

Lauren Chrzanowski, B.S.
Curriculum Vitae

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EDUCATION

2020 Bachelor of Science in Humanities and Social and Behavioral Sciences - *Cum Laude*. Central Michigan University, Honors Program.
Major: Neuroscience

ACADEMIC HONORS AND AWARDS

2020 *Certificate of Excellence in Research Presentation*, Central Michigan University

2016-2020 *Academic Prestige Scholarship*, Central Michigan University

2019-2020 *Dean's List*, Central Michigan University

2016-2018 *Dean's List*, Central Michigan University

2015-2016 *President's List*, Central Michigan University

PUBLICATIONS

1. **Chrzanowski, L.**, Singer, J., Elliott, L., Rerick, P., Molinar-Lopez, V., Neugebauer, V. (*in prep*). Investigation of chronic pain biomarkers indicative of cognitive decline in rural Texas: A Project FRONTIER Study.
2. **Chrzanowski, L.**, Singer, J., McLean, E. (*in prep*). Investigating the relationship between psychosocial factors and empathetic pain in caregivers of persons with a life limiting illness.
3. Jump, A., **Chrzanowski, L.**, Kelley, J., Singer, J., McLean, E. (*in prep*). Role Centrality as a Moderator of Grief.
4. Schneider, S., Livingston, T., **Chrzanowski, L.**, Singer, J. (*in prep*). The feelings of power scale for caregivers: development, exploratory, and confirmatory analysis.

CONFERENCE PRESENTATIONS

1. **Chrzanowski, L.**, Mclean, E., Singer, J. (*under review*). Investigating the relationship between pre-death grief and empathetic pain in care partners of persons with a life

limiting illness. [Poster presentation]. Association for Death Education and Counseling (ADEC). Houston, TX, USA.

2. **Chrzanowski, L.**, Singer, J., Elliott, L., Rerick, P., Molinar-Lopez, V., Neugebauer, V. (*under review*). Investigation of chronic pain biomarkers indicative of cognitive decline in rural Texas: A Project FRONTIER Study. [Poster presentation]. Texas Alzheimer's Research and Care Consortium (TARCC). Austin, TX, USA.
3. Jump, A., **Chrzanowski, L.**, Kelley, J., Singer, J., McLean, E. (*under review*). Role centrality as a moderator of grief. [Poster presentation]. Southwestern Psychological Association (SWPA). San Antonio, TX, USA.
4. Jump, A., Singer, J., Fadalla, C., **Chrzanowski, L.**, Molinar-Lopez, V., Neugebauer, V. (*under review*). Examining Differences in Neurocognitive Functioning between Aging Hispanics who Preferred Assessments in Spanish vs. English: A Project FRONTIER Study. [Poster presentation]. Texas Alzheimer's Research and Care Consortium (TARCC). Austin, TX, USA.
5. **Chrzanowski, L.**, Rossignol, J., Srinageshwar, B. (2019, December). Treatments for Neuropsychiatric Symptoms in Alzheimer's Dementia. [Poster presentation]. 2019 Honors Research and Creative Endeavors Exhibition, Mount Pleasant, MI, USA.

RESEARCH EXPERIENCE

2023-Present

Research Coordinator

Grief and Response to Illness into Late Life (GRILL) Lab

Principal Investigator: Jonathan Singer, Ph.D.

Responsibilities: managing and training a multidisciplinary research assistant staff (training topics include but are not limited to: data collection, data sorting, data analysis in SPSS, APA style writing, manuscript authorship, poster presentation, literature review); scoring neurocognitive assessments; submitting and maintaining IRB approval; building protocols; writing and submitting manuscripts; participant recruitment, screening, and consent; survey building and administration through HIPAA compliant servers such as Qualtrics; data management; leading a recreation-based intervention for individuals with dementia, Parkinson's, and their caregivers; consulting on projects for experts in bereavement and thanatology fields, including colleagues at Cornell and Fred Hutchinson Cancer Center; helping with organization of NIA funded study on adapting DBT to reduce indirect suicide ideation.

2015-2020

Research Assistant

Field Neurosciences Institute Laboratory for Restorative Neurology

Principal Investigators: Gary Dunbar, Ph.D.; Julien Rossignol, Ph.D.

Responsibilities: conducted *in vitro* work with neural stem cells (i.e., F98s, mNSCs) including stem cell proliferation and culture maintenance; conducted histology (e.g., immunohistochemistry, immunofluorescence)

with brain and spine tissue samples to yield analyzable data (e.g. mapping tumor growth); observed and performed disease induction neurosurgeries on rodent models (i.e., glioblastoma, spinal cord injury, stroke); performed qPCR on isolated strains of Zika virus; collected animal behavior data used to analyze Parkinsonian lesions, Alzheimer's Disease, ALS, and spinal cord injury; authored manuscripts; assisted with poster presentations.

2017-2018

Research Assistant

Biosciences Research Lab at Central Michigan University

Principal Investigator: Shasta Sabo, Ph.D.

Responsibilities: optimized protocols (*in vitro* rat neuronal stem cell proliferation, imaging); imaged neurons via multiple microscopy techniques (e.g., immunofluorescence, electron scanning); harvested rat neuronal stem cells; maintained rat neuronal stem cell cultures throughout drug exposures; collected data regarding G protein-coupled receptor and dendritic response to drug therapies for de novo autism; assisted in planning future experiments (e.g., neuronal response to ketamine as a proposed therapeutic option for depression).

CLINICAL EXPERIENCE

2020-2023

Henry Ford OptimEyes, Fort Gratiot, MI

(Supervisors: David Dudek, Stacie Hernandez)

- Effectively communicated clinical diagnoses and prescription information from providers to patients, mostly over the age of 65.
- Partnered with a local assisted living facility to maintain residents' eye health.
- Verified insurance information and retrieved authorizations to ensure proper billing.
- Triage emergency calls.
- Maintained accurate patient records in accordance with HIPAA laws.
- Donated annually to Alzheimer's research fund at Henry Ford Health.

2018-2020

Stone Lodge Memory Care Facility, Shepherd, MI

(Supervisors: Mary Jo Gibbons; Lois Montgomery)

- Led cognitive exercise/therapy activities such as reminiscing, puzzles, and mindful breathing.
- Led physical therapy activities such as balloon volleyball and chair yoga.

- Led occupational therapy activities such as activity boards, sorting and folding laundry, and cooking.
- Reminiscenced with residents as part of their memory care.
- Comforted residents experiencing neuropsychiatric symptoms such as agitation, aggression, and anxiety.
- Read to and monitored residents as they reached end-of-life stages.
- Oversaw all 12 residents during staff meetings.
- Engaged residents in meaningful activities (e.g., crafts, decorating for holidays).
- Adapted activities to each individual's ability and interest.
- Assisted with meals (i.e., preparation, feeding residents who could no longer eat on their own).
- Communicated effectively and kindly with all residents of varying speech production and comprehension abilities.
- Shared updates with and responded to requests/questions from visiting family members.

2017

McLaren Central Michigan, Mount Pleasant, MI
(Supervisor: Brenda Hood)

- Efficiently communicated with emergency and outpatient clients as they arrived at the hospital.
- Maintained updated patient profiles (e.g., insurance information, procedure dates) in accordance with HIPAA laws.
- Effectively managed high-stress situations to maintain superior patient care.

PROFESSIONAL AFFILIATIONS AND MEMBERSHIPS

2023-Present	West Texas Society for Neuroscience, Lubbock, TX <i>Member, Psychology Representative</i>
2018-2020	Complementary Medicine at Central, Mount Pleasant, MI <i>Executive Board Member, President and Founder</i>
2017-2020	Chess Club, Mount Pleasant, MI <i>Executive Board Member, Vice President, Treasurer</i>
2016-2019	St. Jude Up 'Til Dawn, Mount Pleasant, MI <i>Executive Board Member, Sponsorship Chair</i>
2016-2018	Central Neuroscience Society, Mount Pleasant, MI <i>Executive Board Member, Public Relations Chair</i>

RESEARCH SKILLS

- Writing and editing manuscripts; data collection and entry; data analysis in SPSS; building and submitting IRB protocols/modifications; literature reviews; transcribing qualitative interviews; performing intake screenings to determine eligibility; participant recruitment; scoring neurocognitive assessments (including RBANS, CLOX, NEO, CVLT); creating and editing surveys; data management in Qualtrics; *in vivo* rodent model imaging; *in vitro* mammalian cell management; immunohistochemistry; microscopy.

LEADERSHIP

2023-Present	<i>Undergraduate Mentor</i> , Texas Tech University, Lubbock, TX
2019	<i>Assistant Coach</i> , Mount Pleasant High School Tennis, Mount Pleasant, MI
2018	<i>Graduate</i> , LeaderShape Institute, Central Michigan University, Albion, MI
2018	<i>Coordinator</i> , Mid-Michigan Brain Bee, Central Michigan University Health Professions, Mount Pleasant, MI
2018	<i>Coordinator</i> , “Experiences in Pediatric Oncology,” Central Michigan University, Mount Pleasant, MI
2017	<i>Student</i> , David Garcia Project, Central Michigan University Leadership Institute, Mount Pleasant, MI
2016-2017	<i>Mentor</i> , Lunch Buddies Mentoring, Central Michigan University, Mount Pleasant, MI
2016	<i>Student</i> , Leadership Safari, Central Michigan University, Mount Pleasant, MI