

Samantha Iwinski

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Education

Bachelor of Science in Clinical Psychology
University of Illinois Champaign-Urbana

Graduated: May 2018
GPA: 3.6/4.0

Ph. D. in Human Development and Family Studies
University of Illinois Champaign-Urbana

Expected Graduation: 2023

Professional and Research Experience

STRONG Kids 2 Research and Education Program

- **Protective Parents Gut-Brain Subproject (January 2018-Present):** The purpose of this study is to learn more about links between mothers' brain processes and their gut bacteria, and to also learn more about associations between microbiome, executive function, and emotion regulation in mothers and their children.
 - Primary responsibilities include: coordinating appointments with fMRI team and Strong Kids team, overseeing and conducting mother-child laboratory procedures involving mother-child interaction, child executive function tasks, and child emotion regulation tasks.
- **Bright Kids (July 2018-Present):** This study aims to understand the relationship between the child's current health status, behaviors, thinking abilities, and their early life developmental factors.
 - Primary responsibilities include: coordinating appointments, performing Woodcock Johnson tasks, supervising and conducting cognitive games/tests, administering Dual-energy X-ray absorptiometry scans (DEXA), administering and analyzing Electroencephalography (EEG) and behavioral data after cognitive tasks, motor and activity, and diet records using Nutrition Data System for Research (NDSR).
- **Protective Parents Subproject (September 2016-May 2018):** The purpose of this longitudinal study is to examine the interaction between biological and environmental factors important for the development of young children.
 - Primary responsibilities included: analyzing observed child and caregiver attachment styles during the home visits; facilitated home visits and behavioral tasks while performing executive function tasks with participants, and coded responsive and unresponsive feeding behaviors during family mealtime.
- **Behavioral Associations with Thinking in Kids (BAT Kids; May 2017- May 2018):** This study aims to examine the relation between nutrition, physical activity, and cognition during childhood and adolescence.
 - Primary responsibilities include: administering and analyzing Electroencephalography (EEG) and behavior data after cognitive tasks, motor and activity data, and diet records using Nutrition Data System for Research (NDSR). I also facilitate Woodcock Johnson Tasks, and Dual-energy X-ray absorptiometry scans (DEXA).

- **ACE IT Instructor: Alcohol Safety**
 - Provided knowledge and harm reduction techniques to keep students safe
 - Facilitated around 10,000 students regarding alcohol safety for UIUC in two-hour sessions

Abstracts and Manuscripts

Cannavale, C.N., Walk, A.M., Lui, R., **Iwinski, S.J.**, McLoughlin, G., Gholson, L.M., Khan, N.A. *The Relationship between Adiposity and Cognitive Function in Early Childhood*. Poster Presentation at the American Society for Nutrition 2018.

Cannavale, C.N., Walk, A.M., Lui, R., **Iwinski, S.J.**, McLoughlin, G., Gholson, L.M., Khan, N.A. *Birth weight for gestational age attenuates the relationship between adiposity and early academic skills in a sexually dimorphic manner*. Poster Presentation at The First 1000 Days Symposium. University of Illinois, 2018.

Edwards, C.G., Cannavale, C.N., Flemming, I., **Iwinski, S.J.**, Walk, A.M., Renzi-Hammond, L., Khan, N.A. *Skin and Macular Carotenoids and Their Implications for Cognitive Control and Achievement in Children*. Oral session at the American Society for Nutrition, Baltimore, Maryland, 2019.

Manuscript (in progress)

Khan, N.A., Cannavale, C.N., **Iwinski, S.J.**, Liu, R., McLoughlin, G.M., Steinberg, L.G., & Walk, A.D.M. *Visceral adiposity and diet quality differentially influence cognitive abilities and early academic skills among preschool-age children*.

Iwinski, S., Bost, K., Saltzman, J., Donovan, S., Chong Cole, N. *The influence of child attachment security on the relationship between feeding responsiveness and picky eating behavior*.

Presentations

Posters: University of Illinois Urbana-Champaign

Iwinski, S. (2018). *“The influence of child attachment security on the relationship between feeding responsiveness and picky eating behavior”*. Session presented at Undergraduate Research Symposium, University of Illinois.

Iwinski, S. (2018). *“The influence of child attachment security on the relationship between feeding responsiveness and picky eating behavior”*. Session presented at the Psychology Honors Research Symposium, University of Illinois.

Posters: National Conferences

Iwinski, S., Bost, K., Saltzman, J., Donovan, S., Chong Cole, N. *The influence of child attachment security on the relationship between feeding responsiveness and picky eating behavior (2019)*. Poster submitted to the Biennial Meeting Program of the Society for Research in Child Development, Baltimore, Maryland.

Iwinski, S., Khan, N., Cannavale, C., Walk, A., Liu, R., McLoughlin, G. *Interrelationships between household chaos, children’s ADHD tendencies, and diet quality (2019)*. Oral Presentation submitted to the American Society for Nutrition, Baltimore, Maryland.

Scholarships and Awards

Bachelor's Honors Thesis

Thesis Titled: The Influence of Child Attachment Security on the Relationship between Feeding Responsiveness and Picky Eating Behavior

-Examined Parent Feeding Responsiveness, Child Attachment Security, and Picky Eating Behavior using surveys and data collection during a home visit session.

Thesis Advisors: Dr. Kelly Bost, Ph.D., Dr. Jaclyn Saltzman, MPH, Ph.D.

Roger B. Smith Scholarship Recipient (2017-2018)

Leadership Roles

ASAP Member

-Informed students on how to recognize the spectrum of alcohol use

-Assisted students to find a balance of academic, professional, and social goals

University of Illinois

August 2016-May 2018

Undergraduate Psychology Association

-Involvement within the community through weekly meetings

University of Illinois

August 2016-May 2018

Skills

Languages

-American Sign Language, intermediate level

Microsoft Office Skills

-Proficient knowledge of Microsoft Word, Excel, and Power Point

Statistical Package for the Social Science

-Considerable knowledge of data entry, variable creation, and multivariate statistical analyses.

CPR Certified

-CPR certified for infant, child, and adult individuals

Nutrition Data System for Research (NDSR)

-Abundance of knowledge in data entry, analyzing output data, and training in NDSR

Memberships in Professional Organizations

American Society of Nutrition

2018-Present

Society of Research in Child Development

2018-Present

References

Dr. Kelly Bost, Ph.D.: kbost@illinois.edu

Dr. Naiman Khan, Ph.D., R.D: nakhan2@illinois.edu

Dr. Jaclyn Saltzman, MPH, Ph.D.: jsaltzman@hsph.harvard.edu