

# YIFAN HU

309 South State Street, Champaign, IL 61820

☎ 217-607-4536 | ✉ [yifanhu2@illinois.edu](mailto:yifanhu2@illinois.edu) | 🏠 [yifanhu.notion.site](https://yifanhu.notion.site)

## Education

---

### University of Illinois, Urbana Champaign

Champaign, IL

*Ph.D. in Psychology, concentration in Cognitive Neuroscience*

*expected May 2022*

- **Thesis:** Multi-dimensional Assessment of Individual Differences Indexing Vulnerability and Resilience to Affective Dysregulation
- **Advisors:** Drs. Sanda and Florin Dolcos

### Chinese University of Hong Kong

Hong Kong

*B.S., Psychology*

*May, 2013*

## Publications

---

### In Revision

- Jiang, X., **Hu, Y.**, Larsen, L., Chang, C. Y., & Sullivan, W. C. (*In revision*). Impacts of Green Infrastructure on Attentional Functioning Measured by functional Magnetic Resonance Imaging (fMRI).

### Published

- Dolcos, S., **Hu, Y.**, Williams, C., Bogdan, P. C., Hohl, K., Berenbaum, H., & Dolcos, F. (2021). Cultivating Affective Resilience: Proof-of-Principle Evidence of Translational Benefits From a Novel Cognitive-Emotional Training Intervention. *Frontiers in Psychology*, 12, 585536. doi: 10.3389/fpsyg.2021.585536.
- Dolcos, F., Hohl, K., **Hu, Y.**, & Dolcos, S. (2021). Religiosity and Resilience: Cognitive Reappraisal and Coping Self-Efficacy Mediate the Link between Religious Coping and Well-Being. *Journal of Religion and Health*, 1-14. doi: 10.1007/s10943-020-01160-y.
- **Hu, Y.**, Moore, M., Bertels, Z., Phan, K. L., Dolcos, F., & Dolcos, S. (2020). Smaller amygdala volume and increased neuroticism predict anxiety symptoms in healthy subjects: A volumetric approach using manual tracing. *Neuropsychologia*, 145, 106564. doi: 10.1016/j.neuropsychologia.2017.11.008.
- **Hu, Y.** & Dolcos, S. (2017). Trait Anxiety Mediates the Link between Inferior Frontal Cortex Volume and Negative Affective Bias in Healthy Adults. *Social, Cognitive, and Affective Neuroscience*. 12(5):775- 782. doi: 10.1093/scan/nsx008.
- Moore, M., Iordan, A. D., **Hu, Y.**, Kragel, J. E., Dolcos, S., & Dolcos, F. (2016). Localized or diffuse: the link between prefrontal cortex volume and cognitive reappraisal. *Social cognitive and affective neuroscience*, 11(8), 1317–1325. doi: 10.1093/scan/nsw043
- Dolcos\*, S., **Hu\***, **Y.**, Iordan, D.A., Moore, M., & Dolcos, F. (2016). Optimism and the Brain: Trait Optimism Mediates the Protective Role of the Orbitofrontal Cortex Gray Matter Volume against Anxiety. *Social Cognitive and Affective Neuroscience*, 11:2, 263-271; doi: 10.1093/scan/nsv106. \*shared first authorship.
- Moore, M., **Hu, Y.**, Woo, S., O’Hearn, D., Iordan, A. D., Dolcos, S., & Dolcos, F. (2014). A comprehensive protocol for manual segmentation of the medial temporal lobe structures. *Journal of Visualized Experiments* (89). doi: 10.3791/50991.

## Presentations

---

- Dolcos, S., **Hu, Y.**, Berenbaum, H., & Dolcos, F. (October, 2019). Cultivating affective resilience: Translational benefits of a novel cognitive-emotional intervention in veterans. Poster presented at the Society of Neuroscience 50th Annual Meeting, Chicago, IL.
- **Hu, Y.**, Williams C., Berenbaum, H., Dolcos, F., & Dolcos, S. (April, 2019). Cultivating Resilience: Evidence for Translational Benefits of a Novel Cognitive-Emotional Intervention in Veterans. Poster presented at the 24th Annual Wisconsin Symposium on Emotion, Madison, WI.
- **Hu, Y.**, Williams C., Berenbaum, H., Dolcos, F., & Dolcos, S. (March, 2018). Translating Cognitive Neuroscience Findings to Benefits Outside the Lab: Promoting Resilience in Student Veterans through a Novel Cognitive-Emotional Intervention. Poster presented at the 25th Annual Meeting of Cognitive Neuroscience Society, Boston, MA.

- **Hu, Y.**, Bertels, Z., Olivari, B., Chaves, A., Moore, M., Dolcos, S., & Dolcos, F. (September, 2016) Smaller Amygdala Volume and Increased Neuroticism Predict Anxiety Symptoms in Healthy Subjects: A Volumetric Approach Using Manual Tracing. Poster presented at the 56th Annual Meeting of the Society for Psychophysiological Research, Minneapolis, MN.
- **Hu, Y.**, Iordan, A., Dolcos, S., & Dolcos, F. (September, 2015). Trait anxiety mediates the link between inferior frontal cortex volume and negative bias in healthy participants. Poster presented at the 55th Annual Meeting of the Society for Psychophysiological Research, Seattle, WA.
- **Hu, Y.**, Moore, M., Iordan, A., & Dolcos, S. (April, 2014). Trait optimism mediates the relationship between grey matter volume in the orbitofrontal cortex and resilience to affective dysregulation. Poster presented at the the 7th Annual Meeting of the Social & Affective Neuroscience Society, Denver, CO.
- Moore, M., **Hu, Y.**, Woo, S., Iordan, A., Dolcos, F., & Dolcos, S. (April, 2013). Relationships between regions of emotion processing network and personality traits indexing emotional arousability, expressivity, and control: A volumetric approach. Poster presented at the 20th Annual Meeting of the Cognitive Neuroscience Society, San Francisco, CA.
- Dolcos, S., **Hu, Y.**, Iordan, A., Whoo, S., & Dolcos, F. (April, 2013). Differential Relationships of Affective and Motivational Styles with Frontal Lobe Gray Matter Volumes. Poster presented at the 20th Annual Meeting of the Cognitive Neuroscience Society, San Francisco, CA.

## Technical Skills

---

- **Languages:** MATLAB, R, Python, Bash scripting, L<sup>A</sup>T<sub>E</sub>X
- **Analysis suites:** SPM, Freesurfer, FSL, AFNI, Python-based tools
- **Laboratory tools:** E-prime, Psychtoolbox
- **Platforms:** Linux, GitHub, Docker

## Awards and Recognitions

---

- |   |                  |
|---|------------------|
| • Departmental Fellowship   | 2014, 2021       |
| • Graduate Teacher Certificate, U of I Center for Innovation in Teaching and Learning | 2021             |
| • The Sandra Goss-Lucas Award for Outstanding TA in Psychology 100                    | 2021             |
| • Wisconsin Symposium on Emotion Travel Award   | 2019             |
| • Department Conference Travel Award  | 2016, 2018, 2019 |
| • University Fellowship   | 2013             |
| • Humanities Scholarships, New Asia College   | 2012-2013        |
| • Yasumoto International Exchange Scholarship   | 2011-2012        |
| • Mrs. Chou Wen Hsien Ms Yim Wan Chun Ina Scholarships                                | 2011             |

## Academic Services

---

### Ad Hoc Reviewer

- |   |                         |
|---|-------------------------|
| • NeuroImage                                      | • Science Advances      |
| • Human Brain Mapping                             | • eLife                 |
| • Social, Cognitive, and Affective Neuroscience   | • Cognition and Emotion |
| • Cognitive, Affective, & Behavioral Neuroscience | • Frontiers             |
| • Neuropsychologia                                |                         |

## Affiliations

---

- Social & Affective Neuroscience Society
- Cognitive Neuroscience Society
- Society for Neuroscience
- Society for Psychophysiological Research
- Association for Psychological Science
- Spark Society

## Mentoring Experiences

---

### Invited Instructor

August 2021

*Graduate Academy for College Teaching, University of Illinois*

- Planned and hosted a small group training as part of the pre-semester training program for Psychology and Speech & Hearing Science.
- Mentored prospective teaching assistant's practical skills in building rapport, designing lessons, developing active learning activities, and classroom crisis management.
- Achieved an overall 5/5 rating by attending students across categories based on quality and usefulness.

### Graduate Mentor

2015, 2017

*Psychology Department, University of Illinois*

- Advised and mentored two undergraduates on their senior individual projects on emotional memory and individual differences related to affective vulnerabilities.
- Both students were recognized by departmental awards – Manny Donchin Award for an Outstanding Undergraduate Student, and Laura Bolton Research Development Award, respectively – for outstanding undergraduate scholarly work.

## Teaching Experiences

---

### Instructor, Intro to Psychology (Access and Achievement Program)

Fall 2021

*Psychology Department, University of Illinois*

- Selected to teach a small section of ~25 students from the Access and Achievement Program dedicated to promote the academic and professional success of minority students at University of Illinois.
- Supported my students by providing individualized attention and close monitoring of progress, maintaining frequent communication, and providing individual-oriented guidance.
- Piloted a new hybrid format of teaching that integrated online delivery of course materials with twice weekly in-person sessions optimized for active learning activities.

### Instructor, Intro to Psychology

Fall 2018 – Fall 2021

*Psychology Department, University of Illinois*

- Led lectures, moderated discussions, organized activities, three times a week in small classes (~50 students).
- Developed materials covering broad topics in psychology with connections to real-life relevance and applications.
- Ranked as *Excellent* by receiving student ratings above 4.4/5 on teaching effectiveness, for three semesters in a row (Fall 2019 - Fall 2020).

### Grading Teaching Assistant, Images of the Mind

Spring 2016, Spring 2018

*Psychology Department, University of Illinois*

- Assisted Dr. Diane Beck with collecting and preparing lectures on how neuroimaging results are reported and portrayed in the popular media.

### Grading Teaching Assistant, Intro to Brain and Cognition

Spring & Fall 2015, Fall 2017

*Psychology Department, University of Illinois*

- Assisted Dr. Sanda Dolcos with creating original materials that survey the field of Cognitive Neuroscience.
- Organized course materials, developed assessments of learning outcomes, hosted review sessions, graded students' work.

### Instructing Teaching Assistant, Statistical Methods I & II

Fall 2016, Spring 2017

*Psychology Department, University of Illinois*

- Assisted Dr. Gabrielle Gratton with assigning and grading homework, designing and grading exams for this mandatory course for junior graduate students in psychology and related fields.
- Led weekly lab sessions that supply students with examples based on real datasets as well as problem sets in hypothetical yet relatable scenarios to complement theory-driven lectures.
- Designed programming exercises and hands-on workshops to augment the learning experience through mastery of practical skills and achieving technical proficiency in MATLAB and R.
- Ranked as *Outstanding* by receiving student ratings in the top 10% of instructors at University of Illinois.

### Grading Teaching Assistant, Cognitive Neuroscience

Spring & Fall 2015, Spring 2016

*Psychology Department, University of Illinois*

- Assisted Dr. Sanda Dolcos with creating original materials for advanced discussions in Cognitive Neuroscience.
- Organized course materials, developed assessments of learning outcomes, hosted review sessions, graded students' work.

## Outreach Activities

---

### Up-Goer Five Challenge, WomenOverseas Anniversary Festivity Series

2021

*WomenOverseas*

*Online*

- Conceived and designed a 5-min talk explaining the principles of Magnetic Resonance Imaging using only 1,000 most common English words.
- Participated in science communication to a community fostering personal and professional development of Chinese women around the globe.

### Brain Awareness Day Expo at Orpheum Children's Science Museum

2015

*Beckman Institute of Advanced Science and Technology*

*Champaign, IL*

- Participated in event planning, coordinated logistics and assisted in setting up exhibition booths at the Expo.
- Guided students from elementary schools to high schools in the Champaign-Urbana area through demonstrations that illustrated scientific methods and knowledge of brain.

### Beckman Institute Open House

2015, 2016, 2017

*Beckman Institute of Advanced Science and Technology*

*Champaign, IL*

- Designed and created exhibition materials for K-12 students, parents, educators, and community members in the Champaign-Urbana area.
- Hosted mini information sessions aimed to communicate to the general public the current scientific knowledge on how emotion regulation involves the brain and the science-backed ways to boost mental health.

## Press and Media Coverage

---

- Tomasi, P. (2021, April 13). Helping student veterans with emotional resilience. Theravive. Retrieved October 16, 2021, from <https://www.theravive.com/today/post/helping-student-veterans-with-emotional-resilience-0004720.aspx>.
- Finnegan, M. (2021, March 19). New cognitive-emotional training program may enhance psychological resilience. Psychology at Illinois. Retrieved October 16, 2021, from <https://psychology.illinois.edu/news/2021-03-19/new-cognitive-emotional-training-program-may-enhance-psychological-resilience>.
- William, R. (2021, March 9). Veterans see positive changes in emotional resilience after intervention. California News Times. Retrieved October 16, 2021, from <https://californianewstimes.com/veterans-see-positive-changes-in-emotional-resilience-after-intervention/207657/>.
- Finnegan, M. (2021, January 31). Researchers identify aspects of coping that may explain the effectiveness of religion in promoting resilience. Psychology at Illinois. Retrieved October 16, 2021, from <https://psychology.illinois.edu/news/2021-01-31/researchers-identify-aspects-coping-may-explain-effectiveness-religion-promoting>.
- Bergland, C. (2021, January 9). Two ways religion and spirituality help to boost resilience. Psychology Today. Retrieved October 16, 2021, from <https://www.psychologytoday.com/ie/blog/the-athletes-way/202101/two-ways-religion-and-spirituality-help-boost-resilience>.
- Yates, D. (2017, April 13). Study links brain structure, anxiety and negative bias in healthy adults. Illinois News Bureau. Retrieved October 16, 2021, from <https://news.illinois.edu/view/6367/487507>.
- Minute, A. (2016, January 27). Florin Dolcos, University of Illinois - anxiety disorders and optimism. The Academic Minute. Retrieved October 16, 2021, from <https://academicminute.org/2016/01/florin-dolcos-university-of-illinois-anxiety-disorders-and-optimism/>.
- Benz, M. (2015, September 24). Where does optimism reside in the brain? MedicalResearch.com. Retrieved October 16, 2021, from <https://medicalresearch.com/mental-health-research/where-does-optimism-reside-in-the-brain/17823/>.
- Yates, D. (2015, September 22). Feeling anxious? check your orbitofrontal cortex and cultivate your optimism, study suggests. Illinois News Bureau. Retrieved October 16, 2021, from <https://news.illinois.edu/view/6367/251435>.
- Bergland, C. (2015, September 13). Optimism and anxiety change the structure of your brain. Psychology Today. Retrieved October 16, 2021, from <https://www.psychologytoday.com/us/blog/the-athletes-way/201509/optimism-and-anxiety-change-the-structure-your-brain>.