

November, 2016

Curriculum Vitae

Angela A. Sillars

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Education

2014-Present Ph.D., Developmental Psychology, University of California, Riverside,
Riverside, CA

2008 B.A., Long Island University Global, Brooklyn, New York

Research Interests

My research focuses on understanding the ways in which people's thoughts influence their emotions. I am interested in the development of appraisals and emotion regulation strategies and associated outcomes. Another aim of my research is to investigate interventions that address children's emotional and social development and parents' and teachers' understanding of children's emotions, such as mindfulness programs for youth, restorative justice in schools, and parent support programs.

Fellowship and Awards

Chancellor's Distinguished Fellowship, UCR, 2014-2015
Echoing Green Fellowship Semifinalist, 2008

Peer-Reviewed Conference Proceedings

Sillars, A. A., Davis, E. L. (submitted). *Developmental Differences in Cognitive Emotion Regulation Strategies*. Poster submitted to the Society for Research in Child Development, Austin, TX.

Sillars, A. A., Davis, E. L. (submitted). *Gender Differences in Challenge Appraisals Made By Young Children and Young Adults*. Poster submitted to the Society for Research in Child Development, Austin, TX.

Trainer, A., **Sillars, A. A.,** McDonald, A., & Davis, E. L. (May, 2016). *Discordance between parents' and children's reports of children's emotion regulation strategy use*. Poster presented at the Convention of the Association for Psychological Science, Chicago, IL.

Nekkanti, A., Parsafar, P., Shih, E., **Sillars, A. A.**, Nicolaidis, C., Bishara, L., Witcher, L., Broom, N., Tools for Peace, Davis, E. L. (May, 2016). *Mindfulness improves youths' emotional awareness by increasing emotion regulation*. Poster presented at the Convention of the Association for Psychological Science, Chicago, IL.

Sillars, A. A., Armstrong, J., McDonald, A., & Davis, E. L. (April, 2016). *Changing your thoughts to change your feelings: Emotion regulation strategy use in childhood and young adulthood*. Poster presented at the Convention of the Western Psychological Association, Long Beach, CA.

Nekkanti, A., Parsafar, P., Nicolaidis, C., Shih, E., **Sillars, A. A.**, Bishara, L., Witcher, L., Price, J., Broom, N., Tools for Peace, Davis E. L (May 2016). *Mindfulness meditation training increases cognitive control and emotion regulation and decreases school avoidance for youth*. Poster presented at Western Psychological Association Convention, Long Beach, CA.

Trainer, A., McDonald, A., **Sillars, A. A.**, & Davis, E. L. (April, 2016). *Parents overestimate children's behavioral and cognitive emotion regulation strategy repertoires*. Poster presented at the UCR Undergraduate Research Symposium, Riverside, CA.

Nekkanti, A., Parsafar, P., Shih, E., **Sillars, A.**, Nicolaidis, C., Bishara, L., Witcher, L., Broom, N., Tools for Peace, Davis, E. L. (February 2016). *Mindfulness meditation training at a summer camp improves youths' stress management and coping self-efficacy*. Poster presented at UC San Diego Bridging the Hearts and Minds of Youth Conference, San Diego, CA.

Shih, E. W., Bishara, L., Parsafar, P., Nicolaidis, C., **Sillars, A. A.**, Nekkanti, A., Price, J., Witcher, L., & Davis, E. L. (February 2016) *The effects of mindfulness meditation on youth's socioemotional functioning and psychophysiology*. Symposium presented at the Annual Meeting of UC San Diego School of Medicine's Bridging the Hearts and Minds of Youth, San Diego, CA.

Sillars, A. A., & Davis, E. L. (September, 2015). *Resting RSA supports children's challenge appraisals in negative emotion contexts*. Poster presented at the Meeting of the Society for Psychophysiological Research, Seattle, WA.

Sillars, A. A., & Davis, E. L. (May, 2015). *The development of challenge and threat appraisals in childhood: Age and emotion contexts predict appraisals*. Poster presented at the Convention of the Association for Psychological Science, New York, NY.

Invited Talks

Sillars, A. A. (2016, May). *Deciding to change your feelings: Challenge appraisals and emotion regulation strategies*. Talk presented at University of California, Riverside Developmental Brown Bag, Riverside, CA.

Sillars, A. A., Forristal, T., Rosen-Prince, J., Aguilar, M., Shima, A. (2014, March). *The work of children: Curriculum for experimentation and exploration*. Workshop presented at the California Convention of Parent Participation Nursery Schools, Los Angeles, CA.

Professional Presentations

Sillars, A. A., Frost, R., & Chihuahua, A. (June, 2014). *Hair-Tugs, laughs, and tears: Responding to big feelings in early childhood*. Workshop presented at the Education Resource Organization Conference, New York, NY.

Accardi, J., Park, D., & **Sillars, A. A.** (August, 2013). *Curriculum development, team building, and communication*. Workshop presented at the Play Mountain Place School Faculty Teacher Training Workshop Weeks, Los Angeles, CA.

Teaching Assistantships

Psych 2 Introduction to Psychology Fall 2016
Psych 12 Research Methods Summer 2016
Psych 2 Introduction to Psychology Spring 2016
Psych 12 Research Methods Winter 2016
Psych 2 Introduction to Psychology Fall 2015

Association Memberships

Society for Research in Child Development
Association for Psychological Science
Society for Psychophysiological Research