

ISIDRO LANDA

[Department of Psychology](#)

University of Michigan

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EDUCATION

2016-2021 Ph.D. in Social and Personality Psychology, Washington University in St. Louis
 2014-2016 M.A. in Psychology, California State University, Long Beach
 2011-2014 BA in Psychology, California State University, Long Beach, *magna cum laude*
 2008-2011 AA in Psychology, Honors Transfer Program, El Camino College, Torrance, CA

PUBLICATIONS

*Undergraduate mentee author.

Springstein, T., *Hamerling-Potts, K., **Landa, I.**, English, T. (2022). Adult attachment and interpersonal emotion regulation motives in daily life. [PsyArXiv](#).

Landa, I., English, T. (2021). Variability in state authenticity predicts daily affect and emotion regulation. *Emotion*. Advanced Online Publication. <http://dx.doi.org/10.1037/emo0001017>

Covarrubias, R., De Lima, F., **Landa, I.**, Valle, I., & Hernandez Flores, W. (2021). Facets of family achievement guilt for low-income, Latinx and Asian first-generation students. *Cultural Diversity and Ethnic Minority Psychology*, 27(4), 696-704. <http://doi.org/10.1037/cdp0000418>

Covarrubias, R., **Landa, I.**, & Gallimore, R. (2020). Developing a family achievement guilt scale grounded in first-generation college student voices. *Personality and Social Psychology Bulletin*, 1-14. <http://dx.doi.org/10.1177/0146167220908382>

Landa, I., Bono, T. J., English, T. (2019). Mood regulation and relationship quality predict change in homesickness during college. *British Journal of Psychology*, 111(1), 55-69. <http://dx.doi.org/10.1111/bjop.12386>

Amirkhan, J. H., **Landa, I.**, & Huff, S. (2017) Seeking signs of stress overload: Symptoms and behaviors. *International Journal of Stress Management*. <http://dx.doi.org/10.1037/str0000066>

Gino, G., Jackson, M. C., **Landa, I.**, Buonora, P., & Thoman, D. B. (2016). Science that matters: The importance of a cultural connection in underrepresented students' science pursuit. *Cell Biology Education-Life Sciences Education*, 15(42), 1-12. <http://dx.doi.org/10.1187/cbe.16-01-0067>

MANUSCRIPTS IN PREPARATION/UNDER REVIEW

Landa, I., Johnson, J., Maher, J. M., Gregory, M. EPIC TA training: Cultivating teaching skills through inclusive learning communities. Under review at *To Improve the Academy Journal*.

Landa, I., Farero, A., Brady, L., & Fryberg, S. Culturally-responsive, hierarchical, team-based mentorship model in the academy.

Landa, I., Farero, A., Brady, L., & Fryberg, S. Culturally-responsive, hierarchical, team-based mentorship model in the academy.

FELLOWSHIPS

2016-2021 [Chancellor's Graduate Fellow](#), Washington University in St. Louis

RESEARCH POSITIONS

Postdoctoral Research Fellow

Summer 2021-Present

University of Michigan

Design, implement, evaluate a summer research program to improve mentorship for and representation of Indigenous scholars in science.

Program Evaluation

Summer 2019-Spring 2021

Washington University in St. Louis, The Center for Teaching and Learning

Conduct qualitative and quantitative data analysis to determine the efficacy of the Exploring Practices in the Classroom ([EPIC](#)) program, a university-wide interdisciplinary program for graduate students in their first years who are interested in learning more about and participating in pedagogical conversations across campuses and disciplines.

Statistical Consultant

Spring 2018

Washington University in St. Louis, Sam Fox School of Art and Design

Conducted qualitative and quantitative data analysis for a department-wide survey on bias and inclusion for the Women in Art and Design (WIAD).

Lab Coordinator

Fall 2017-Spring 2018, Fall 2019-Spring 2020

Washington University in St. Louis

Coordinate lab meetings, Research assistant recruitment, orientation, training, and mentorship of 20+ undergraduates
PI: Tammy English

Graduate Research Assistant

Fall 2014-Spring 2016

California State University, Long Beach

National Science Foundation DRL-1420271—Understanding the role of cultural and career purpose orientations in underrepresented minority science student success (9/2014 – 8/2017)

Coordinate and moderate focus groups and individual interviews
Distribute online Qualtrics survey and compensate participants
Manage longitudinal dataset of 700+ student participants
Run participants through experimental pilot lab study
PI: Dustin B. Thoman

Undergraduate Honors Thesis

Spring 2012-Spring 2014

California State University, Long Beach

Validation of the Stress Overload Scale (SOS; Amirkhan, 2012), and investigation of the feasibility of a short version of the SOS.

Recruit participants in a diverse community, Manage data for 400+ community participants
Conduct secondary analyses for honors thesis
Title: Physical symptoms as observable indicators of psychological stress
PI: James H. Amirkhan

Undergraduate Summer Research Intern**Summer 2013***Research Experience for Undergraduates (REU) at the University of Cincinnati, Ohio*

Assist in data collection for a study linking cognitive vulnerabilities and difficulty in smoking cessation.

Attend weekly lab meetings, research talks, and professional development workshops

Conduct a secondary analysis for REU symposium and poster session

Title: The moderating role of intolerance of uncertainty in the association between affective distress tolerance and symptoms of anxiety and depression

PI: Alison C. McLeish

SPECIALIZED SKILLS

Qualitative Methods

- Focus groups, interviews, Grounded Theory, Content Analysis

Quantitative Methods

- Longitudinal and time series data analysis – daily diaries, experience sampling methods, multiple regression, factor analysis, multilevel (longitudinal) modeling.
- SPSS, R, JASP, and working knowledge of Mplus
- [Graduate Certificate in Quantitative Data Analysis](#) (completed December, 2018)
- [APA Advanced Training Institute on Intensive Longitudinal Data Analysis](#) (completed June 2019)
 - Instructors: Nial Bolger, Jean-Philippe Laurenceau, Nilam Ram, Kevin Grimm

ACADEMIC HONORS AND AWARDS

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| 2020 | Society for Personality and Social Psychology Heritage Dissertation Research Award |
| 2020 | Psychological & Brain Sciences Department Dissertation Research Grant, <i>“Clear Adjustment: Status Self-Concept Clarity and Emotion Regulation,” Washington University in St. Louis</i> |
| 2017 | Graduate Student Diversity Travel Award, The Society for the Psychological Study of Social Issues |
| 2017 | Psychological and Brain Sciences Departmental Research Grant, <i>“Campus Culture and Day-to-Day Emotions,” Washington University in St. Louis</i> |
| 2015 | Graduate Student Travel Fellowship-Hispanic Opportunities for Graduate Access and Retention (HOGAR), California State University, Long Beach |
| 2015-2016 | Sally Casanova Pre-Doctoral Scholar , CA State University Office of the Chancellor |
| 2015 | 1 st Place in the 43 rd Annual CSULB Psychology Day Poster Research Fair |
| 2014 | 2 nd Place in the 28 th Annual California State University Statewide Student Research Competition in the category of Health, Nutrition, & Clinical Sciences. Oral presentation held at California State University, East Bay |
| 2014 | 2 nd Place in the 26 th Annual California State University, Long Beach Student Research Competition Oral presentation in the category of Health, Nutrition, & Clinical Sciences |
| 2014 | Outstanding Senior in Psychology, California State University, Long Beach |
| 2014 | Lucio Morales Academic Achievement Award |
| 2013-2014 | NIH-Maximizing Access to Research Careers (MARC) Scholar : A National Institutes of Health (NIH) sponsored program (NIH GM008074) that provides intensive research training. |
| 2013-2014 | Psychology Honors Program: Extensive research training and the opportunity to develop and defend an independent senior thesis. |

MENTORSHIP EXPERIENCE

Program Director of the [Indigenous Summer Research Program](#) @ University of Michigan

Mentorship Training

- Developed a brief mentorship training workshop for Graduate Student Mentors based on our Culturally-Responsive, Hierarchical, Team-Based Mentorship Model
- Participated in the following mentorship workshops led by the [Michigan Institute for Clinical Health Research Mentoring Academy](#)
 - Aligning Expectations
 - Maintaining Effective Communication

Mentoring

- Mentored the following undergraduate and graduate students, and staff in the following iterations of the program:
 - Summer 2022 - 10 undergraduate students, 4 graduate students, 4 staff members

Mentored the following undergraduate Honors Thesis students:

- Association Between Attachment Styles and Interpersonal Emotion Regulation
 - Honors Thesis student: Kyra Hamerling-Potts, Spring 2020 – Summer 2021
- In the Eye of the Beholder: Emotional Attention, Clarity, and Art Preference
 - Honors Thesis student: Ella Sudit, Fall 2018 – Spring 2019
- Positive Emotion Regulation Mechanisms: The Effects of Physical Activity on Well-being
 - Honors Thesis student: Deborah Shear, Fall 2017 – Spring 2018
- Cyber-screening: The Effects of Self-esteem, Social Comparisons on Social Outcomes
 - Honors Thesis student: Danielle Scharf, Fall 2017 – Spring 18

TEACHING EXPERIENCE

Washington University in St. Louis

Assistant to the Instructor: 3011 Experimental Psychology, Fall 2020
 Assistant to the Instructor: 353 Personality Psychology, Fall 2019
 Assistant to the Instructor: 301 Experimental Psychology, Spring 2019
 Instructor of Record, First-Year Seminar: Introduction to Psychology, Spring 2018

PROFESSIONAL SERVICE

University and Departmental Service

Chair, Psychology Graduate Student Association, Diversity Committee Summer 2018-Spring 2020

Washington University in St. Louis

- Assisted in organizing a Professional Development Panel Discussion entitled, “Invisible Disadvantage: Socioeconomic Diversity in the Classroom and Beyond”
- Co-organized bimonthly social events centered on increasing awareness of diversity issues
- Coordinated events with local College Prep Program for high school students
- Distribute department-wide social climate survey

Commission on Diversity and Inclusion, Graduate Committee**Fall 2017***Washington University in St. Louis*

Worked with other graduate students, faculty, and administrators to prioritize steps toward a more inclusive environment with the end goal of recruiting, retaining, and matriculating graduate students

Professional Service**Ad-Hoc Reviewer** *Cognition and Emotion***Reviewer for Society for Psychological Study of Social Issues 2018****Spring 2018***Washington University in St. Louis*

Reviewed submitted abstracts to SPSSI

PROFESSIONAL ORGANIZATIONS AND CERTIFICATION

2017-2018	International Society for Research on Emotion
2017-present	Society for the Psychological Study of Social Issues
2015-present	Association for Psychological Science
2015-present	Society for Personality and Social Psychology
2013-2016	American Psychological Association Student Affiliate
2011-present	Psi Chi International Honor Society in Psychology

PRESENTATIONS

Landa, I., & English, T. (2021, April). Clear Adjustment: Status Self-Concept Clarity and Emotion Regulation. To be presented at the annual Society for Affective Science conference to be held virtually (due to the COVID-19 pandemic).

Hamerling-Potts, K., Springstein, T., **Landa, I., & English, T.** (2021, April). Attachment and Interpersonal Emotion Regulation. To be presented at the annual Society for Affective Science conference to be held virtually (due to the COVID-19 pandemic).

Hamerling-Potts, K., Springstein, T., **Landa, I., & English, T.** (2021, February). What are we seeking when regulating close others? Exploring how attachment is linked to interpersonal emotion regulation motives. To be presented at the annual Society for Personality and Social Psychology Convention to be held virtually.

Johnson, J., Maher, J. M., Gregory, M., **Landa, I.** (2020, November). Supporting TAs in inclusive learning communities: Evidence of skill development. Talk presented virtually (due to the COVID-19 pandemic) at the 2020 Professional and Organizational Development (POD) Network Conference in Seattle, WA.

Landa, I., & English, T. (2020, May). Social fit and authenticity: Dynamic social and emotional processes in daily interactions. Chair of symposium: Person-environment fit Across time and cultural levels of analysis. Other speakers: Audrey Aday & Nicole Senft. Symposium accepted at the Association for Psychological Science, Chicago, IL.

Landa, I., & English, T. (2020, February). Temporal fluctuations in authenticity predict greater emotion regulation and decreased social and emotional adjustment. Poster presented at the Society for Personality and Social Psychology in New Orleans, LA.

- Maher, J. M., Johnson, J., Gregory, M., **Landa, I.** (2019, October). Using learning communities to engage TAs as future faculty. Poster presented at the Center for the Integration of Research, Teaching, and Learning (CIRTL) Forum in Philadelphia, PA.
- Sudit, E., **Landa, I.**, & English, T. (2019, April). In the eye of the beholder: The role of emotional awareness in art preference. Poster presented at the annual Undergraduate Research Symposium at Washington University in St. Louis, St. Louis, MO.
- Landa, I.**, & English, T. (2019, March). Emotional awareness and emotion regulation strategy selection. Poster to be presented at the Society for Affective Science, Boston, MA.
- Landa, I.**, Bono, T. J., & English, T. (2019, February). Subterranean homesick blues: Mood regulation and relationship quality as predictors of change during college. Poster presented at the Graduate Research Symposium, Washington University in St. Louis, St. Louis, MO.
- Landa, I.**, & English, T. (2019, February). Emotion regulation variability and adjustment among college students, Poster presented at the Society for Personality and Social Psychology, Portland, OR
- Landa, I.**, & Covarrubias, R. (2018, June). Family achievement guilt vs homesickness, leaving family behind or grief? Talk to be presented at the Society for the Psychological Study of Social Issues, Pittsburgh, PA
- Shear, D., **Landa, I.**, English, T. (2018, April). Working out your emotions: Effect of physical activity on positive emotion regulation. Poster presented at the annual Undergraduate Research Symposium at Washington University in St. Louis, St. Louis, MO.
- Scharf, D., **Landa, I.**, English, T. (2018, April). Cyber-screening: The effects of self-esteem and social comparisons on social outcomes. Poster presented at the annual Undergraduate Research Symposium at Washington University in St. Louis, St. Louis, MO.
- Landa, I.**, & English, T. (2018, March). Fitting in day-to-day: Belonging uncertainty influences variability in negative affect. Poster to be presented at the Illinois Diversity Summit, IL.
- Landa, I.**, English, T. (2017, October). To be or not to be (myself): Why and how social fit impacts avoidance. Poster presented at the Purpose in a Diverse Society Symposium, St. Louis, MO.
- Landa, I.**, & Covarrubias, R. (2017, June). Expanding and refining first-generation college students' family achievement guilt. Talk presented at the Society for the Psychological Study of Social Issues, Albuquerque, NM.
- Landa, I.**, English, T., & Bono, T. (2017, July). I can't get no: Homesickness and college satisfaction across time among first-year college students. Poster to be presented at the biannual International Society for Research on Emotion conference, St. Louis, MO.
- Landa, I.**, English, T., & Bono, T. (2017, July). Protecting against homesickness: A longitudinal study among first-year college students. Talk presented at the Social/Personality Brown Bag, Psychological and Brain Sciences Department, Washington University in St. Louis, Saint Louis, MO.
- Landa, I.**, English, T., & Bono, T. (2017, January). On the bright side: Predictors of decline in homesickness among first-year college students. Poster presented at the 18th annual Society for Personality and Social Psychology Convention, San Antonio, TX.

- Galvez, G., **Landa, I.**, Lira, A. K., Jackson, M. C., Buonora, P., & Thoman, D. B. (2016, February). The importance of a cultural connection in understanding students' science pursuit. Presented at the 8th annual Understanding Interventions that Broaden Participation in Science Careers, Philadelphia, PA.
- Amirkhan, J., **Landa, I.**, & Huff, S. (2016, March). Symptoms and behaviors as signs of stress overload. Poster presented at the annual meeting of the American Psychosomatic Society, Denver, CO
- Landa, I.**, Flores, R. D, Jackson, M. C., & Thoman, D. B. (2016, February). Let's not talk about it: The ironic harm of avoiding talking about STEM interest to protect belonging. Presented at the 17th annual Society for Personality and Social Psychology Convention, San Diego, CA.
- Brown, E. R., Allen, J. M., Smith, J. L., Collins, C., **Landa, I.**, Curti, C., Muragishi, G., & Thoman, D. B. (2016). Forecasting belonging: How other people can benefit from communal and agentic strategies when regulating belonging in group settings. Presented at the 17th annual Society for Personality and Social Psychology Convention, San Diego, CA.
- Lira, A. K., **Landa, I.**, and Galvez, G. (2015). Examining interest in science among freshman URM students: A qualitative study. Poster presentation at the 1st Annual Building Infrastructure Leading to Diversity (BUILD) research fair at California State University, Long Beach.
- Landa, I.**, & Thoman, D. B. (2015). No soy de aquí ni soy de allá: Integrating who I am at home with who I am in science. Poster presentation at the 43rd Annual Psychology Day Research Fair at California State University, Long Beach. Won first place for proposed projects.
- Landa, I.**, & Amirkhan, J. H. (2014). Gastrointestinal Disturbances as Somatic Indicators of Psychological Stress. Oral presentation of thesis the 28th Annual Statewide Research Competition at California State University, East Bay. Won 2nd place.
- Landa, I.**, Amirkhan, J. H. (2014). Physical symptoms as observable indicators of psychological stress. Oral presentation of thesis the 26th Annual Student Research Competition at California State University, Long Beach. Won 2nd place.
- Landa, I.**, McLeish, A. C. (2013). The moderating role of intolerance of uncertainty in the association between affective distress tolerance and symptoms of anxiety and depression. Poster presented at the NIH sponsored Annual Biomedical Research Conference for Minority Students, Nashville, TN.