

CURRICULUM VITAE
Laura Burton Faina Kurdziel

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EDUCATION

Doctor of Philosophy

Neuroscience & Behavior (NSB)
University of Massachusetts
Amherst, MA
Sept. 2008 – Sept. 2014
PI: Dr. Rebecca Spencer, Ph.D

Master of Science

Animal Behavior
Bucknell University
Lewisburg, PA
Sept. 2005 – May 2007
PI: Dr. Peter Judge, Ph.D.

Bachelor of Science

Zoology
University of Maryland
College Park, MD
Sept. 2002 – May 2005
PI: Dr. Kaci Thompson, Ph.D

EMPLOYMENT

Aug. 2015 – Present: Assistant Professor, *Merrimack College*, Department of Psychology

Sept. 2014 – May 2015: Adjunct Faculty, *Hampshire College*, School of Cognitive Sciences

Sept. 2014 – Dec. 2014: Adjunct Faculty, *Mount Holyoke College*, Program in Neuroscience and Behavior

Sept. 2014 – Aug. 2015: Postdoctoral Research Associate, *University of Massachusetts Amherst*, Cognition and Action Lab, PI: Dr. Rebecca Spencer, Department of Psychological and Brain Sciences

Dec. 2011 – Aug. 2014: Graduate Research Assistant, *University of Massachusetts Amherst*, Department of Psychological and Brain Sciences

Sept. 2008 – Dec. 2011: Graduate Teaching Assistant, *University of Massachusetts Amherst*, Department of Psychological and Brain Sciences

June 2007 – July 2008: Research Specialist II, *SoBran, Inc.*, *The National Institute on Aging*, Facility Head: Dr. Julie Mattison, Ph.D.

Sept. 2005 – May. 2007: Graduate Teaching Assistant, *Bucknell University*, Program in Animal Behavior

FELLOWSHIPS AND AWARDS

Faculty Development Grant - Slow Wave Activity associated enhancement of emotion memory in preschool children - 2017

Provost Innovation Fund - Neurophysiological Recordings for Teaching, Research, and Collaboration - 2017

Outstanding Doctoral Dissertation Award - Society of Research on Child Development – 2015

Family Research Travel Award - University of Massachusetts, Center for Research on Families – 2013

Young Investigator Award - Conference on Pediatric Sleep Medicine – 2013

Best Poster Award - University of Massachusetts Life Sciences Graduate Research Symposium – 2012

Vincent G. Dertier Award for Scholarship and Service to the Neuroscience and Behavior Program – 2012

Trainee Travel Award - Sleep Research Society – 2012

Family Research Travel Award - University of Massachusetts, Center for Research on Families – 2012

Distinguished Teaching Award - University of Massachusetts – 2010

Student Poster Award (Honorable Mention) - American Society of Primatologists – June 2007

PUBLICATIONS

Kurdziel, L.B.F., Spencer, R. M. C. (in prep). Slow wave activity associated post-nap deterioration but long-term enhancement of emotional memory in children.

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- Kurdziel, L. B. F.** (in press). The functions of sleep across the lifespan. In V. Jha & S. Jha (Eds.), *Sleep, Memory and Synaptic Plasticity*. New York, NY: Springer Publisher.
- Cremone, A., de Jong, D., **Kurdziel, L. B. F.**, Desrochers, P., Sayer, A., LeBourgeois, M., Spencer, R. M. C., & McDermott, J. (2017). Sleep tight, act right: Negative affect, sleep and behavior problems during early childhood. *Child Development*.
- Alhassan, S., Sirad, J., **Kurdziel, L. B. F.**, Merrigan, S., Greever, C., & Spencer, R. M. C. (2017). Cross-validation of two accelerometers for assessment of physical activity and sedentary time in preschool children. *Pediatric Exercise Science*.
- Cohen, J., Gorski, M., Gruber, S., **Kurdziel, L.**, & Rimm, E. (2016). The effect of healthy dietary consumption on executive functioning in children and adolescents: a systematic review. *British Journal of Nutrition*, 116, 6, 989-1000.
- Kurdziel, L.B.F.**, Mantua, J. Spencer R.M.C. (2016). Novel word learning in older adults: A role for sleep? *Brain and Language*.
- Spencer, R.M.C., Campanella, C. deJong, D., Desrochers, P., Root, H., Cremone, A., **Kurdziel, L.B.F.** (2016). Sleep and behavior of preschool children under typical and nap-promoted conditions. *Sleep Health*, 2, 1, 35-41.
- Cremone, A., **Kurdziel, L.B.F.**, Fraticelli, A., Spencer, R. M. C., McDermott, J. (2016). Napping reduces emotional attention bias during early childhood. *Developmental Science*.
- de Jong, D.M., Cremone, A., **Kurdziel, L.B.F.**, Desrochers, P., LeBourgeois, M., Sayer, A., Ertel, K., Spencer, R.M.C. (2016). Maternal depressive symptoms and household income in relation to sleep in early childhood. *Journal of Pediatric Psychology*.
- Desrochers, P., **Kurdziel, L.B.F.**, Spencer, R.M.C. (2015). Benefits of a nap on procedural memory consolidation in preschool children manifest 24-hours after learning. *Experimental Brain Research*.
- Kurdziel, L.B.F.**, Long, B., & Spencer, R.M.C. (2015). Sleep-related changes of novel word learning in native English speakers. *Memory*.
- Kurdziel, L.B.F.**, Dempsey, K., Zahara, M., Valera, E. & Spencer, R.M.C. (2015). Impaired visuomotor adaptation in adults with ADHD and ADHD-like symptoms. *Experimental Brain Research*.
- Sonni, A., **Kurdziel, L.B.F.**, Baran, B., & Spencer, R. M. C. (2014). The effects of sleep dysfunction on cognition, affect, and quality of life in individuals with cerebellar ataxia. *Journal of Clinical Sleep Medicine*, 10, 5, 535 – 543.
- Kurdziel, L.B.**, Duclos, K., & Spencer, R.M.C. (2013). Learning benefits from classroom naps in preschools. *Proceedings of the National Academy of Sciences*, 110, 43, 17267 – 17272.
Press: ABC News, HealthDay, ScienceNOW, CBS News, Washington Post, USA Today, The Guardian, Boston Globe, Voice of America, US News & World Report, BBC News, NEPR, among others
- Judge, P.G., **Kurdziel, L.B.**, Wright, R.M., Bohrman, J.A. (2012). Picture recognition of food by macaques (*Macaca silenus*). *Animal Cognition*, 15, 3, 313-325.

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King, H.M., **Kurdziel, L.B.**, Meyer, J.S., Lacreuse, A. (2012). Effects of testosterone on attention and memory for emotional stimuli in male rhesus monkeys. *Psychoneuroendocrinology*, 37, 3, 396-409.

Lacreuse, A., King, H.M., **Kurdziel, L.B.**, Partan, S. R., Caldwell, K.M., Chiavetta, M.R., Millette, M.M., Meyer, J.S., Grow, D.R. (2010). Testosterone may increase selective attention to threat in young male macaques. *Hormones and Behavior*. 58, 5 854-863.

PRESENTATIONS

Kurdziel, L.B.F. (2017). Panelist on professional development in the field of neuroscience round table discussion. Presented at the 1st meeting of the Western Massachusetts Chapter of the Society for Neuroscience.

Kurdziel, L.B.F. & Spencer, R.M.C. (2016). Preschool nocturnal sleep quality is unaffected by mid-day naps. Poster presented at the 30th annual meeting of the Associated Professional Sleep Societies, Denver, CO.

Kurdziel, L.B.F. & Spencer, R.M.C. (2015). The delayed benefit of a nap on emotional memory consolidation in preschool-aged children. Poster presented at the 29th annual meeting of the Associated Professional Sleep Societies, Seattle, WA.

Kurdziel, L.B.F., Pietri, M. & Spencer, R.M.C. (2015). Naps enhance subsequent emotional learning in preschool children. Poster presented at the 22nd meeting of the Cognitive Neuroscience Society, San Francisco, CA.

Kurdziel, L.B.F., Long, B., & Spencer, R.M.C. (2014). Sleep related changes of novel word learning in native English speakers. Poster presented at the 21st annual meeting of the Cognitive Neuroscience Society, Boston, MA.

Kurdziel, L.B.F., Kent, J. & Spencer, R.M.C. (2013). Emotional memory consolidation and napping in preschool children. Poster and Research talk to be given at the 7th Bi-annual Conference on Pediatric Sleep Medicine, Amelia Island, Fl.
**Young Investigator Award

Kurdziel, L.B.F. & Spencer, R. (2013) Learning benefit of naps in preschool children is related to sleep spindle density. Poster presented at the 27th annual meeting of the Associated Professional Sleep Societies, Baltimore, MD.

Kurdziel, L.B.F., Long, B.R., Lugo, W., Duclos, K., & Spencer, R.M.C. (2012). Classroom naps benefit spatial learning in preschool children. Poster presented at the UMass Community Engagement and Research Section Symposium, Shrewsbury, MA.

Kurdziel, L.B.F., Kent, J., Spencer, R.M.C. (2012) Emotional memory consolidation and napping in preschool. Poster presented at the 2nd annual Life Sciences Graduate Research Symposium, Amherst, MA.
**Best poster award

Kurdziel, L.B.F., Kent, J., Spencer, R.M.C. (2012) Emotional memory consolidation over mid-day sleep in early development. Poster presented at the 42nd annual meeting of the Society for Neuroscience, New Orleans, LA.

Kurdziel, L.B.F., Duclos, K.M., Spencer, R.M.C. (2012) Naps benefit spatial memory in preschool-aged children. Research talk given at 26th annual meeting of the Associated Professional Sleep Societies,

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Boston, MA.

Kurdziel, L.B.F. (2011) The Loss of the cognitive benefit of sleep in older adults. Research talk given at the 1st annual Life Sciences Graduate Research Symposium, Amherst, MA.

Kurdziel, L.B.F., Spencer, R.M.C. (2011) Loss of the cognitive benefit of sleep in older adults. Poster presented at the 41st annual meeting of the Society for Neuroscience, Washington, D.C.

Kurdziel, L.B.F., Spencer, R.M.C. (2011) Loss of the cognitive benefit of sleep in older adults. Sleep and Circadian Biology DataBlitz Presenter at the 41st annual meeting of the Society for Neuroscience, Washington, D.C.

Kurdziel, L.B.F., Spencer, R.M.C. (2010). Cognitive sequence learning following cerebellar damage. Poster presented at the 40th annual meeting of the Society for Neuroscience, San Diego, CA.

King H.M., **Kurdziel L.B.F.**, Lacreuse, A. (2010). Effects of testosterone on attention and memory for emotional stimuli in male rhesus monkeys. Poster presented at the 14th annual meeting of the Society for Behavioral Neuroendocrinology, Toronto, Canada.

Kurdziel, L.B.F., Otoló, C., Putcha, D., Lacreuse, A. (2009). Testosterone and fine motor function in male rhesus macaques (*Macaca mulatta*). Poster presented at the 32nd Meeting of the American Society of Primatologists, San Diego, CA.

King H.M., **Kurdziel L.B.F.**, Caldwell K.M., Chiavetta M.R., Partan S.R., Meyer J.S., Grow, D.R., Lacreuse A. (2009) Effects of exogenous testosterone on attention to social stimuli in male macaques. Poster presented at the 13th annual meeting of the Society for Behavioral Neuroendocrinology, East Lansing, MI.

Kurdziel, L.B.F., Young, J.E., Ingram, D.K., Mattison, J.A. (2008) Gender differences in set-shifting and fine motor function tasks in adult rhesus macaques (*Macaca mulatta*). Poster presented at the 31th meeting of the American Society of Primatologists, West Palm Beach, Fl.

Mattison, J.A., Pearson, K., Lewis, K., Tilmont, E. Young, J.E., **Kurdziel, L.B.F.**, de Cabo, R. (2008) Effects of resveratrol treatment with a high fat and sugar diet in monkeys: design and preliminary data. Presentation at the 37th annual meeting of the American Aging Association, Boulder, CO.

Kurdziel, L.B.F., Young, J., Hobbs, A., Tilmont, E., Hagelin, K., Lawson, M.A., Herbert, R., Mattison, J.A. (2007) The effects of aging on the feeding activity of nonhuman primates in research: Strategies for sustenance. Poster presented at the 33rd meeting of the National Capital Area Branch of the American Association for Laboratory Animal Science, Ellicott City, MD.

Kurdziel, L.B.F., Judge, P.G. (2007) Picture recognition of foods in brown capuchin monkeys (*Cebus apella*). Poster presented at the 30th meeting of the American Society of Primatologists, Winston-Salem, N.C.
**Honorable Mention – Student Poster Award

PROFESSIONAL SOCIETIES

Cognitive Neuroscience Society – 2014-2015
Sleep Research Society – 2012-Present
American Academy of Sleep Medicine – 2012
Society for Neuroscience – 2010-2012

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Society for Behavioral Neuroendocrinology – 2009-2010
American Society of Primatologists – 2006-2009
International Primatological Society – 2006-2009
Comparative Cognition Society – 2007-2008

TEACHING EXPERIENCE

Merrimack College:

Assistant Professor: Methods of Psychological Inquiry, Fall 2016; Introduction to Psychology, Spring 2016; Biological Basis of Abnormal Psychology, Spring, 2016; Behavioral Neuroscience, Fall 2015; Behavioral Neuroscience Lab, Fall 2015

Mount Holyoke College:

Adjunct Faculty: Introduction to Neuroscience, Fall 2014; Introduction to Neuroscience Lab, Fall 2014

Hampshire College:

Adjunct Faculty: Neurobiology of Mental Disorders and Diseases, Spring 2014; The Form and Function of Sleep, Fall 2014

University of Massachusetts, Amherst:

Teaching Associate: Junior Writing for Psychologists, Spring 2010 – Fall 2011

Graduate TA: Statistics, Fall 2009; Behavioral Neuroscience, Spring 2009; Learning and Thinking, Spring 2009; Psychological Methods (Lecturer), Fall 2008

Course Designer/Instructor: Ethical Treatment of Human Subjects for Undergraduate Research Assistants, Spring 2011 – Summer 2014

Instructor: P.O.W.E.R Up for Success – How to Be a Successful College Student, Fall 2010, Fall 2011

Bucknell University:

Graduate TA: Animal Behavior Lab, Spring 2006 – Spring 2007; Animal Behavior, Fall 2005
Spring 2007; Animal Behavior Independent Study, Fall 2005 – Spring 2007

University of Maryland, College Park:

Undergraduate TA: Biological Anthropology Lab, Spring 2004

Honors Thesis/Student Research Advising:

University of Massachusetts Amherst

Kasey Duclos, Spring 2011, “Benefits of a daytime nap on learning in preschool aged children”

Katie Dempsey, Spring 2011, “The cerebellum and visuomotor adaptation in young adults with attention deficit hyperactivity disorder (ADHD)”

Jessica Kent, Spring 2012, “Benefits of a daytime nap on emotional memory in preschool children”

Lauren Szymula, Summer 2012, “Age-related changes in sleep physiology”

Brian Long, December 2012, “Benefits of sleep on novel-word learning”

Kyla McCroy, Spring 2013, “The role of napping in subsequent learning in preschool children”

Sahil Tembulkar, Spring 2014, “Sleep dependent memory consolidation of perceptual learning”

Monica Lewin, Spring 2014, “Sleep dependent memory consolidation in adults with ADHD-like symptoms”

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Jarrood Stein, Spring 2014, "The relationship between child and caregiver sleep, health, and depression"

Samantha Merrigan, Spring 2015, "Validation of a wrist-worn actigraph for activity cut-points in preschool-aged children"

Mary Feuersanger, (2017), "Age-related changes in sleep dependent memory consolidation of cognitive sequential learning"

Caroline Norton, (2017), "Role of the morning nap transition in memory consolidation of infants and toddlers"

Merrimack College

Emily Maier, (current student), "Polysomnography in adult napping"

Ashlee Cormier, (current student), "Polysomnography in adult napping"

Samantha Salem, (current student), "Sleep and schema formation with respect to gender bias in occupations"

Gabe Jewula, (current student), "Sleep and decision making satisfaction in college students"

Lori Grant, (current student), "Napping and executive function in preschool children"

Nicole Neville, (2017), "Sleep and decision making satisfaction"

Kate Toebes, (2017) "The role of color in enhancing threat in anxiety-provoking stimuli"

Samantha Guerra (2017), "The function of napping on subsequent delay of gratification in preschool children."

Jessica Tavares Dealmeida (2017), "Mental health services at Merrimack College"

Seeret Singh (high school student, current student), "Sleep and directed forgetting of emotional memories"

SERVICE

Ad Hoc Journal Review: *Neurobiology of Aging, Plos One, Experimental Brain Research, Neuropsychologia, Journal of Applied Research in Memory and Cognition, Neuropsychology*

Merrimack College:

General Education Committee – Fall 2016- Present

Interdisciplinary Symposium Series Committee – Summer 2016-Present

Interdisciplinary Institute Committee – Summer 2016-Present

SONA System Administrator – Spring 2016-Present

IRB Committee – Fall 2015-Present

Psychology Club Faculty Advisor – Fall 2015-Present

McLaughlin Lecture Organizer – Fall 2015-Present

Wellness Committee – Fall 2015-Spring 2016

University of Massachusetts Amherst:

Neuroscience and Behavior Graduate Student Mentoring Program – 2010-2011, 2012-Present

Neuroscience Graduate Student Scientific Networking Group Leader, Spring 2012 – Spring 2013

Psychology Graduate Student Orientation Committee Chair, Fall 2009 – Fall 2013

Neuroscience and Behavior Program Historian, Fall 2010 – Summer 2014

Neuroscience and Behavior Program Educational Outreach Committee, Fall 2010 – Fall 2013

Neuroscience and Behavior Program Retreat Committee Chair, Spring 2010 – Spring 2013

Neuroscience and Behavior Program Retreat Committee, Fall 2010 – Fall 2013

Neuroscience and Behavior Program Social Chair, Fall 2009 – Summer 2014

Center for Neuroendocrine Studies Symposium Entertainment Leader, Fall 2010, Fall 2011

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REFERENCES

Dr. Rebecca Spencer – University of Massachusetts – rspencer@psych.umass.edu

Dr. Jennifer McDermott – University of Massachusetts - mcdermott@psych.umass.edu

Dr. Elizabeth Jakob – University of Massachusetts - ejakob@psych.umass.edu

Dr. Melinda Novak – University of Massachusetts – mnovak@psych.umass.edu