergraduate Summer Intern, Psychological Associates – St Louis, MO 5/2018 – 8/2018

- Collaborated with Dr. Calvin Lai from Washington University in Saint Louis to lead company research on bias in assessments and used this research to improve the company’s hiring process.

TEACHING EXPERIENCE

Instructor of Record – University of Michigan, Ann Arbor 1/2024 – 4/2024

Special Problems in Psychology as a Social Science: Romantic Attraction and Compatibility

- Designing the syllabus and course format, writing exams and essay prompts, lecturing and leading class discussion, and grading for 25 upperclassmen psychology undergraduate students.

Graduate Student Instructor – University of Michigan, Ann Arbor

Advanced Statistical Methods (with Dr. Rich Gonzalez) 1/2023 – 4/2023

- Helped doctoral students with graduate-level psychology statistics concepts and coding in R.
- Created answer keys and graded assignments and exams for 50 students.

Graduate Student Instructor – University of Michigan, Ann Arbor

Close Relationships (with Dr. Amie Gordon) 8/2022 – 12/2022

- Guest lecture: “How our partners view and change us” (September 2022).
- Graded and provided feedback for weekly written assignments for 140 undergraduate students.

Graduate Student Instructor – University of Michigan, Ann Arbor

Research Methods in Psychology (with Dr. Julie Boland) 1/2022 – 4/2022

- Taught course content covering research methods, upper-level writing skills, statistics, survey design in Qualtrics, and data analysis in R.
- Designed lesson plans, led weekly discussion sections, and graded written assignments for two sections of 20 undergraduate students each.

Head Graduate Student Instructor – University of Michigan, Ann Arbor

Introduction to Personality Psychology (with Dr. Robin Edelstein) 8/2021 – 12/2021

- Coordinated a team of graduate students and developed exam questions in addition to graduate student instructor tasks for three sections of 25 undergraduate students each.

Graduate Student Instructor – University of Michigan, Ann Arbor

Introduction to Personality Psychology (with Dr. Myles Durkee) 1/2021 – 5/2021

- Designed lesson plans, led weekly discussion sections, and graded assignments.

SKILLS

Software:

- R, SPSS, LIWC, Rayyan QCRI, AcqKnowledge BioHarnesses

Analytical Skills:

- Multi-level modeling (MLM), Actor-Partner Interdependence Modeling (APIM), confirmatory and exploratory factor analysis, multiple mediation, item response theory, dyadic response surface analysis (DRSA), dyadic longitudinal data analysis, data visualization
- Mixed methods, constant comparison analysis

Certificates:

- UM Graduate Teacher Certificate (awarded December 2023)
- Diversity, Equity, and Inclusion (DEI) Rackham certificate (awarded May 2021)

PEER REVIEW

Personality and Social Psychology Bulletin	3/2023
Undergraduate poster submissions for the 2022 Society for Personality and Social Psychology Conference	10/2021

PROFESSIONAL AND COMMUNITY SERVICE

University of Michigan departmental associate	8/2023 – Present
Campus Chapel board and personnel committee member	8/2023 – Present
University of Michigan Asian Psychology Student Association (APSA) leadership team	2/2023 – Present
	8/2022 – 4/2023
University of Michigan Student Academic Affairs (SAA) committee member	

RESEARCH

University of Michigan, Psychology Department

Personality, Relationships, and Hormones Lab

Principal Investigator: Dr. Robin Edelstein

Graduate Student

8/2020 – Present

Well-Being, Health, and Interpersonal Relationships Lab

Principal Investigator: Dr. Amie Gordon

Graduate Student

5/2020 – Present

University of California at Berkeley, Psychology Department

Principal Investigator: Dr. Iris Mauss

Research Assistant

2/2019 – 5/2020

University of California at Berkeley, Haas School of Business

Principal Investigator: Dr. Cameron Anderson

Lab Manager

8/2018 – 8/2020

Professional Development Intern

1/2018 – 8/2018

Research Assistant

9/2017 – 1/2018

MEMBERSHIPS

Society for Personality and Social Psychology	10/2020 – Present
Society for Couple and Family Psychology	10/2020 – Present
Society for General Psychology	10/2020 – Present
Psi Chi Honors Society	12/2018 – Present

REFERENCES

Robin Edelstein, Ph.D., Professor

Department of Psychology

University of Michigan, Ann Arbor, MI

Phone: (734) 647-0693

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Amie Gordon, Ph.D., Assistant Professor
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Cindy Lustig, Ph.D., Professor; Advising Professor for the STAR Scholars Program
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University of California at Berkeley, CA
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