

Maria Eugenia Panero

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Current Position

September 2018 – present **Research Associate and Project Manager**
Yale Center for Emotional Intelligence, Yale University

Education

- 2018 **Ph.D., Social Psychology**
Certificate in College Teaching
Boston College, Chestnut Hill, MA
Advisor: Ellen Winner
Dissertation: *Dissociation, Flow, and Empathy after a Monologue Performance*
- 2015 **M.A., Developmental Psychology**
Boston College, Chestnut Hill, MA
Advisor: Ellen Winner
Thesis: *Unpacking the Link between Dissociation and Acting*
- 2012 **M.S., General Psychology, *summa cum laude***
Nova Southeastern University, Ft. Lauderdale, FL
Advisor: Steven N. Gold
- 2008 **Certificate of Completion, Musical Theater two-year Professional Workshop**
Circle in the Square Theatre School, New York, NY
- 2006 **B.A. English, *cum laude***
Certificate in Film Studies
Florida International University, Miami, FL

Peer-Reviewed Publications

Panero, M. E., Michaels, L., & Winner, E. (in press). Becoming a character: Dissociation in conservatory acting students. *Journal of Trauma and Dissociation*.

- Panero, M. E.** (2019). A psychological exploration of the experience of acting. *Creativity Research Journal*. doi: 10.1080/10400419.2019.1667944
- Panero, M. E.**, Weisberg, D. S., Black, J., Goldstein, T. R., Barnes, J. L., Brownell, H., & Winner, E. (2017). No support for the claim that literary fiction uniquely and immediately improves theory of mind: A reply to Kidd and Castano's commentary on Panero et al. (2016). *Journal of Personality and Social Psychology*, 112(3), e5-e8. doi:10.1037/pspa0000079
- Panero, M. E.**, Weisberg, D. S., Black, J., Goldstein, T. R., Barnes, J. L., Brownell, H., & Winner, E. (2016). Does reading a single passage of literary fiction really improve theory of mind? An attempt at replication. *Journal of Personality and Social Psychology*, 111(5), e46-e54. doi:10.1037/pspa0000064
- Panero, M. E.**, Goldstein, T. R., Rosenberg, R., Hughes, H., & Winner, E. (2016; 2015, November 23). Do actors possess traits associated with high hypnotizability? *Psychology of Aesthetics, Creativity, and the Arts*, 10(2), 233-239. doi:10.1037/aca0000044

Manuscripts under Review

- Panero, M. E.** & Winner, E. (under review). What characteristics of the actor predict quality acting? *Psychology of Aesthetics, Creativity, and the Arts*.

Manuscripts in Preparation

- Moeller, J., Ivcevic, Z., **Panero, M. E.**, & Taylor, C. L. (in preparation). Work outcomes of engaged and burned out employees.
- Panero, M. E.** (in preparation, invited chapter). Evolution of theater across cultures. In J. C. Kaufman and D. Preiss (Eds.), *Innovation and Change Across Cultures*. San Diego, CA: Academic Press.
- Panero, M. E.** & Winner, E. (in preparation). Unpacking dissociation of various artists.
- Panero, M. E.** & Winner, E. (in preparation). Literature through different mediums.
- Panero, M. E.**, Heberlein, A. S., & Winner, E. (in preparation). Examining actor/character morality using the Implicit Association Test.
- Panero, M. E.**, Russell, J. A., & Winner, E. (in preparation). Comparison of emotion theories and acting approaches.

Funding

- 2014, 2016, 2017 Summer Research Funding – \$2,000 per year awarded
Boston College Department of Psychology
- 2017 Conference Presentation Funding – \$600
Boston College Psychology Department
- 2013, 2015, 2016 Conference Presentation Funding – \$350 per year awarded
Boston College Graduate School of Arts and Sciences
- 2013, 2015, 2016 Professional Development Grant – \$250 per year awarded
Boston College Provost's Office
- 2013, 2015 Grant Funds – \$125
Boston College Graduate Student Association
- 2013 – 2018 Teaching Assistantship Stipend – \$114,050
Boston College Graduate School of Arts and Sciences
- 2013 – 2018 Tuition Scholarship – \$55,860
Boston College

Research Grant Proposed

- Submitted 2015 *What Ingredients Make for Good Acting? An Investigation into Perspective Taking, Dissociation, and Hypnotizability*
National Endowment for the Arts – \$30,000 proposed budget

Travel Awards

- 2017 Division 10 Convention Travel Award – \$400
American Psychological Association
- 2017 Travel Award for The Spring School – \$1,400
Georg-August-Universität Göttingen
- 2016 Student Travel Award – \$300
American Psychological Association
- 2014 Diversity Fund Travel Award Honorable Mention – \$250
Society for Personality and Social Psychology

Merit Award

2013 Poster Presentation Honorable Mention Award
International Society the Study of Trauma and Dissociation

Presentations

- Panero, M. E.** (2019, October). *Dissociation, Flow, and Empathy after a Monologue Performance*. Poster to be presented at the International Conference on Creativity, Emotions, and the Arts, Santander, Spain.
- Panero, M. E.,** Moeller, J., Ivcevic, Z., & Taylor, C. L. (2019, August). *Work outcomes of engaged and burned out employees*. Paper presented at the American Psychological Association annual convention, Chicago, IL.
- Panero, M. E.** (2017, December). *Outcomes of engaging with fiction*. Four research studies presented at University of Arkansas Department of Education Reform, Fayetteville, AR.
- Panero, M. E.** (2017, May). *Rating the acting moment: Dissociation, flow, and empathy after a monologue performance*. Unpublished data presented at the Boston College Graduate Research Day.
- Panero, M. E.,** Weisberg, D. S., Black, J., Goldstein, T. R., Barnes, J. L., Brownell, H., & Winner, E. (2017, March). *Does reading a single passage of literary fiction really improve theory of mind?* Paper presented at The Spring School University of Göttingen, Germany.
- Panero, M. E.,** Michaels, L., & Winner, E. (2016, August). *Becoming a character: Dissociation and acting*. In S. Pritzker & S. N. Gold (Chairs), *Skills and personality traits of performing artists*. Symposium conducted at the American Psychological Association annual convention, Denver, CO.
- Panero, M. E.,** Weisberg, D. S., Black, J., Goldstein, T. R., Barnes, J. L., Brownell, H., & Winner, E. (2016, May). *Does reading a single passage of literary fiction really improve theory of mind?* Paper presented at the Boston College Graduate Research Day.
- Panero, M. E.** (2016, April) *Oh, God*. Invited panelist for the Israeli Stage at the Arsenal Center for the Arts, Watertown, MA.
- Panero, M. E.** (2016, April) *Dog sees God*. Invited panelist for the Boston College Theatre Department, Chestnut Hill, MA.
- Panero, M. E.** (2015, May). *Becoming a character: Unpacking the link between dissociation & acting*. Unpublished data presented at the Boston College Graduate Research Day.

- Panero, M. E.**, Goldstein, T. R., Rosenberg, R., Hughes, H., & Winner, E. (2015, February). *Do actors possess traits associated with high hypnotizability?* Poster presented at the Society for Personality and Social Psychology annual convention, Long Beach, CA.
- Monde, K., **Panero, M. E.**, Kim, J., Simeon, D., & Luine, V. (2014, November). *The relationship between oxytocin and cortisol during acute psychosocial stress in a non-clinical undergraduate sample.* Poster presented at the Society for Neuroscience annual meeting, Washington, D.C.
- Monde, K., **Panero, M. E.**, Kim, J., & Simeon, D., Luine, V. (2014, November). *Differential oxytocin response as a function of dissociation during recall of an interpersonal stressful event in an undergraduate sample.* Poster presented at the Society of Biological Psychiatry meeting, New York, NY.
- Panero, M. E.** (2014, October) *Unmasking mental health: On stereotypes of people with mental illness in the arts.* Invited panelist for the Gabelli Presidential Scholars Program and the Boston College Dramatics Society, Chestnut Hill, MA.
- Panero, M. E.** (2014, May; 2014, March). *Dissociation and flow in acting students.* Poster presented at the Boston College Psychology Department Graduate Research Day, Chestnut Hill, MA; Poster presented at the Eastern Psychological Association annual meeting, Boston, MA.
- Panero, M. E.**, Monde, K., & Simeon D. (2013, November) *Dissociation and cortisol response to recall of a stressful interpersonal event in non-clinical college students.* Poster presented at the International Society for the Study of Trauma and Dissociation annual conference, Baltimore, MD. *Winner Poster Presentation Honorable Mention
- Panero, M. E.** & Michaels, L. (2013, November). *Correlation of the Activity Experiences Scale with the Dissociative Experiences Scale and the Cambridge Depersonalization Scale.* Poster presented at the International Society for the Study of Trauma and Dissociation annual conference, Baltimore, MD.
- Monde, K., Simeon, D., **Panero, M. E.**, & Luine, V. (2013, March). *The 'Stressful Event Speech': Preliminary evidence for a new social stressor for laboratory settings.* Poster presented at the Eastern Psychological Association annual meeting, New York, NY.

Media Coverage

- Heid, M. (2019, May 2). Why reading books is important for the brain. *Medium Magazine*. Retrieved from: <https://elemental.medium.com/why-reading-books-is-important-for-the-brain-d6468dc0a26a>
- Phillips, S. (2017, July 17). Sorry, reading Jane Austen doesn't make you a better person. *Zócalo*

Public Square. Retrieved from: <https://www.zocalopublicsquare.org/feature/empathy-20th-century-powerful-invention/>

Winerman, L. (2017, January). In brief: Literary fiction. *Monitor on Psychology*, 11.

Frankel, J. (2016, December 2). Reading literature won't give you superpowers. *The Atlantic*. Retrieved from: <https://www.theatlantic.com/science/archive/2016/12/should-psychologists-study-fiction/509405/>

Begley, S. (2016, November 7; 2016, October 27). Read a novel: it's just what the doctor ordered. *Time Magazine*, 58-59; *Time Magazine* online publication. Retrieved from: <https://www.time.com/4547332/reading-benefits/>

Lamon, M. (2016, October 19). A Penn study failed to find a link between reading fiction and improved social cognition. *The Daily Pennsylvanian*. Retrieved from <https://www.thedp.com/article/2016/10/mind-reading-study-connection>

NTN24 News TV. (2016, October 17). *Las noticias de la ciencia, la salud y la tecnología (Science, health and technology news)*. New York, NY: RCN International Channels.

u/NinjaDiscoJesus. (2016, October 6). Failed replication study shows reading literary fiction doesn't boost social Cognition. [web log comment]. Retrieved from https://www.reddit.com/r/books/comments/55z756/failed_replication_study_shows_reading_literary/

University of Pennsylvania. (2016, October 4). Failed replication study shows reading literary fiction doesn't boost social cognition. *PsyPost*. Retrieved from <https://www.psypost.org/2016/10/failed-replication-study-shows-reading-literary-fiction-doesnt-boost-social-cognition-45214>

University of Pennsylvania. (2016, October 4). Failed replication study shows reading literary fiction doesn't boost social cognition. *ScienceDaily*. Retrieved from <https://www.sciencedaily.com/releases/2016/10/161004140502.htm>

Research Assistantships

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| 2012 – 2013 | Loss, Trauma, and Emotion Lab, P.I.: George A. Bonanno
Columbia University, Teachers College, Counseling & Clinical Psychology Department |
| 2012 – 2013 | Eating Disorders Research Group, P.I.: Kathleen Pike
Columbia University and The New York State Psychiatric Institute |
| 2012 – 2013 | The Behavioral Endocrinology Laboratory, P.I.: Vicky Luine
Hunter College Biopsychology and Behavioral Neuroscience Department |

Fall 2012 MathemAntics, P.I.: Herbert P. Ginsburg
Columbia University, Teachers College, Human Development Department

Fall 2010 Music Dynamic Laboratory, P.I.: Edward W. Large
Florida Atlantic University Center for Complex Systems and Brain Sciences

Teaching Experience (Instructor of Record)

Boston College, Woods College of Advancing Studies:

Summer 2015 PSYC2237 Psychology of the Actor (~15 students)

Teaching Assistantships

Boston College Department of Psychology:

Spring & Fall 2017 PSYC 2274 Sensation and Perception (~50 students)
Spring 2018

Spring 2016 PSYC1032 Emotion (~80 students)

Fall 2015 & PSYC1120 Intro Behavioral Statistics & Research Methods I (~150 students)
Fall 2016 Led two weekly discussion sections each semester

Spring 2015 PSYC333601 Clinical Psychology (~40 students)
Guest lecture: *Dissociation in Actors*

Fall 2014 PS241 Social Psychology (~80 students)

Spring 2014 PS110 Psychology as a Natural Science (~200 students)

Fall 2013 PS260 Intro Developmental Psychology (~80 students)
Guest lecture: *Creativity and Development*

University and Departmental Service

2019 – present Senior Thesis Co-Advisor
Yale University Psychology Department, Affective Science and Culture Lab

2019 – present Consultant on the Facial Action Coding System (FACS)
Yale University Psychology Department, Affective Science and Culture Lab

2017 – 2018 Student Representative

- Boston College Graduate Academic Integrity Committee
- 2015 – 2016 Senior Thesis Co-Advisor – *Theory of Mind in Television Dramas*
Boston College Department of Psychology, Arts and Mind Lab
- 2015 – 2016 Mentor
Psi Chi International Honor Society in Psychology, Boston College chapter
- 2014 – 2016 Graduate Student Social Committee member
Boston College Department of Psychology
- 2014 – 2016 Undergraduate Research Conference Committee member
Boston College Department of Psychology
- Spring 2014 Consultant on Amazon’s Mechanical Turk (mTurk)
Boston College School of Social Work, Institute on Aging
- 2013 – 2018 Research Mentor (~20 research assistants)
Boston College Department of Psychology, Arts and Mind Lab
- 2013 – 2015 Consultant on the Facial Action Coding System (FACS)
Boston College Department of Psychology, Emotion Development Lab

Editorial Service

- 2019 – present Invited Reviewer
Discourse Processes
- 2018 – present Editorial Board Reviewer
Psychology of Aesthetics, Creativity, and the Arts
- 2014 – 2018 Student Editorial Board Reviewer
Psychology of Aesthetics, Creativity, and the Arts
- 2012 – 2013 Invited student assistant for an Advisory Board member
Journal of Eating Disorders

Additional Service

- 2017 – 2019 Technical Working Group member
National Endowments for the Arts Research Lab, University of Arkansas
- 2016 – 2017 Student Representative

American Psychological Association, Division 10

Current Professional Affiliations

2011 – present American Psychological Association

2010 – lifetime Psi Chi International Honor Society in Psychology

2005 – lifetime Delta Epsilon Iota Academic Society

2004 – lifetime Golden Key International Honor Society