

Alexandria L. West

Department of Psychology
York University
4700 Keele St., Toronto, ON, M3J1P3
Canada

email: awest21@yorku.ca
alt email: alexandriawest21@hotmail.com
phone: 1-905-399-9902
website: alexandriawest.weebly.com

EDUCATION

Doctor of Philosophy in Social and Personality Psychology	2020
York University, Toronto	
Graduate Supervisor: Prof. Amy Muise, Prof. Joni Sasaki	
Master of Arts in Social and Personality Psychology	2015
York University, Toronto	
Graduate Supervisor: Prof. Joni Sasaki	
Bachelor of Arts in Psychology (Specialized Honours), Summa Cum Laude	2013
York University, Toronto	
Thesis Supervisor: Prof. Doug McCann	

SCHOLARSHIPS AND AWARDS

Social Sciences & Humanities Research Council (SSHRC) Postdoctoral Fellowship (\$90,000)	2020 – 2022
Susan Mann Dissertation Scholarship (\$23,500 plus full tuition)	2019 – 2020
Sandra Pyke Award for Graduate Student Excellence, awarded for outstanding scholarship, academic achievement, and service in social psychology	2019
LaBarge Graduate Scholarship in Multiculturalism, finalist and sole nominee from York University's Department of Psychology	2019
Norman S. Endler Research Fellowship, nominated for the best first-authored publication by a student in the Department of Psychology	2019
Ontario Graduate Scholarship (\$15,000)	2018 – 2019
LaBarge Graduate Scholarship in Multiculturalism, finalist and sole nominee from York University's Department of Psychology	2018
Norman S. Endler Research Fellowship, awarded for the best first-authored Publication by a student in the Department of Psychology (\$1000)	2017
SSHRC Doctoral Scholarship (\$105,000)	2015 – 2018
Ontario Graduate Scholarship (\$15,000; declined)	2015 – 2016
John W. Berry Award for Best Student Paper Presentation, awarded by CPA Section on International/Cross-cultural Psychology (\$100)	2015
Society for Personality and Social Psychology (SPSP) Conference Travel Award (\$500)	2015
Ontario Graduate Scholarship (\$15,000)	2014 – 2015
Social Sciences & Humanities Research Council Joseph-Armand Bombardier CGS Master's Scholarship (\$17,700)	2013 – 2014

Ontario Graduate Scholarship (\$15,000; declined)	2013
York University Graduate Scholarship (\$6000)	2013 – 2014
W. B. Templeton Undergraduate Honours Thesis Award, for the best thesis in York University's Department of Psychology (\$100)	2013
International Cultural Neuroscience Consortium (ICNC) Conference Travel Award (\$500)	2013
Natural Sciences & Engineering Research Council (NSERC) Undergraduate Student Research Award (\$4500; declined)	2013
Richard Goranson Memorial Thesis Research Award (\$400)	2013
York University Continuing Student Scholarship (\$864)	2012
NSERC Undergraduate Student Research Award (\$4500)	2012
York University Continuing Student Scholarship (\$960)	2011
NSERC Undergraduate Student Research Award (\$4500)	2011
York University Continuing Student Scholarship (\$768)	2010
Provost's Scholarship (\$1000)	2009

PUBLICATIONS

- West, A. L., Muise, A., & Sasaki, J.** (in press). The cost of being “true to yourself” for mixed selves: Frame switching leads to perceived inauthenticity and downstream social consequences for biculturals. *Social Psychological and Personality Science*.
- West, A. L., Zhang, R., Yampolsky, M., & Sasaki, J.** (2018). The potential cost of cultural fit: Frame switching undermines perceptions of authenticity in Western contexts. *Frontiers in Psychology*, 9:2622.
- West, A. L., Zhang, R., Yampolsky, M., & Sasaki, J.** (2017). More than the sum of its parts: A transformative theory of biculturalism. *Journal of Cross-Cultural Psychology*, 48 (7), 963 – 990.
- Sasaki, J., LeClair, J., **West, A. L.**, & Kim, H. S. (2016). The gene–culture interaction framework and implications for health. In J. Chiao (Ed.), *Oxford University Handbook of Cultural Neuroscience*.

MANUSCRIPTS UNDER REVIEW OR IN PREPARATION

- Yampolsky, **West, A. L.**, M., Zhou, B., Muise, A., & Lalonde, R. (under review) The negative impact of relationship marginalization on identity integration and consequences for investment and commitment in intercultural romantic relationships. Received “revise and resubmit” at *Social Psychological and Personality Science*.
- West, A. L.**, Yampolsky, M., & Muise, A. Growing together through our cultural differences: The role of self-expansion in intercultural romantic relationships. Manuscript in preparation.

*†Di Bartolomeo, A., *West, A. L., & Muise, A. We get by with a little help from our friends: The unique benefits of friends' social approval on intercultural couples' relationships over time.
Manuscript in preparation.

*Denotes shared first authorship. †Denotes supervised student.

CHAired CONFERENCE SYMPOSIA

West, A., & Sasaki, J. Biculturals' frame switching has consequences in North American contexts. Research presented at the *International Association for Cross-Cultural Psychology Congress* in a co-chaired symposium with Dr. Maya Yampolsky on "The Interplay Between Biculturals' Identity Negotiation Processes and the Social Contexts in Which They Occur". July 2018. Guelph, Ontario.

West, A., & Sasaki, J. The social consequences of switching between cultures. Research presented at the *19th Annual Meeting of the Society for Personality and Social Psychology* in a co-chaired symposium with Dr. Frank Kachankoff on "Brain, Brawn, Burden: Disentangling the Complexities of a Multicultural World". March 2018. Atlanta, Georgia.

CONFERENCE SYMPOSIA

West, A. L., Yampolsky, M., & Muise, A. Growing together through our cultural differences: The role of self-expansion in intercultural couples' relationships. Research to be presented at the *International Association for Relationship Research Conference*. August 2020. London, U.K.

West, A. L., Muise, A., & Sasaki, J. Frame switching reduces perceived authenticity and has relational costs for biculturals in the US. Research to be presented at the *International Association for Cross-Cultural Psychology Congress*. July 2020. Oloumac, Czech Republic.

West, A. L., Muise, A., & Sasaki, J. Frame switching undermines mainstream Americans' impressions of and willingness to date biculturals due to perceived inauthenticity. Research (data blitz) accepted for presentation at the *Advances in Cultural Psychology Pre-conference* at the *21st Annual Meeting of the Society for Personality and Social Psychology*. February 2020. New Orleans, Louisiana.

West, A. L., Muise, A., & Sasaki, J. The cost of being "true to yourself" for mixed selves: Frame switching leads to perceived inauthenticity and downstream social consequences for biculturals. Research presented at the *Annual Meeting of the Society for Experimental Social Psychology*. October 2019. Toronto, Canada.

West, A. L., & Sasaki, J. An obstacle to intercultural understanding: North American majority members react negatively to biculturals' frame switching. Research presented at the *11th*

International Academy for Intercultural Research Biennial Conference. July 2019. Shanghai, P. R. China.

West, A. L., & Sasaki, J. Bicultural experiences and causal reasoning: Frame switching increases situational attributions. Research presented at the *78th Annual Canadian Psychological Association Convention*. June 2017. Toronto, Ontario.

West, A. L., & Sasaki, J. Don't pull the old switcheroo: North Americans react negatively to biculturals' frame switching. Research presented at the *12th Annual York University of Toronto Social Personality Area Conference*. May 2017. Toronto, Ontario.

West, A. L., & Sasaki, J. Context sensitivity in biculturals: Consequences for cultural identities and well-being. Research presented at the *76th Annual Canadian Psychological Association Convention*. June 2015. Ottawa, Ontario.

West, A. L., & Sasaki, J. Context sensitivity in East Asian Canadian biculturals: Implications for cultural identification and well-being. Research presented at the *York Center for Asian Research Third International Graduate Student Conference*. May 2015. Toronto, Ontario.

West, A. L., & McCann, D. Who am I, what do I speak, and how do I think? Relationships between bicultural identity, bilingualism, and cognition. Research presented at the *43rd Annual Ontario Undergraduate Psychology Thesis Conference*. May 2013. Toronto, Ontario.

CONFERENCE POSTER PRESENTATIONS

West, A. L., Muise, A., & Sasaki, J. Frame switching undermines mainstream Americans' impressions of and willingness to date biculturals due to perceived inauthenticity. Poster to be presented at the *21st Annual Meeting of the Society for Personality and Social Psychology*. February 2020. New Orleans, Louisiana.

†Di Bartolomeo, A., **West, A. L., & Muise, A.** We get by with a little help from our friends: The unique benefits of friends' social approval on intercultural couples' relationships over time. Poster to be presented at the *21st Annual Meeting of the Society for Personality and Social Psychology*. February 2020. New Orleans, Louisiana.

†Denotes supervised student.

West, A. L., Yampolsky, M., & Muise, A. Growing through our cultural differences: The role of self-expansion in intercultural couples' relationships. Poster presented at the *20th Annual Meeting of the Society for Personality and Social Psychology*. February 2019. Portland, Oregon.

West, A. L., & Sasaki, J. Biculturals' experiences shape causal reasoning. Poster presented at the *18th Annual Meeting of the Society for Personality and Social Psychology*. January 2017. San Antonio, Texas.

- West, A. L., & Sasaki, J.** Biculturals' context sensitivity relates to identity and psychosocial well-being. Poster presented at the *American Psychological Association Convention*. August 2015. Toronto, Ontario.
- West, A. L., & Sasaki, J.** Biculturals' context sensitivity predicts identification and well-being. Poster presented at the *16th Annual Meeting of the Society for Personality and Social Psychology*. February 2015. Long Beach, California.
- West, A. L., McCann, D., & Sasaki, J.** Does biculturalism foster greater sensitivity to context? Poster presented at the *15th Annual Meeting of the Society for Personality and Social Psychology*. February 2014. Austin, Texas.
- West, A. L., Tran, J., & McCann, D.** Investigating the interaction between bicultural identity, bilingualism, and cognition. Poster presented at the *74th Annual Canadian Psychological Association Convention*. June 2013. Quebec City, Quebec.
- West, A. L., & McCann, D.** Biculturalism and context sensitivity: Higher bicultural identification relates to poorer performance on a flanker task. Poster presented at the *Canadian Psychological Association's Social Personality Section Preconference*. June 2013. Quebec City, Quebec.
- West, A. L., & McCann, D.** Biculturalism and context sensitivity: Higher bicultural identification relates to poorer performance on a flanker task. Poster presented at the *2013 International Cultural Neuroscience Consortium*. May 2013. Evanston, Illinois.
- West, A. L., & McCann, D.** Who am I, what do I speak, and how do I think? Relationships between bicultural identity, bilingualism, and cognition. Poster presented at the *York University Psychology Honours Thesis Conference*. April 2013. Toronto, Ontario.
- Galfi-Pechenkov, I., Young, R., Zhao, W., Relkov, T., **West, A. L.**, Rodrigues, M., & McCann, D. Cultural orientation: How it shapes identity and affect. Poster presented at the *73rd Annual Canadian Psychological Association Convention*. June 2012. Halifax, Nova Scotia.
- West, A. L., & McCann, D.** Investigating the interaction between bicultural identity, bilingualism, and cognition: Preliminary results. Poster presented at the *Psychology Graduate Student Association Conference*. May 2012. Toronto, Ontario.
- West, A. L., Di Noto, P. M., & DeSouza, J. F. X.** The "daredevil effect": Will prolonged visual deprivation improve auditory localization?. Poster presented at the *Southern Ontario Neuroscience Association Annual Meeting*. April 2012. Toronto, Ontario.
- Di Noto, P. M., **West, A. L.**, & DeSouza, J. F. X. Investigating the influence of visuotactile illusory parathesias on performance of an alternating winking task. Poster presented at the *Southern Ontario Neuroscience Association Annual Meeting*. April 2012. Toronto, Ontario.
- Di Noto, P. M., **West, A. L.**, & DeSouza, J. F. X. Investigating the influence of visuotactile

illusory parathesias on tactile acuity (two-point discrimination) and psychomotor performance (alternating winking task). Poster presented at *Neuroscience 2011 by Society for Neuroscience*. November 2011. Washington, D.C.

DeSouza, J. F.X., Bar, R., Di Noto, P., Jobst, C., Kucyi, A., Pynn, L.K., Mirzoev, A., **West, A. L.**, & Wolfe, U. Brain regions involved in a multisensory illusion of the face that was induced by occlusion of the dominant eye: Evidence from fMRI. Poster presented at the *Centre for Vision Research Conference*. June 2011. Toronto, Ontario.

PROFESSIONAL SERVICE

Reviewer (ad hoc)

Personality and Social Psychology Bulletin
Journal of Cross-Cultural Psychology
SAGE Open
Oxford Research Encyclopedias (Oxford University Press)

Reviewer

Society for Personality and Social Psychology: Student Research Awards

Knowledge Translator (Social Media Team)

International Academy for Intercultural Research
International Journal of Intercultural Relations

TEACHING AND MENTORING EXPERIENCE

Mentor

Undergraduate Independent Study 2018 – 2020
Student: Alyssa Di Bartolomeo

Guest Lecturer

PSYC 2640, Psychology of Intimate Relationships	Nov. 2019
Instructor: A. Muise	
PSYC 2640, Psychology of Intimate Relationships	Mar. 2019
Instructor: A. Muise	
PSYC 4020, Advanced Seminar in Social Psychology	2017
Instructor: J. Sasaki	
PSYC 3350, Cultural Psychology	2017
Instructor: J. Sasaki	
PSYC 4001, Specialized Honours Psychology Seminar	2017
Instructor: J. Eastwood	
PSYC 4020, Advanced Seminar in Social Psychology	2016
Instructor: J. Sasaki	
PSYC 4020, Advanced Seminar in Social Psychology	2016
Instructor: J. Sasaki	
PSYC 4020, Advanced Seminar in Social Psychology	2015
Instructor: J. Sasaki	

PSYC 4001, Specialized Honours Psychology Seminar Instructor: J. Steele	2015
PSYC 4001, Specialized Honours Psychology Seminar Instructor: J. Eastwood	2014
PSYC 4020, Advanced Seminar in Social Psychology Instructor: M. Yampolsky	2014
PSYC 4020, Advanced Seminar in Social Psychology Instructor: J. Sasaki	2013
Teaching Assistant	
PSYC 3480, Psychology of Women Instructor : H. Shroff	2019
PSYC 1010, Introduction to Psychology Instructor: D. McCann	2018 – 2019
PSYC 3350, Cultural Psychology Instructor: R. Lalonde	2018
PSYC 1010, Introduction to Psychology Instructor: D. McCann	2016 – 2017
PSYC 1010, Introduction to Psychology Instructors: D. McCann & H. Jenkin	2015 – 2016
PSYC 1010, Introduction to Psychology Instructors: D. McCann & I. Pechenkov	2014 – 2015
PSYC 1010, Introduction to Psychology Instructor: D. McCann	2013 – 2014

RESEARCH METHODS AND STATISTICAL TRAINING

Graduate Courses

Structural Equation Modeling (R)
Psychometric Methods (R)
Research Methods in Personality Psychology (Cross-sectional and Longitudinal Design)
Univariate Analysis II: Regression (SAS)
Research Methods in Social Psychology (Experimental Design)
Univariate Analysis I (SPSS and R)

Advanced Statistical Short Courses/Workshops

Beyond Null-Hypothesis Significance Testing: The New Statistics (R)
Practical Power Analysis (SAS and R)
Multilevel Modeling Dyadic Data: Actor-Partner Interdependence Models (SPSS and R)
Mediation and Moderation in Repeated Measures Designs (R)
Accessing Canadian and International Big Data and Statistics

UNIVERSITY SERVICE

Mentor for GradConnect at York University	2018
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Mentor & Workshop Presenter for Psych Undergrad Mentoring Program	2017 – 2018
Presenter/Panelist for Undergraduate Psychology Student Association	2017
Panelist for Social & Personality Psychology Graduate Recruitment	2017
Judge for Undergraduate Thesis Poster Day at York University	2016
Panelist for Social & Personality Psychology Graduate Recruitment	2016
Graduate Representative for York University for Canadian Psychological Association (CPA)	2015
Judge for Undergraduate Thesis Poster Day at York University	2015
Panelist/Guide for Social & Personality Psychology Graduate Recruitment	2015
Workshop Presenter for Guidance in Psychology for Success	2014 – 2017
Student Coordinator for Social & Personality Psychology Colloquium Series	2014 – 2015
Panelist/Guide for Social & Personality Psychology Graduate Recruitment	2014
Graduate Representative (Executive Member) for Neuroscience Association at York	2013 – 2015
Presenter/Panelist for Undergraduate Psychology Student Association	2014
Panelist for York University Recruitment Fair	2013
Undergraduate Representative for York University for CPA	2012 – 2013
Student Representative on Faculty of Health Committee for Student Recruitment	2012
Peer Mentor for Calumet College at York University	2010 – 2011
Class Representative for Introduction to Astronomy	2010

AFFILIATIONS

International Academy for Intercultural Research	2018 – present
International Association for Cross-Cultural Psychology	2017 – present
Society for Personality and Social Psychology	2013 – present
Neuroscience Association at York	2013 – 2016
International Cultural Neuroscience Consortium	2013 – 2015
York Centre for Asian Research	2013 – present
Southern Ontario Chapter of Society for Neuroscience	2012 – 2013
Canadian Psychological Association	2011 – present
Society for Neuroscience	2011 – 2013

PROFESSIONAL SKILLS

Statistical Software: SPSS (including PROCESS), R, SAS, BrainVoyager QX (fMRI analysis)
MS Office including Word, Excel, and Powerpoint
Emergency First Aid and CPR/AED Level C