

April, 2021

Curriculum Vitae

Angela A. Sillars

angela.sillars@castleton.edu

251 South Street
Stafford Academic Center
Castleton University
Castleton, VT 05735

Mobile: 951-375-2811

Education

- 2020 Ph.D., Psychology (Developmental Area), University of California, Riverside
Dissertation Title: "Together Like a Family": A Case Study of Emotion Socialization in Preschool
Chair: Dr. Elizabeth L. Davis
- 2020 M.A., Education (Education, Society, & Culture Program), University of California, Riverside
Chair: Dr. Tara Yosso
- 2016 M.A., Psychology (Developmental Area), University of California, Riverside
Chair: Dr. Elizabeth L. Davis
- 2008 B.A., Liberal Arts, Concentration in Education, Long Island University Global, Brooklyn, NY

Faculty Position

2020-Present Assistant Professor of Education, Castleton University, VT

Teaching

*Scheduled to Teach Fall 2021

- | | | |
|-------|----------|---|
| 2021* | EDU 2022 | Play, Learning, and Development |
| 2021* | EDU 2021 | Child Development for Educators |
| 2021 | EDU 1420 | Teaching Exceptional Learners |
| 2021 | EDU 2420 | Learning About the World: Science, Math, and Social Studies |
| 2021 | EDU 3710 | Ethics, Equity and Diversity in Early Childhood |
| 2021 | PSY 3240 | Social Development |
| 2020 | EDU 1410 | Approaches to Learning |
| 2020 | EDU 2410 | Creative Arts and Expression |
| 2020 | EDU 4871 | Student Teaching Supervisor |

Service

2020-2021 Preparation for the Results Oriented Approval Process (ROPA) for the Early Childhood and Special Education Major, Castleton University

Research

2018-2020 Researcher and Developer, Community-Engaged Research in Collaboration with Hand in Hand

Fellowship and Awards

2020 Graduate Dean's Dissertation Research Grant

2019-2020 Frontiers of Innovation (FOI) Portfolio Project at the Center on the Developing Child, Harvard University
P.I.'s: Maya Coleman, Ph.D. & Patty Wipfler, B.A.
Researchers on Grant: Angela A. Sillars, M.A., Ahava Vogelstein, M.A., Judith Wides, M.A., M.Ed., LMFT, Pam Oatis, M.D.

2014-2015 Chancellor's Distinguished Fellowship

Peer-Reviewed Publications

Sillars, A. A., Nicolaides, C., Karan, A., Wright, R., Robbins, M., Davis, E. L. (2020). Gender differences in the associations of reappraisal and humor styles. *HUMOR: International Journal of Humor*.

Sillars, A. A., Davis, E. L. (2018). Children's challenge and threat appraisals vary with discrete emotion, age, and gender. *International Journal of Behavioral Development*, 42, 506-511.

Publications in Preparation

Sillars, A. A., & Davis, E. L. (in prep). Age differences in children's emotion regulation strategy descriptions.

(In prep). Building resilience through relationships in early childhood educational communities: A community-engaged action research project.

Peer-Reviewed Conference Talks

*Undergraduate co-authors

Sillars, A. A. (submitted for April, 2021). Playlistening: Get the laughter going! Pop-out session at the World Forum Early Childhood Education and Care Conference, Vancouver, CANADA. (Conference postponed until April 2022 due to COVID-19.)

Sillars, A. A. (April, 2020). Emotional borderlands in early childhood education. Roundtable at the American Educational Research Association, San Francisco, CA. (Conference cancelled due to COVID-19.)

Sillars, A. A. (March, 2020). The “Feelings Thermometer”: Theorizing emotional and relational agencies in early childhood education. Women’s Association of Psychology Conference, Austin, TX. (Unable to attend due to COVID-19.)

Sillars, A. A. (August, 2019). Examining the historical continuity and acceleration of early childhood education. Paper symposium at the International Society of Theoretical Psychology Conference, Copenhagen, DENMARK.

Sillars, A. A. (May, 2019). A critical analysis of standards and curriculum in early childhood education teacher preparation. Roundtable at the Critical Race Studies in Education Association Conference, Los Angeles, CA.

Sillars, A. A., & Davis, E. L. (April, 2019). Age differences in children’s and adults’ emotion regulation strategy descriptions. Paper symposium at the Western Psychological Association Conference, Pasadena, CA.

Sillars, A. A., Coleman, M., Wides, J., Pilder, L., Vogelstein, A., & Volgelstein, I. (February, 2018). Moving towards relationship-based pedagogy in preschools: An action research project. Project symposium at the Social Pedagogy Association Conference, Puebla, MEXICO.

Nicolaidis, C., **Sillars, A. A.,** Karan, A., Wright, R., Davis, E. L., & Robbins, M. (April, 2017). What’s so funny?: Sense of humor and using humor in specific ways jointly predict people’s use of emotion regulation strategies. Paper symposium at the Western Psychological Association, Sacramento, CA.

Nicolaidis, C., **Sillars, A. A.,** Karan, A., Wright, R., Davis, E. L., & Robbins, M. (March, 2017). Laughter regulation and humor styles predict difficulties with emotion regulation. Paper symposium at the University of California Well-Being Conference, Riverside, CA.

Davis, E. L., Quinones-Camacho, L. E., Parsafar, P., **Sillars, A. A.,** & Shih, E. W. (April, 2017). Individual differences in regulatory repertoire contextualize the physiology of children’s active emotion regulation. Paper symposium at the Society for Research in Child Development, Austin, TX.

Shih, E. W., Bishara, L., Parsafar, P., Nicolaidis, C., **Sillars, A. A.,** *Nekkanti, A., Price, J., Witcher, L., & Davis, E. L. (February 2016). The effects of mindfulness meditation on youth’s socioemotional functioning and psychophysiology. Paper symposium at the Annual Meeting of UC San Diego School of Medicine’s Bridging the Hearts and Minds of Youth, San Diego, CA.

Peer-Reviewed Conference Posters

*Undergraduate co-authors.

*Coronado, C., **Sillars, A. A.,** Davis, E. L. (accepted for May, 2020). Latinx Parents’ Cultural Beliefs, Values, and Aspirations Regarding Preschoolers’ Education. Undergraduate Research Symposium, Riverside, CA.

- *Gomez, T., **Sillars, A. A.**, Davis, E. L. (accepted for May, 2020). The Power of Words: The link between depression symptomatology, labile self-esteem, and word use in the context of autobiographical memories. Undergraduate Research Symposium, Riverside, CA.
- Shih, E. W., Parsafar, P., **Sillars, A. A.**, Nicolaidis, C., & Davis, E. L. (March, 2019). The effects of online mindfulness training on youth's compassion towards others. Society for Research of Child Development, Baltimore, MD.
- Sillars, A. A.**, *Tan, P., Shih, E. W., & Davis, E. L. (February, 2019). Challenge appraisals of fearful experiences relate to children's parasympathetic regulation. Annual Emotions Preconference at the Meeting of the Society for Personality and Social Psychology Conference, Portland, OR.
- Shih, E. W., Nicolaidis, C., Parsafar, P. P., **Sillars, A. A.**, & Davis, E. L. (February, 2019). The effects of online mindfulness training on youth's emotion regulation. Annual Meeting of the Society for Personality and Social Psychology Conference, Portland, OR.
- Parsafar, P., **Sillars, A. A.**, & Davis, E. L. (May, 2018). Emotional expressivity and information processing shape the elaborative detail in children's emotional narratives. Association for Psychological Science, San Francisco, CA.
- Sillars, A. A.**, & Davis, E. L. (April, 2017). Developmental differences in cognitive emotion regulation strategies. Society for Research in Child Development, Austin, TX.
- Sillars, A. A.**, & Davis, E. L. (April, 2017). Gender differences in challenge appraisals made by young children and young adults. Society for Research in Child Development, Austin, TX.
- *Trainer, A., **Sillars, A. A.**, *McDonald, A., & Davis, E. L. (May, 2016). Discordance between parents' and children's reports of children's emotion regulation strategy use. Convention of the Association for Psychological Science, Chicago, IL.
- *Nekkanti, A., Parsafar, P., Shih, E., **Sillars, A. A.**, Nicolaidis, C., Bishara, L., Witcher, L., Broom, N., Tools for Peace, & Davis, E. L. (May, 2016). Mindfulness improves youths' emotional awareness by increasing emotion regulation. Convention of the Association for Psychological Science, Chicago, IL.
- Sillars, A. A.**, *Armstrong, J., *McDonald, A., & Davis, E. L. (April, 2016). Changing your thoughts to change your feelings: Emotion regulation strategy use in childhood and young adulthood. Convention of the Western Psychological Association, Long Beach, CA.
- *Nekkanti, A., Parsafar, P., Nicolaidis, C., Shih, E., **Sillars, A. A.**, Bishara, L., Witcher, L., Price, J., Broom, N., Tools for Peace, & Davis, E. L. (May, 2016). Mindfulness meditation training increases cognitive control and emotion regulation and decreases school avoidance for youth. Western Psychological Association Convention, Long Beach, CA.

*Trainer, A., *McDonald, A., **Sillars, A. A.**, & Davis, E. L. (April, 2016). Parents overestimate children's behavioral and cognitive emotion regulation strategy repertoires. UCR Undergraduate Research Symposium, Riverside, CA.

*Nekkanti, A., Parsafar, P., Shih, E., **Sillars, A.**, Nicolaides, C., Bishara, L., Witcher, L., Broom, N., Tools for Peace, & Davis, E. L. (February, 2016). Mindfulness meditation training at a summer camp improves youths' stress management and coping self-efficacy. UC San Diego Bridging the Hearts and Minds of Youth Conference, San Diego, CA.

Sillars, A. A., & Davis, E. L. (September, 2015). Resting RSA supports children's challenge appraisals in negative emotion contexts. Meeting of the Society for Psychophysiological Research, Seattle, WA.

Sillars, A. A., & Davis, E. L. (May, 2015). The development of challenge and threat appraisals in childhood: Age and emotion contexts predict appraisals. The Convention of the Association for Psychological Science, New York, NY.

Invited Research Talks

Sillars, A. A., Coleman, M. Wipfler, P., Oatis, P., Wides, J., & Vogelstein, A. (May, 2019). Building resilience through relationships: A presentation on Hand in Hand and the Frontiers of Innovation Portfolio Project. Undergraduate Advanced Applied Developmental Psychology Class, University of California, Los Angeles.

Sillars, A. A. (May, 2017). Children's cognitive processing and affiliation in autobiographical emotion interviews. Developmental Psychology Brown Bag, University of California, Riverside.

Sillars, A. A. (May, 2016). Deciding to change your feelings: Challenge appraisals and emotion regulation strategies. Developmental Brown Bag, University of California, Riverside.

Professional Presentations and Workshops for Early Childhood Educators

Coleman, M., Oatis, P., Vogelstein, A., & **Sillars, A. A.** (February, 2020). Hand in Hand: Connection-based caregiving to address challenging behavior. Creating Trauma Sensitive Schools Conference, Atlanta, GA.

Coleman, M., Wides, J., Vogelstein, A., & **Sillars, A. A.** (August, 2019). Trauma-informed tools to build resilience in the preschool community. Fourth Annual Portland Institute 2-day training, Portland, ME.

Sillars, A. A., Frost, R. (May, 2017). Supporting very young children's feelings in limit-setting and problem-solving situations. Undergraduate Advanced Applied Developmental Psychology Class, University of California, Los Angeles.

Sillars, A. A., Frost, R., & Chihuahua, A. (June, 2014). Hair-Tugs, laughs, and tears: Responding to big feelings in early childhood. Alternative Education Resource Organization Conference, New York, NY.

Sillars, A. A., Forristal, T., Rosen-Prince, J., Aguilar, M., Shima, A. (March, 2014). The work of children: Curriculum for experimentation and exploration. California Convention of Parent Participation Nursery Schools, Los Angeles, CA.

Accardi, J., Park, D., & **Sillars, A. A.** (August, 2013). Curriculum development, team building, and communication. Workshop series at the Play Mountain Place School Faculty Teacher Training Workshop Weeks, Los Angeles, CA.

Online Talks and Workshops

Aguilar, M. & **Sillars, A. A.** (March, 2021). Anti-bias communication in early childhood education. Recorded for the Undergraduate Advanced Applied Developmental Psychology Class, University of California, Los Angeles.

Sillars, A. A. (April, 2020). Supporting children who are experiencing difficulties in early childhood education programs. Presented to the Undergraduate Advanced Applied Developmental Psychology Class, University of California, Los Angeles.

Trainings Attended on Intervention Science and Community-Engaged Research

Innovation in Action Workshop (November 28-30, 2018). Center on the Developing Child, Harvard University. Cambridge, MA. Competitive application process.

Critical Participatory Action Research Institute (June 4-8, 2018). The Public Science Project, The Graduate Center of the City University of New York (CUNY). New York City, NY.

Community-Engaged Research Institute (June 19-22, 2017). The Everett Program, UC Santa Cruz. Santa Cruz, CA.

Teaching Experience in Early Childhood Education

2013-2014 Early Childhood Educator, Play Mountain Place, Los Angeles, CA

2008-2012 Early Childhood Educator, Play Mountain Place, Los Angeles, CA

Professional Experience and Training in Early Childhood Education

2013 Internship at Child Development Center in Infant and Toddler Program, UCR

2013 Resources for Infant Educators® Foundations Course, Los Angeles, CA

2012-2013 Hand in Hand Parenting Instructor Certification Course, CA

2012 California ECE Site Supervisor Permit Coursework, UCR & UCLA

2008 Internship at Alternative Education Resource Organization, Long Island, NY

2002-2003 Odyssey of the Mind Coach, Skaneateles Middle School, New York