

Alexandria L. West, Ph.D.

Email: alexandria.west@duke.edu

Website: alexandriawest.ca

CURRENT POSITION

Postdoctoral Associate 2020 – present
SSHRC Postdoctoral Fellow; Department of Psychology and Neuroscience
Duke University, Durham, North Carolina; Adviser: Sarah Gaither

EDUCATION

Doctor of Philosophy in Social and Personality Psychology 2020
York University, Toronto; Advisers: Amy Muise, Joni Sasaki

Master of Arts in Social and Personality Psychology 2015
York University, Toronto; Adviser: Joni Sasaki

Bachelor of Arts in Psychology (Specialized Honours), Summa Cum Laude 2013
York University, Toronto; Adviser: Doug McCann

RESEARCH GRANTS & FELLOWSHIPS (Total: \$317,350)

Charles Lafitte Foundation Grant (\$3,950)	2021
Social Sciences & Humanities Research Council (SSHRC) Postdoctoral Fellowship (\$90,000)	2020 – 2022
Susan Mann York U Dissertation Scholarship (\$23,500 plus full tuition)	2019 – 2020
Ontario Graduate Scholarship (\$15,000)	2018 – 2019
SSHRC Doctoral Scholarship (\$105,000)	2015 – 2018
Ontario Graduate Scholarship (\$15,000; declined)	2015 – 2016
Ontario Graduate Scholarship (\$15,000)	2014 – 2015
SSHRC Master's Scholarship (\$17,700)	2013 – 2014
Ontario Graduate Scholarship (\$15,000; declined)	2013
Natural Sciences & Engineering Research Council (NSERC) Undergraduate Research Award (\$4,500; declined)	2013
NSERC Undergraduate Student Research Award (\$4,500)	2012
NSERC Undergraduate Student Research Award (\$4,500)	2011

PROFESSIONAL HONORS & AWARDS

External Awards

Landis Dissertation Award for Intercultural Relations Research (<i>top 3 finalist</i>)	2021
Charles Lafitte Foundation Virtual Conference Travel Award (\$300)	2020
CPA Cultural Psychology Section Award for Best Student Paper (\$100)	2015
Society for Personality and Social Psychology Travel Award (\$500)	2015
International Cultural Neuroscience Consortium Travel Award (\$500)	2013

Internal Research and Academic Awards

Pyke Award for Graduate Student Excellence Award for outstanding scholarship, academic achievement, and service in social psychology	2019
LaBarge Graduate Scholarship in Multiculturalism (<i>last round finalist</i>)	2019
Endler Research Fellowship for the best first-authored publication by a psychology graduate student (<i>nominated</i>)	2019
LaBarge Graduate Scholarship in Multiculturalism, (<i>last round finalist</i>)	2018
Endler Research Fellowship, awarded for the best first-authored publication by a psychology graduate student (\$1,000)	2017
Faculty of Graduate Studies Entrance Scholarship (\$6,000)	2013
Templeton Undergraduate Honours Thesis Award, awarded for the best thesis by a psychology undergraduate student (\$100)	2013
Goranson Memorial Thesis Research Award, awarded for the best proposed thesis by a psychology undergraduate student (\$400)	2013
York U Undergraduate Academic Scholarship (\$860)	2012
York U Undergraduate Academic Scholarship (\$960)	2011
York U Undergraduate Academic Scholarship (\$770)	2010
Provost's Entrance Scholarship for Mature Students (\$1,000)	2009

Internal Professional Development Awards

Faculty of Graduate Studies Graduate Development Fund (<i>total: \$4,000</i>)	2014 - 2020
Faculty of Health Conference Travel Award (<i>total: \$2,880</i>)	2017 - 2019
CUPE 3903 Professional Development Fund (<i>total: \$3,425</i>)	2014 - 2019
York U/Psychology Graduate Student Association Award (<i>total: \$600</i>)	2014 - 2019

PUBLICATIONS

- West, A. L., Muise, A., & Sasaki, J. (2020).** 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, 12* (5), 829–838.
- Yampolsky, M., **West, A. L.**, Zhou, B., Muise, A., & Lalonde, R. (2020). The negative impact of relationship marginalization on identity integration and consequences for investment and commitment in intercultural romantic relationships. *Social Psychological and Personality Science, 12* (6), 887–897.
- 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

* denotes shared first authorship † denotes supervised student

West, A. L., †Naiemi, H., †Di Bartolomeo, A., Yampolsky, M., & Muise, A. (invited resubmission at *Personality and Social Psychology Bulletin*). Growing together through our cultural differences: The role of self-expansion in intercultural romantic relationships.

***West, A. L., *Albuja, A. F., & Gaither, S. E.** (invited by *Applied Social Psychology [Cambridge Elements]*). Two or more: A comparative analysis of bicultural and biracial.
➤ Manuscript invited for submission based on peer-reviewed proposal (available on request).

Suh, Y., Perlin, J., Turner, A., **West, A. L., Gaither, S. E.** (invited submission at *Journal of Research in Personality*). The good life in cultural context: Examining Asian young adults' psychological well-being and narratives of negative experiences.
➤ Manuscript invited for submission to special issue, *Storying the Good Life*, based on peer-reviewed proposal (available on request).

***West, A. L., *†Di Bartolomeo, A., & 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.
➤ Data collected, manuscript in preparation (available on request).

***West, A. L., Muise, A., & Gaither, S. E.** Intercultural roommates and romances: Predictors and outcomes of self-expansion in two types of young adult relationships over time.
➤ Data collected, manuscript in preparation.

***West, A. L., & Gaither, S. E.** Which [cultural] frame suits me best? Use of and preference for gestures in face-to-face interactions differ between Black, White and Black-White biracial Americans.
➤ Data collected, manuscript in preparation.

INVITED TALKS

University of North Carolina - Chapel Hill Social Psychology Seminar Series	Apr 2021
Ryerson University Psychological Science Seminar Series	Apr 2021
North Carolina State University Social and Behavioral Health Research Group	Oct 2020

CONFERENCE PRESENTATIONS

Chaired Conference Symposia

West, A., & Sasaki, J. (2018, July). 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". Guelph, Ontario.

West, A., & Sasaki, J. (2018, March). 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". Atlanta, Georgia.

Conference Symposia

West, A. L., Muise, A., & Sasaki, J. (2021, July). Frame switching reduces perceived authenticity and has relational costs for biculturals in the US. Research presented at the *International Association for Cross-Cultural Psychology Congress*. Virtual.

West, A. L., Yampolsky, M., & Muise, A. (2021, June). Growing together through our cultural differences: The role of self-expansion in intercultural couples' relationships. Research presented at the *International Association for Relationship Research Conference*. Virtual.

West, A. L., Muise, A., & Gaither, S. (2021, April). Intercultural romantic and roommate relationships: Self-expansion and cultural exposure promote identity integration. Research presented at the *Biennial Meeting of the Society for Research in Child Development*. Virtual.

West, A. L., Muise, A., & Sasaki, J. (2021, February). Bicultural individuals' frame switching undermines their perceived authenticity, general impressions and dating prospects with White Americans. Research (data blitz) to be presented at the *Self & Identity Pre-conference* at the *22nd Annual Meeting of the Society for Personality and Social Psychology*. Virtual.

West, A. L., Muise, A., & Sasaki, J. (2020, October). Frame switching undermines bicultural individuals' authenticity in the eyes of White Americans with downstream social and romantic consequences. Research presented at the *43rd Meeting of the Society of Southeastern Social Psychologists*. Virtual.

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

West, A. L., Muise, A., & Sasaki, J. (2019, October). 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*. Toronto, Canada.

West, A. L., & Sasaki, J. (2019, July). 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*. Shanghai, P. R. China.

- West, A. L., & Sasaki, J.** (2017, June). Bicultural experiences and causal reasoning: Frame switching increases situational attributions. Research presented at the *78th Annual Canadian Psychological Association Convention*. Toronto, Ontario.
- West, A. L., & Sasaki, J.** (2017, May). 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*. Toronto, Ontario.
- West, A. L., & Sasaki, J.** (2015, June). Context sensitivity in biculturals: Consequences for cultural identities and well-being. Research presented at the *76th Annual Canadian Psychological Association Convention*. Ottawa, Ontario.
- West, A. L., & Sasaki, J.** (2015, May). 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*. Toronto, Ontario.
- West, A. L., & McCann, D.** (2013, May). 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*. Toronto, Ontario.

Select Conference Poster Presentations

† Denotes supervised student.

- West, A. L., Muise, A., & Sasaki, J.** (February, 2020). Frame switching undermines mainstream Americans' impressions of and willingness to date biculturals due to perceived inauthenticity. *Society for Personality and Social Psychology (SPSP)*. New Orleans, Louisiana.
- †Di Bartolomeo, A., **West, A. L., & Muise, A.** (February, 2020). We get by with a little help from our friends: The unique benefits of friends' social approval on intercultural couples' relationships over time. *SPSP*. New Orleans, Louisiana.
- West, A. L., Yampolsky, M., & Muise, A.** (February, 2019). Growing through our cultural differences: The role of self-expansion in intercultural couples' relationships. *SPSP*. Portland, Oregon.
- West, A. L., & Sasaki, J.** (January, 2017). Biculturals' experiences shape causal reasoning. *SPSP*. San Antonio, Texas.
- West, A. L., & Sasaki, J.** (August, 2015). Biculturals' context sensitivity relates to identity and psychosocial well-being. *American Psychological Association*. Toronto, Ontario.
- West, A. L., McCann, D., & Sasaki, J.** (February, 2014). Does biculturalism foster greater sensitivity to context? *SPSP*. February 2014. Austin, Texas.
- West, A. L., Tran, J., & McCann, D.** (June, 2013). Investigating the interaction between bicultural identity, bilingualism, and cognition. *Canadian Psychological Association*. Québec City, Québec.

Advanced Seminar in Social Psychology: Cultural Psychology (PSYC 4020)	2016
Advanced Seminar in Social Psychology: Cultural Psychology (PSYC 4020)	2016
Advanced Seminar in Social Psychology: Cultural Psychology (PSYC 4020)	2015
Specialized Honors Psychology Seminar (PSYC 4001)	2015
Specialized Honors Psychology Seminar (PSYC 4001)	2014
Advanced Seminar in Social Psychology: Cultural Psychology (PSYC 4020)	2014
Advanced Seminar in Social Psychology: Cultural Psychology (PSYC 4020)	2013

Teaching Assistant

YORK UNIVERSITY

Psychology of Women (PSYC 3480)	2019
Introduction to Psychology (PSYC 1010)	2018 – 2019
Cultural Psychology (PSYC 3350)	2018
Introduction to Psychology (PSYC 1010)	2013 – 2017

RESEARCH METHODS AND STATISTICAL TRAINING

Graduate Courses

Structural Equation Modeling, instructor: D.Floria, *software: R*
 Psychometric Methods, instructor: D.Floria, *software: R*
 Research Methods in Personality Psychology, instructor: R. Mar
 Univariate II: Regression, instructor: J. Pek, *software: SAS*
 Research Methods in Social Psychology, instructor: W. Struthers
 Univariate I: ANOVA, instructor: R. Cribbie, *software: SPSS and R*

Advanced Statistical Short Courses/Workshops

Beyond NHST: The New Statistics, instructor: R. Cribbie, *software: R*
 Practical Power Analysis, instructor: J. Pek, *software: SAS and R*
 Dyadic MLM: Interdependence Models, instructor: A. Muise, *software: SPSS and R*
 Mediation and Moderation in Repeated Measures, instructor: A. Montoya, *software: R*
 Accessing Canadian and International Big Data and Statistics, Statistics Canada

PROFESSIONAL SERVICE

Invited Reviewer (ad hoc)

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

Knowledge Translator (Social Media Team)

International Academy for Intercultural Research
 International Journal of Intercultural Relations

Mentor

South Asian Network of Social and Personality Psychologists
 SPSP Convention Graduate Mentorship Lunch

Award Committee

SPSP Convention Outstanding Student Research Award
 SPSP Convention Student Poster Award

UNIVERSITY SERVICE

Workshop Presenter/Panelist

Social/Personality Area Colloquium Series at York U	2021
Graduate Professional Development Series at York U	2021
Undergraduate Psychology Student Association at York U	2017
Guidance in Psychology for Success at York U (exec.)	2014 – 2017
Undergraduate Psychology Student Association at York U	2014
Undergraduate Recruitment Fair at York U	2013

Mentor

GradConnect for junior graduate mentorship	2018
Psychology Undergraduate Mentoring Program	2017 – 2018
Calumet College Undergraduate Peer Mentoring	2010 – 2011

Representative

Social & Personality (SP) Psychology Graduate Program Recruitment	2017
SP Psychology Graduate Program Recruitment	2016
Canadian Psychological Association (York graduate representative)	2015
SP Psychology Graduate Program Recruitment	2015
SP Psychology Colloquium Speaker Series (student coordinator)	2014 – 2015
SP Psychology Graduate Program Recruitment	2014
Neuroscience Association York (exec. conference, colloquium & events)	2013 – 2015
Canadian Psychological Association (York undergraduate representative)	2012 – 2013
Faculty of Health Recruitment Taskforce (undergraduate representative)	2012
Class Representative for Introduction to Astronomy	2010

Award Committee

Psychology Undergraduate Thesis Poster Award at York U	2015 – 2016
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AFFILIATIONS

Society for Personality and Social Psychology
 International Academy for Intercultural Research
 International Association for Cross-Cultural Psychology
 South Asian Network of Social and Personality Psychologists
 Network of Multiracial Scholars (SPSP)