

Emma M. Walis

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EDUCATION

Master of Science in Industrial/Organization-Social & Quantitative Psychology	May 2027
Bachelor of Science in Psychology	May 2025
Honors in the major, summa cum laude	May 2025
Minors in environmental studies and water sustainability	
Illinois State University, Normal, IL	

RESEARCH PAPERS

- Sprecher, S., Verette-Lindenbaum, J., Kuhn, R., & **Walis, E. M.** (2026). *The influence of self-esteem and gender on judgements of sociosexuality and romantic desirability in a hypothetical dating context* [Manuscript submitted for publication]. Department of Psychology, Illinois State University.
- Wesselmann, E., & **Walis, E. M.** (2026). *Why do we love scary stories?* [Chapter submitted for publication]. Department of Psychology, Illinois State University.
- Kahn, J.H., Budik, E.P, Dasovic-Walker, A., Fournier, A., Marcellus, Q., & **Walis, E.M.** (2025). *Anxiety, Depression, and Brooding Rumination Moderate Liking of Anxious-Sounding Music* [Manuscript submitted for publication]. Department of Psychology, Illinois State University.
- **Walis, E. M.**, & Kahn, J. H. (2025). *Natural versus artificial threatening sounds on stress recovery* [Manuscript submitted for publication]. Department of Psychology, Illinois State University.
- Kahn, J.H., Thimesch, A., **Walis, E. M.**, & Bopp, M. (2024). *Interpersonal emotion-regulation benefits of music listening compared to talking with others* [Manuscript submitted for publication]. Department of Psychology, Illinois State University.

RESEARCH POSTERS

- **Walis, E. M.**, Brown, L. F., Wesselmann, E. D., & **Arellanes, J. A.** (2026). *Media representation, social exclusion, and identity* [Presentation]. Midwestern Psychological Association, Chicago, Illinois. Role: Primary Presenter.
- **Walis, E. M.**, Brown, L. F., Wesselmann, E. D., & **Arellanes, J. A.** (2026). *Media representation, social exclusion, and identity* [Poster presentation]. Illinois State Research Symposium, Normal, Illinois.
- Kuhn, R., **Walis, E. M.**, Sprecher, S., & Verette-Lindenbaum, J. (2026). *How judgements (including sociosexuality) of a target are affected by the target's self-esteem and gender* [Poster presentation]. Midwestern Psychological Association, Chicago, Illinois.
- Kuhn, R., **Walis, E. M.**, Sprecher, S., & Verette-Lindenbaum, J. (2026). *How judgements (including sociosexuality) of a target are affected by the target's self-esteem and gender* [Poster presentation]. Illinois State Research Symposium, Normal, Illinois.
- **Walis, E. M.**, & Clemens, K. (2026). *Inclusive lectures improve social fit and self-efficacy for Black college students* [Poster presentation]. SPSP, Chicago, Illinois.
- **Walis, E. M.**, & Clemens, K. (2026). *Inclusive lectures improve social fit and self-efficacy for Black college students* [Poster presentation]. Illinois State Research Symposium, Normal, Illinois.
- **Walis, E. M.**, & Kahn, J.H. (2025, April). *Natural versus artificial threatening sounds on stress recovery* [Poster Presentation]. Midwestern Psychological Association, Chicago, Illinois.
- **Walis, E. M.**, & Kahn, J.H. (2025, April). *Natural versus artificial threatening sounds on stress recovery* [Poster Presentation]. Illinois State Research Symposium, Normal, Illinois.
- Kahn, J.H., **Walis, E.**, Walker, A., & Budik, E. (2025, April). *Emotion benefits of mood-congruent music listening* [Poster Presentation]. Midwestern Psychological Association, Chicago, Illinois.

- Kahn, J.H., Thimesch, A., **Walis, E.**, & Bopp, M. (2024, April 20). *Emotion-regulation benefits of listening to music versus talking to others* [Poster presentation]. Midwestern Psychological Association, Chicago, Illinois.
- Kahn, J.H., Thimesch, A., **Walis, E.**, & Bopp, M. (2024, April 12). *Emotion-regulation benefits of listening to music versus talking to others* [Poster presentation]. Illinois State Research Symposium, Normal, Illinois.

RESEARCH EXPERIENCE

Graduate Research Assistant

Advisor: Jef Kahn

January 2026 – Present

Department of Psychology, Illinois State University

- Lead researcher on a study examining the role of emotion regulation and self-efficacy on intentions pro-environmental behaviors.

Advisor: Susan Sprecher

August 2025 – December 2025

Department of Psychology/Sociology, Illinois State University

- Contributed revisions and analyses for a publication on the role of self-esteem and gender in determining judgements about a target's sociosexuality.
- Ran statistical analyses and improved visualization of statistics for comprehension.

Advisor: Eric Wesselmann

August 2025 – December 2025

Department of Psychology, Illinois State University

- Contributed to a chapter inquiring about why humans love telling scary stories around a campfire, focusing on the theory of biophobia.

Undergraduate Research Assistant

January 2025 – May 2025

Advisor: Kelly Clemens

Department of Psychology, Illinois State University

- Completed extensive literature review on previous works on expectancies and integrated sources into a review paper on expectancies.
- Drafted a Qualtrics survey analyzing change in attitudes toward drag queens.
- Ran analyses to determine how representation in an instruction video influences feelings of belonging.

Undergraduate Thesis

August 2024 – December 2025

Advisor: Jeffrey Kahn

Department of Psychology, Illinois State University

Natural Versus Artificial Threatening Sounds on Stress Recovery

- Analyze threatening and non-threatening natural and artificial sounds on stress recovery.
- Formulate research questions and develop methodology.
- Complete literature reviews to incorporate relevant information into research focus.
- Develop methods rooted in previous research and expand on hypotheses to study critical questions.
- Utilize Qualtrics to design and implement the study instruments for participant use.
- Run statistical analyses through SPSS to summarize data for publication.

Undergraduate Research Assistant

August 2023 – May 2024

Advisor: Jeffrey Kahn

Department of Psychology, Illinois State University

Emotion-Regulation Benefits of Music Listening Versus Talking with Others

Listening to Music as Interpersonal Emotion Regulation

- Completed correlations and content analysis in relation to listening to music, talking to others, emotion regulation, and mental health.
- Assessed journal reviews and integrated past research into the design process.
- Contributed ideas to overall study, met with participants, and presented results at symposiums.

TEACHING EXPERIENCE

Graduate Teaching Assistant

August 2025 – Present

Department of Psychology, Illinois State University

- Primary instructor for a one hundred level introduction to statistics lab.
- Lecture on statistical procedures and provide review questions to encourage student engagement.
- Provided in depth review of basic statistical procedures on Jamovi.

Graduate Mentor

August 2025 – December 2025

- Mentored an undergraduate teaching assistant during my graduate teaching assistantship.
- Assisted the student in teaching a lecture on a topic in the statistics lab.
- Met with student frequently to build professional and social skills.

Provost Student Worker Mentor

August 2025 – December 2025

- Worked closely with a new student worker in the Provost Office to provide instruction on how to navigate the role.
- Met with the student and walked through expectations, duties, and responsibilities.
- Periodically checked in with the student throughout the semester as they became more independent to ensure I could answer any questions and provide feedback on their behavior.

Undergraduate Teaching Assistant

January 2025 – May 2025

Department of Psychology, Illinois State University

- Assisted in the course physiological psychology through holding office hours, meeting with students, assisting in grading, and discussing course material with the professor at a deeper level.

RESEARCH INTERESTS

- Human-environmental relationships, mental health, sustainability, and emotion regulation.
- Social factors impacting people's access to and experience with nature and the impact this has on mental health and emotion regulation.
- The influence of natural environments on human behavior, perceptions of sustainability, eco-friendly movements, and emotion regulation.
- Belonging and social relationships in various environments and how these influence mental health and well-being.

EXTRACURRICULAR & VOLUNTEER EXPERIENCE

- **Psi Chi & SPA** August 2022 – Present
Honors Member August 2023 – May 2025
- **Badminton Registered Student Organization** August 2022 – May 2025
Vice President/President August 2023 – May 2025
- **Partners in Reading Program** September 2024 – May 2025
Volunteer
- **Feed My Starving Children** January 2016 – May 2025
Volunteer
- **Chemistry Registered Student Organization** August 2022 – May 2025

ACS Registered Member

- **Study Abroad** May 2024 – June 2024
Japan Explorations
- **Geography Registered Student Organization** August 2022 – May 2023
Member
- **Humane Society of Central Illinois, Normal, IL** October 2022 – May 2023
Volunteer
- **Children’s Discovery Museum, Normal, IL** Sept. 2022, 2023 & Feb. 2025
Volunteer

WORK EXPERIENCE

- Illinois State University, Normal, IL** August 2025 – Present
Graduate Teaching Assistant
- Illinois State University, Normal, IL** January 2023 – Present
Front Desk Assistant for the Provost
- PetSmart, Bloomington, IL** May 2023 – January 2026
Core Member

PROFESSIONAL DEVELOPMENT

- Fall Convocation** September 2025
 - Assisted with and attended a convocation focused on enhancing student engagement in the classroom.
 - Learned methods of providing resources to students and how to be a positive resource for students.
 - Gained insight into how university research can and should persist through uncertainty to maintain strength.
 - Reflected on ways AI can be incorporated into a university setting to enhance appropriate use of AI as a resource and tool.
- Midwestern Psychological Association Forums** March 2025
 - Attended a speaker series regarding belonging and ostracism.
- Women as Transformational Leaders Event** March 2024
 - Attended and assisted at the inaugural Women as Transformational Leaders alumni speaker series
 - Listened to talks about women navigating majority culture, women in higher education, and women as industry leaders.

ACADEMIC SERVICE

- Graduate Student Peer Reviewer** September 2025
 - Peer reviewed an article for a review and resubmit for the Journal of Social and Personal Relationships.

ACADEMIC DEVELOPMENT

- Sage Learning Courses** August 2025 – May 2026
 - Took two courses on AI and the art of interacting with AI.
 - Navigated a course on the basics of R programming and its resourcefulness in academia and business.
 - Practiced each R module in addition to learning about it via the modules.
 - Completed a course on running R code to create data visualization, emphasizing its importance in social psychology.
 - Furthered my knowledge of R through courses on practical data management and interactive visualization.
 - Completed an introductory course regarding the basics of Python.

AWARDS & RECOGNITION

- ISU Foundation Fellow Graduate Award 2025
- Laura Berk Undergraduate Writing Award 2025
- Redbird Officer of the Year 2025
**Awarded to one competitive sports club officer; Received during my term as president of the badminton club*
- Redbird Development Award 2025
**Awarded to one of the 28 competitive sports clubs on campus; Received during my term as president of the badminton club*
- Pryor Reeder Social Psychology Graduate Award 2025
- Image of Research Competition Finalist, Second Place 2025
- Angela Davis Dedication Award 2025
- Psi Chi Dedication to Research Award 2024 – 2025
- Dean’s List 2022 – 2025
- Redbird Scholarship 2022 – 2025
- Aim High Scholarship 2022 – 2025
- Bone Scholar Departmental Nominee 2024
**The highest honor an ISU student may achieve*
- Jim Johnson Scholarship Recipient 2024
- Honors Program Scholarship Recipient 2024
- John and Susan Freed Scholarship Recipient 2024
- Psi Chi & SPA Membership Award 2023 – 2024
- PetSmart Employee of the Month 2023
- Illinois State Scholar 2021 – 2022
- Presidential Scholar 2021 – 2022