

Alexandria L. West

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CURRENT POSITION

Postdoctoral Associate 2020 – present
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: \$317,650)

Charles Lafitte Foundation Grant (\$3,950) 2021
Social Sciences & Humanities Research Council (SSHRC) 2020 – 2022
 Postdoctoral Fellowship (\$90,000)
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) 2013
 Undergraduate Research Award (\$4,500; declined)
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 (*last round finalist*) 2021

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| Charles Lafitte Foundation Virtual Conference 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

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| 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

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| 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

1. 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*.
2. 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*.
3. 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.

4. **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.
5. 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

West, A. L., †Naiemi, H., †Di Bartolomeo, A., Yampolsky, M., & Muise, A. (under review). Growing together through our cultural differences: The role of self-expansion in intercultural romantic relationships. Manuscript submitted for publication.
Target journal: *Personality and Social Psychology Bulletin*.

***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.
Target journal: *Journal of Social and Personal Relationships*.

* denotes shared first authorship † denotes supervised student

INVITED TALKS

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| 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

1. **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.
2. **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

3. **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 2021. Virtual.

4. **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*. June 2021. Virtual.
5. **West, A. L.**, Muise, A., & Gaither, S. 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*. April 2021. Virtual.
6. **West, A. L.**, Muise, A., & Sasaki, J. 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*. February 2021. Virtual.
7. **West, A. L.**, Muise, A., & Sasaki, J. 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*. October 2020. Virtual.
8. **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.
9. **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.
10. **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.
11. **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.
12. **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.
13. **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.
14. **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.

15. 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.

Select Conference Poster Presentations

† Denotes supervised student.

West, A. L., Muise, A., & Sasaki, J. Frame switching undermines mainstream Americans' impressions of and willingness to date biculturals due to perceived inauthenticity. *Society for Personality and Social Psychology (SPSP)*. 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. *SPSP*. February 2020. New Orleans, Louisiana.

West, A. L., Yampolsky, M., & Muise, A. Growing through our cultural differences: The role of self-expansion in intercultural couples' relationships. *SPSP*. February 2019. Portland, Oregon.

West, A. L., & Sasaki, J. Biculturals' experiences shape causal reasoning. *SPSP*. January 2017. San Antonio, Texas.

West, A. L., & Sasaki, J. Biculturals' context sensitivity relates to identity and psychosocial well-being. *American Psychological Association*. August 2015. Toronto, Ontario.

West, A. L., McCann, D., & Sasaki, J. Does biculturalism foster greater sensitivity to context? *SPSP*. February 2014. Austin, Texas.

West, A. L., Tran, J., & McCann, D. Investigating the interaction between bicultural identity, bilingualism, and cognition. *Canadian Psychological Association*. June 2013. Quebec City, Quebec.

SCIENCE COMMUNICATION & MEDIA

CTV news (×3), CBC news radio, Alec Baldwin "Here's the Thing" podcast.

TEACHING & MENTORING

Mentor

DUKE UNIVERSITY

Undergraduate independent study students:

Julia Gianneschi

2021 – present

Connor McLeod

2020 – present

YORK UNIVERSITY

Undergraduate honors thesis student:

Hanieh Naeimi

2020 – present

Undergraduate independent study student:
Alyssa Di Bartolomeo 2018 – present

Instructor of Record

DUKE UNIVERSITY
Introduction to Psychology (PSY 101 *Virtual*) Summer 2021

Invited Lecturer

UNIVERSITY OF TORONTO
Relationship Psychology (*Virtual*) 2021
Instructor: R. Horne

YORK UNIVERSITY
Psychology of Intimate Relationships (PSYC 2640 *Virtual*) 2020
Instructor: A. Muise
Psychology of Intimate Relationships (PSYC 2640) **evaluations available** 2019
Instructor: A. Muise
Psychology of Intimate Relationships (PSYC 2640) **evaluations available** 2019
Instructor: A. Muise
Advanced Seminar in Social Psychology: Cultural Psychology (PSYC 4020) 2017
Instructor: J. Sasaki
Cultural Psychology (PSYC 3350) 2017
Instructor: J. Sasaki
Specialized Honors Psychology Seminar (PSYC 4001) 2017
Instructor: J. Eastwood
Advanced Seminar in Social Psychology: Cultural Psychology (PSYC 4020) 2016
Instructor: J. Sasaki
Advanced Seminar in Social Psychology: Cultural Psychology (PSYC 4020) 2016
Instructor: J. Sasaki
Advanced Seminar in Social Psychology: Cultural Psychology (PSYC 4020) 2015
Instructor: J. Sasaki
Specialized Honors Psychology Seminar (PSYC 4001) 2015
Instructor: J. Steele
Specialized Honors Psychology Seminar (PSYC 4001) 2014
Instructor: J. Eastwood
Advanced Seminar in Social Psychology: Cultural Psychology (PSYC 4020) 2014
Instructor: M. Yampolsky
Advanced Seminar in Social Psychology: Cultural Psychology (PSYC 4020) 2013
Instructor: J. Sasaki

Teaching Assistant

YORK UNIVERSITY
Psychology of Women (PSYC 3480) 2019
Instructor : H. Shroff

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| Introduction to Psychology (PSYC 1010) Instructor: D. McCann | 2018 – 2019 |
| Cultural Psychology (PSYC 3350) Instructor: R. Lalonde | 2018 |
| Introduction to Psychology (PSYC 1010) Instructor: D. McCann | 2016 – 2017 |
| Introduction to Psychology (PSYC 1010) Instructors: D. McCann & H. Jenkin | 2015 – 2016 |
| Introduction to Psychology (PSYC 1010) Instructors: D. McCann & I. Pechenkov | 2014 – 2015 |
| Introduction to Psychology (PSYC 1010) Instructor: D. McCann | 2013 – 2014 |

RESEARCH METHODS AND STATISTICAL TRAINING

Graduate Courses

Structural Equation Modeling, instructor: D. Flora, software: R, final grade: A
 Psychometric Methods, instructor: D. Flora, software: R, final grade: A
 Research Methods in Personality Psychology, instructor: R. Mar, final grade: A
 Univariate II: Regression, instructor: J. Pek, software: SAS, final grade: A+
 Research Methods in Social Psychology, instructor: W. Struthers, final grade: A+
 Univariate I: ANOVA, instructor: R. Cribbie, software: SPSS, R, final grade: A+

Advanced Statistical Short Courses/Workshops

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

PROFESSIONAL SERVICE

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

Mentor

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

Workshop Presenter/Panelist

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| 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 |

Representative

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| 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

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| 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)