

MICHELA DISTEFANO

E-mail: mdist062@uottawa.ca

EDUCATION

- 2018-present **University of Ottawa**, Ottawa, ON
M.A.-Ph.D. with specialization in Clinical Psychology
(Supervisor: Dr. Erin A. Maloney, PhD)
Title: *Math Anxiety and Achievement: Investigating the Role of Parental Involvement and Homework-Help*
- 2014-2018 **University of Ottawa**, Ottawa, ON
Honours B.A. with specialization in Psychology
(Supervisor: Dr. Jean-François Bureau, PhD)
Title: *Le rire : la contribution des parents à l'adaptation sociale et le bien-être psychologique de l'enfant à long terme*

AWARDS AND SCHOLARSHIPS

Internal bursaries and awards:

- 2018-2021 **Excellence Bursary**, University of Ottawa, \$8,000
2018 **Best Thesis Award (bachelors) in French**, University of Ottawa
2018 **School of Psychology Bursary**, University of Ottawa, \$500
2017 **Admissions Bursary**, University of Ottawa, \$1,000
2014-2017 **French Studies Bursary**, University of Ottawa, \$1,000
2015-2018 **Dean's List**, University of Ottawa
2016 **Merit Scholarship**, University of Ottawa, \$1,000
2015 **R. Mercier Family Fund**, University of Ottawa, \$1,250
2014 **Admissions Bursary**, University of Ottawa, \$2,000

External bursaries and awards:

- 2019-2022 **Joseph-Armand Bombardier Canada Graduate Scholarships-Doctoral**, Social Sciences and Humanities Research Council of Canada, \$105,000
2018 **Certificate of Academic Excellence**, Canadian Psychological Association
2018-2019 **Joseph Armand Bombardier: Canada Graduate Scholarships-Master's**, Social Sciences and Humanities Research Council of Canada, \$17,500
2014 **Bursary for *Francophonie et Engagement***, Optimist Club of Cornwall, \$100
2014 **Bursary for Excellence in Social Sciences**, Marcel Damphousse (Bishop), \$300
2014 **"Teen Cornwall" bursary**, Pommier Jewellers, \$200
2014 **Ontario Scholar Award** (cumulative average of +80%)

COURSEWORK

2018	PSY 5520	Statistique avancée en psychologie: Analyse de données univariées
	PSY 5602	Évaluation psychodiagnostique des adultes et des enfants (Part 1)
	PSY 5607	Intervention et consultation psychologique (Part 1)
	PSY 6570	Déontologie et questions professionnelles
2019	PSY 5521	Statistique avancée en psychologie: Analyse de données multivariées
	PSY 5602	Évaluation psychodiagnostique des adultes et des enfants (Part 2)
	PSY 5607	Intervention et consultation psychologique (Part 2)
	PSY 5502	Psychopathologie appliquée
	PSY 7503	Évaluation de programmes
	PSY 6591	Séminaire en psychologie : Hormones et comportement
2020	PSY 5533	Méthodes de recherche clinique
	PSY 7523	Thérapies comportementales et cognitives
	PSY 6532	Psychopathologie de l'enfant
	PSY 6166	Human and Social Motivation: Theory and Research
2021	PSY 7505	Services psychologiques basés sur les données probantes pour enfants, adolescents, familles
Present	PSY 5514	Fondements de la psychologie du développement

CLINICAL EXPERIENCE

2021-	Practicum student in Clinical Psychology at the Centre for Psychological Services and Research (CPSR)
	<ul style="list-style-type: none"> • Interventions and assessments for children, adolescents, and families under the supervision of a licensed psychologist
2021-	Practicum student in Clinical Psychology at the Child, Adolescent and Family Centre of Ottawa (CAFCO)
	<ul style="list-style-type: none"> • Interventions and assessments for children, adolescents, and families under the supervision of a licensed psychologist
2020-2021	Practicum student in Clinical Psychology, Ottawa-Carleton District School Board (OCDSB)
	<ul style="list-style-type: none"> • Psychoeducational assessments for children and adolescents under the supervision of a licensed psychologist
2017-2018	Youth facilitator, Youth Net CHEO

- In-school presentations promoting mental health literacy
- Facilitating programs for youth

2017-2018 **Research assistant for the Child and Adult Relationships and Environments Lab (CARE lab)**, Dr. Jean-François Bureau, University of Ottawa

- Administration of the Peabody Picture Vocabulary Test (PPVT-IV)
- Administration of the Adult Attachment Interview

2017, 2016 **Summer student, Autism Intervention Program CHEO**

- Administrative tasks (filing, assistance in conducting annual report, etc.)
- Material preparation for therapy programs
- IBI observation

RESEARCH EXPERIENCE

2017-present **Research assistant for the Cognition and Emotion Laboratory**, Dr. Erin Maloney, University of Ottawa

2017-2018 **Research assistant for Ph.D candidate in clinical psychology (Karolina Sztajerowska)**, Dr. Paul Greenman, University of Ottawa

- Literature Reviews

2016-2018 **Research assistant for the Couple Laboratory**, Dr. Marie-France Lafontaine, University of Ottawa

- Literature Reviews

2016-2018 **Research assistant for the Child and Adult Relationships and Environments Lab (CARE lab)**, Dr. Jean-François Bureau, University of Ottawa

- Training of volunteers
- Data entry

CERTIFICATIONS AND SPECIALIZED TRAINING

2021 TF-CBT Web 2.0: A course for Trauma-Focused Cognitive Behavioural Therapy, The Medical University of South Carolina

2021 Sand Tray: Using the Oaklander Model, Oaklandertraining.org

2020 Middle Childhood Attachment Strategies: A behavioral coding system of children's attachment strategies

- 2020 Traumatized Youth & Traumatized Family Systems: Practical Tools For Working With Complex Developmental Traumas, The Royal Mental Health – Care & Research
- 2019 Schedule for Affective Disorders and Schizophrenia for School-Age Children
- 2019 Structured Clinical Interview for DSM-5 (SCID-5)
- 2019 Basic Life Support Provider, Heart & Stroke Foundation
- 2017 Applied Suicide Intervention Skills Training (ASIST), Canadian Mental Health Association

PEER-REVIEWED PUBLICATIONS

Retanal, F., Johnston, N.B., Di Lonardo Burr, S.M., Storozuk, A., **DiStefano, M.**, Maloney, E.A. (in press). Controlling Homework Help Partially Explains the Relation Between Parents' Math Anxiety and Children's Math Achievement. *Education Sciences*.

DiStefano, M., O'Brien, B., Storozuk, A., Ramirez, G., & Maloney, E. A. (2020). Exploring math anxious parents' emotional experience surrounding math homework-help. *International Journal of Educational Research*, 99, 101526.

CONFERENCE PRESENTATIONS

Johnston, N.B., Retanal, F., DiLonardo Burr, S., Storozuk, A., **DiStefano, M.**, Maloney, E.A. (2021, June). Parents' Math Ability and Math Anxiety Relate to their Children's Math Grades, in Part, Because of Their Math Homework-Helping Style. Poster presented virtually at the Canadian Society for Brain, Behaviour and Cognitive Sciences Annual Meeting.

Retanal, F., Di Lonardo Burr, S., Xu, C., Bureau, J.-F., **DiStefano, M.**, Douglas, H., Hunt, T., Lafay, A., LeFevre, J.-A., Osana, H., Simms, V., Song, C., Skwarchuk, S.-L., Trepik, P., Wylie, J., Maloney, E. A. (2021, May). *Children's Math Anxiety Predicts the Overall Negativity of the Math Homework Interaction, but Parents' Math Anxiety Does Not*. Poster presented virtually at the Association for Psychological Science.

DiStefano, M., & Maloney, E. A. (2020, June). *The relation between parents' math anxiety is due, in part, to parents' lack of confidence in teaching math*. Paper accepted to the Mathematical Cognition and Learning Society Conference, Dublin, Ireland (Conference canceled due to COVID-19).

- Johnston, N., **DiStefano, M.**, & Maloney, E. A. (2020, May). *The effects of parents' gendered question-asking on their child's gender-math stereotype endorsement*. Poster presented at the Interdisciplinary Conference in Psychology, Ottawa, Canada.
- DiStefano, M.**, Storozuk, A., & Maloney, E. A. (2019, May). *"Math homework sucks!" Exploring how math anxious parents perceive the homework-helping interaction*. Poster presented at the Association for Psychological Science, Washington, D.C., USA.
- Storozuk, A., **DiStefano, M.**, & Maloney, E. A. (2019, May). *What do parents think? Investigating parental attitudes about math and reading homework-helping*. Poster presented at the Association for Psychological Science, Washington, D.C., USA.
- DiStefano, M.**, Schmiedel, S., & Bureau, J.-F. (2019, March). *Laughing with Mom and Dad: Parents' Long-Term Contribution to Their Child's Socio-Emotional Adaptation*. Poster presented at the Society for Research in Child Development, Baltimore, United States.
- DiStefano, M.**, Storozuk, A., & Maloney, E. A. (2019, January). *Exploring the relation between parental math anxiety and their emotional experience surrounding math homework*. Poster presented at the MathEd Forum, Toronto, Canada.
- Storozuk, A., **DiStefano, M.**, & Maloney, E. A. (2019, January). *Exploring the positive and negative parental perceptions surrounding math and reading homework-helping*. Poster presented at the MathEd Forum, Toronto, Canada.
- Schmiedel, S., Langevin, É., Bellehumeur, É., **Gosselin Distefano, M.**, Myre, G., & Bureau, J.-F. (2018, July). *Are fathers the best laugh getters? Comparison of father's and mother's methods to make their preschool child laugh and laughter outcomes*. Poster presented at the International Society for the Study of Behavioural Development, Goldcoast, Australia.
- DiStefano, M.**, O'Brien, B., & Maloney, E. A. (2018, July). *Understanding the impact of parental math anxiety on the homework helping environment*. Poster presented at the Canadian Society for Brain, Behaviour and Cognitive Science, Newfoundland, Canada.
- Sztajerowska, K., **Gosselin Distefano, M.**, Lalande, S., & Rooyakers, M. (2018, June). *Dyadic Coping in Couples with Cardiovascular Disease: A Scoping Review*. Poster presented at the International Congress of Applied Psychology, Montreal, Canada.
- DiStefano, M.**, Schmiedel, S., & Bureau, J.-F. (2018, March). *Rire avec maman et papa : Influence sur les troubles intériorisés de l'enfant à long terme*. Poster presented at the Congrès de la Société Québécoise pour la Recherche en Psychologie, Québec, Canada.

Deneault, A.-A., Yurkowski, K., Quan, J., **Gosselin Distefano, M.**, & Bureau, J.-F. (2017, May). « *Non, pas comme ça!* » *Attachement, sensibilité et compétition parentale dans un contexte triadique*. Poster presented at Congrès de l'Association francophone pour le savoir, Montréal, Canada.

Deneault, A.-A., Yurkowski, K., Quan, J., **Gosselin Distefano, M.**, & Bureau, J.-F. (2017, March). *Attachement désorganisé et interactions triadiques : Est-ce que le lien se confirme aussi envers les pères?* Poster presented at the Congrès de la Société Québécoise pour la Recherche en Psychologie, Montréal, Canada.

TEACHING EXPERIENCE

Teaching Assistantship

Present PSY2574 Méthodes de recherche et éthique (University of Ottawa)
 2021 PSY1101 Introduction to Psychology (University of Ottawa)
 2020 PSY4772 Psychologie clinique (University of Ottawa)
 2019-2020 PSY3109 Social Motivation (University of Ottawa)

Undergraduate Student Mentoring

2020-2021 Philip Trepiaik (Directed Research; University of Ottawa)
 Course code: PSY4310
 2019-2020 Nichole Johnson (Honours Thesis; University of Ottawa)
 Title: *The relation between parents' gender-math stereotype endorsement, their question-asking during math-homework, and their child's gender-math stereotype endorsement*
 2018-2019 Alex-Anne Lamoureux (Honours Thesis; University of Ottawa)
 Title: *Investigating the role of parent's math anxiety in their expectations towards their child's performance in math*

MEDIA RELATIONS

DiStefano, M. (2021, April 16). *L'impact de l'anxiété des mathématiques des parents sur l'aide aux devoirs avec leurs enfants*. ÉducoFamille. Retrieved from <https://educofamille.com/anxiete-des-mathematiques/>

SERVICE

2019 Undergraduate scholarship committee member, Psychology Students' Association, University of Ottawa

Ad-Hoc Reviewer

Learning and Individual Differences
 The Quantitative Methods for Psychology

MEMBERSHIPS/ASSOCIATIONS

2020-present	Ontario Psychological Association
2019-2020	Association for Psychological Science
2019-2020	Canadian Society for Brain, Behaviour, and Cognitive Science
2019-2020	Mathematical Cognition and Learning Society
2018-2019	Society for Research in Child Development