

# Cayla R. Milius

Email: caylamilius@gmail.com

## Education:

**George Mason University**  
Bachelor of Arts in Psychology  
May 2016

**Overall GPA: 3.55**  
**Psychology GPA: 3.70**

## Honors and Awards:

2016	<i>Cum laude</i> with honors in major
2016	Creativity and Leadership Development Award at George Mason University (\$5,000)
2016	Honorable Mention for Outstanding Psychology Undergraduate Researcher Award (\$100)
2016	Outstanding Senior in Psychology
2015	Oscar Undergraduate Research Scholars Award at George Mason (\$1,000)
2013-2016	College of Humanities and Social Sciences Deans List

## Grants:

Title: Sexuality, Gratitude, and Life Purpose  
Funding Source: Oscar Undergraduate Research Scholars Award at George Mason University  
Amount: \$1,000 total costs  
Dates: Fall 2015  
Role: Principal Investigator (mentored by Dr. Todd Kashdan)

**Undergraduate Honors Thesis:** *Happiness, meaning in life, and sexual health and well-being: A daily diary investigation*

**Faculty Committee:** *Dr. Todd Kashdan, Dr. Linda Chrosniak, Dr. Patrick McKnight*

## Research Experience:

2016-2017	<b>Project Manager</b> for a grant funded study on <u>Psychological Flexibility</u> <u>Responsibilities:</u> <ul style="list-style-type: none"><li>• Obtaining IRB approval</li><li>• Piloting and Administering interviews with study participants</li><li>• Training and supervising 8 research assistants on conducting interviews with study participants</li><li>• Helping create a measure on psychological flexibility</li><li>• Assisting with implementation and design of study</li><li>• Aiding in running exploratory factor analyses in R</li><li>• Creating surveys in Qualtrics</li><li>• Producing program evaluations for government intelligence</li></ul> <u>Advisor:</u> Dr. Todd Kashdan
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2015-2017

**Research Assistant** for the Well-Being Lab addressing anxiety, positive emotions, purpose in life, how personal strengths operate in everyday life, social relationships, and how to foster and sustain happiness and meaning in life.

Responsibilities:

- Reviewing and organizing literature
- Inputting data and coding qualitative data for healthy participants and participants with Social Anxiety Disorders
- Creating posters
- Conducting cognitive interviews
- Managing and analyzing data

Advisor: Dr. Todd Kashdan

2015-2016

**Honors Psychology Thesis**

Responsibilities:

- Creating meaningful research questions
- Reviewing literature
- Conducting multi-level modeling analyses with HLM 7.0 and SPSS
- Creating and presenting a poster
- Presenting and defending honors thesis

Advisors: Dr. Todd Kashdan, Dr. Chrosniak

2015

**Data Manager** for Minds Inc.

Responsibilities:

- Helping to create meditation and mindfulness interventions for Walt Whitman High School students
- Cleaning, inputting, and analyzing data

Supervisor: Laura Gould

**Publications:**

Kashdan, T.B., Goodman, F.R., Stikma, M., **Milius C.R.**, & McKnight, P. (in press). Sexuality leads to boosts in mood and meaning in life with no evidence for the reverse direction: A daily diary investigation. *Emotion*

**Scientific Presentations:**

Kashdan, T. B., Disabato, D., **Milius, C. R.**, Lauber, M., Stikma, M. C. (2017, November). *Nonconsensual Sex: Exploring the Real-Time Consequences the Next Day and Methodological Quandaries*. Presentation to be given at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Doorley, J., **Milius, C. R.**, West, J.T., Goodman, F. R. (2017, November). *When is it beneficial to believe that emotions are malleable? The interplay among implicit emotion beliefs and experiential avoidance in predicting well-being*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

West, J. T., **Milius, C. R.**, Summers, C. B., & Kashdan, T. B. (2017, July). *How do you satisfy psychological needs when you suffer from Social Anxiety Disorder? An experience-*

*sampling approach*. Poster to be presented at the annual convention of the World Congress on Positive Psychology, Montreal, QC.

**Milius, C. R.**, Goodman, F. R., Stikma, M. C., Kashdan, T. B. (2017, January). *Sexuality and well-being in daily life: Nailing directionality*. Presentation to be given at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.

Stikma, M. C., **Milius, C. R.**, Goodman, F. R., Blalock, D. V., Lauber, M. D., Whimpey, A. I., Kashdan, T. B. (2016, October). *Interpersonal desire and dysfunction: an analysis of strivings in people with social anxiety disorder*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Goodman, F. R., Lauber, M. D., Stikma, M. C., Blalock, D. V., **Milius, C. R.**, Whimpey, A. I., Kashdan, T. B. (2016, October). *Fear of success? When and why people with social anxiety disorder strive for power and achievement*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

**Milius, C.R.**, Kashdan, T.B., Goodman, F.R. (2016, May). *Happiness, meaning in life, and healthy sexuality: A daily diary investigation*. Presentation given at George Mason University's Undergraduate Research Symposium, Fairfax, V.A.

**Milius, C.R.**, Kashdan, T.B., Goodman, F.R. (2016, April). *Happiness, meaning in life, and healthy sexuality: A daily diary investigation*. Poster presented at the National Conference on Undergraduate Research, Ashville, N.C.

Goodman, F. R., Lucas, N., & **Milius, C. R.** (2015, May). *Creating and measuring a well-being university*. Poster presented at the annual convention for the Association for Psychological Science, New York, N.Y.

**Relevant Coursework:**

- PSYC 461 Advanced Statistics with R – final grade of A
- PSYC 611 Advanced Statistics/Research Methods – final grade of A

**Statistical Packages:**

SPSS, HLM, R

**University Involvement:**

2013-2015            Captain, George Mason University Club Field Hockey

2012-2013            Active Minds Member  
                          Active Minds is a student group that focuses on raising awareness of mental health by breaking down negative stigma and educating students.

**Work Experience:**

2016-Present        Yoga Teacher for Yoga District in Washington, DC  
                          200-hour certification