

# 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**  
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.** (in press). A psychological exploration of the experience of acting. *Creativity Research Journal*.

**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.**, 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.

Taylor, C. L., Ivcevic, Z., & **Panero, M. E.** (in preparation). What makes an emotionally intelligent organization?

**Panero, M. E.** & Winner, E. (in preparation). Unpacking the link between dissociation and acting.

**Panero, M. E.** & Winner, E. (in preparation). Literature through different mediums.

### **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.**, Moeller, J., Ivcevic, Z., & Taylor, C. L. (2019, August). *Work outcomes of engaged and burned out employees*. Paper to be 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/](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<br>Columbia University, Teachers College, Counseling & Clinical Psychology Department |
| 2012 – 2013 | Eating Disorders Research Group, P.I.: Kathleen Pike<br>Columbia University and The New York State Psychiatric Institute                     |
| 2012 – 2013 | The Behavioral Endocrinology Laboratory, P.I.: Vicky Luine<br>Hunter College Biopsychology and Behavioral Neuroscience Department            |
| Fall 2012   | MathemAntics, P.I.: Herbert P. Ginsburg<br>Columbia University, Teachers College, Human Development Department                               |
| Fall 2010   | Music Dynamic Laboratory, P.I.: Edward W. Large<br>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)  
Overall course rating: 3.43 / 5.00, Overall instructor rating: 4.14 / 5.00

### **Teaching Assistantships**

*Boston College Department of Psychology:*

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

Fall 2016 PSYC1120 Intro Behavioral Statistics & Research Methods I (~100 students)  
Led two weekly discussion sections  
Overall section rating: 2.99 / 5.00, Overall T.A. rating: 3.46 / 5.00

Spring 2016 PSYC1032 Emotion (~80 students)

Fall 2015 PSYC1120 Intro Behavioral Statistics & Research Methods I (~150 students)  
Led two weekly discussion sections  
Overall section rating: 2.65 / 5.00, Overall T.A. rating: 2.46 / 5.00

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**

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**

- 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