

# Sidney Hoolsema

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sidneyhoolsema.com

## Education

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**Bachelor of Arts, Honors in Psychology.** University of the Fraser Valley 2020 - 2023

*Supervisor: Dr. Andrea Hughes*

**General Studies.** Thompson Rivers University 2018 - 2020

**General Studies.** Kwantlen Polytechnic University 2016 - 2018

## Research Experience

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**Research Assistant.** University of British Columbia 2023- Present

- Applying for ethics applications
- Conducting literature and scoping reviews
- Provide project coordination and administration support
- Leading and organizing team meetings
- Liaising with persons with lived/living experience partners and researchers
- Support the development of website content.
- Supporting the development of knowledge products including editing, formatting and graphic design/infographic development.
- Experience using UBC Workday, Adobe Creative Suite, and WordPress

**Honors Student.** University of the Fraser Valley 2022 - 2023

*Supervisor: Dr. Andrea Hughes*

- Thesis: an illicit opioid addiction is stigmatized more than a medical onset opioid addiction and an illicit stimulant addiction.
- Exploring the dehumanization of people who suffer from Opioid Use Disorder.
- Quantitative data analysis using SPSS

**Research Assistant.** University of the Fraser Valley 2022 - 2023  
*Supervisor: Dr. Andrea Hughes*

- Project: "Personal Memories of a Global Pandemic."
- Responsibilities include conducting a literature review, applying for ethics, assisting with research design, and coding qualitative data.

**Research Assistant.** University of the Fraser Valley 2022  
*Supervisor: Dr. Zoë Francis*

- Project: "Recommended Self-Regulation Strategies on Social Media."
- Responsibilities included conducting a literature review, assisting with research design, helping with pre-registration on OSF, and 25 hours of coding qualitative data.
- Used the R programming language to compile data sets.

**Directed Studies Student.** University of the Fraser Valley 2022  
*Supervisor: Dr. Valentina Proietti*

- Studied the effects of the media on ageism, including self-ageism.
- Duties involved applying for ethics, programming, conducting a pilot study, data analysis using Jamovi Statistical Software, and writing a report of the study's findings.

**Project Assistant.** Center of Education and Research on Aging at the University of the Fraser Valley. 2022

*Supervisor: Dr. Shelley Canning*

- Paid research position.
- Worked with a team of students to conduct an Age-Friendly University Audit funded by Provost's Strategic Grant Funding.
- The audit helped the University of the Fraser Valley receive an Age-Friendly University declaration.

## Non-Academic Work Experience

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**Psychometrist.** Back In Motion Rehab Inc. 2022-2023

- Psychometrist contracted by WorkSafeBC – Post-Concussion Management Program (PCMP).
- Part of a multidisciplinary team that provides assessment and treatment for people who are injured at work and have a concussion due to their workplace injury.
- Administering and scoring patients' cognitive and behavioural assessments.

- Conducting semi-structured interviews with clients.
- Leading Tension Reduction Training (TRT) classes for patients.
- Teaching patients strategies to manage their symptoms, improve cognitive functioning, and support recovery.
- Teaching education and cognitive classes on working memory and assertive communication.

**Longshore Worker. ILWU 502**

- Delta Port checker rating with extensive experience planning and directing the shipment of goods.

2017 - 2024

**Extracurriculars**

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**Member of the Beliefs and Self-Control (BASC) Lab.** University of the Fraser Valley

2021 - 2023

Lab Director: *Dr. Zoë Francis*

- Attend bi-weekly meetings.
- Research experience exploring self-regulation and beliefs around health.
- Instruction on the R programming language and discussing research designs.

**Member of the Psychology Journal Club.** University of the Fraser Valley

2020- 2023

Supervisor: Dr. D Tafreshi and Dr. C DeMicheli

- Attend bi-weekly meetings to discuss a recent psychology paper. Discussion and presentation are led by either a faculty member or student.
- I presented and led a discussion on “All-cause and cause-specific mortality in people with mental disorders and intellectual disabilities before and during the COVID-19 pandemic: cohort study” by Das-Munshi et al., 2021.

**Social Media Coordinator.** Student Psychology Association University of the Fraser Valley

2022 - 2023

- Running social media accounts, student outreach, marketing, and fundraising.

**Volunteer.** A Better Life Foundation. Vancouver, BC  
Supervisor: Adriana Ng and Ash MacLeod

2022- Present

- Front of-house facilitator at Plenty of Plates.

- Serving meals to the Downtown Eastside community.

**Classroom Assistant.** Noel Booth Elementary. Langley, BC  
Supervisor: Madame Patricia Barkley

2017

- Volunteered weekly in a grade seven French Immersion classroom.
- Duties included helping children practice their French language skills, marking, and group reading focused on enhancing French pronunciation.

## Awards

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- **Dean's List Summer 2022 Semester.** University of the Fraser Valley
- **Dean's List Fall 2021 Semester.** University of the Fraser Valley
- **Dean's List Winter 2021 Semester.** University of the Fraser Valley

## Conferences

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- UFV Student Research Day. University of the Fraser Valley, March 2023 - Oral and Poster presentation
- Connecting Minds. Kwantlen Polytechnic University, May 2023 - Oral presentation
- Western Canadian Conference on Undergraduate Research & Psychology (CURP). The University of British Columbia - Okanagan, September 2023 - Poster presentation
- 6th Annual BC Substance Use Conference. Vancouver, BC, May 2024

## Languages and Skills

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**French Immersion.** Brookwood Secondary School. Langley, BC  
Supervisor: Madame Harding

- Completed DELF B2 Exam
- Completed Dual Dogwood Diploma

## Programming

- R programming language
- Web Development
- SPSS Statistical Analysis
- Jamovi Statistical Analysis

- Survey Monkey

## Scholarships

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Student Presentation Grant - University of the Fraser Valley (\$500)	2023
Student Experiences Fund (SEF) – University of the Fraser Valley (\$500)	2023
Westshore Scholarship – <i>Westshore Terminals Ltd</i> (\$2,500)	2020
Westshore Scholarship – <i>Westshore Terminals Ltd</i> (\$2,500)	2019
Westshore Scholarship – <i>Westshore Terminals Ltd</i> (\$2,500)	2018
District Authority Scholarship Award – <i>Langley School District</i> (\$1,250)	2017
Westshore Scholarship – <i>Westshore Terminals Ltd.</i> (\$2,500)	2017
Scholarship - <i>Langley Rod &amp; Gun Range</i> (\$500)	2017

## Certifications/ Workshops

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TCPS 2: Core (Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans)

Stigma Ends with Me – Core Principles (CAPSA) 2023

Mental Health First Aid- Mental Health Commission of Canada 2023

## References

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Dr. Andrea Hughes

Associate Professor, Department of Psychology, University of the Fraser Valley

[Andrea.Hughes@ufv.ca](mailto:Andrea.Hughes@ufv.ca)

Dr. Zoë Francis.

Assistant Professor, Department of Psychology, University of the Fraser Valley

[Zoe.Francis@ufv.ca](mailto:Zoe.Francis@ufv.ca)

Dr. Shelley Canning

Associate Professor, Nursing (BSN) Program

Director, Centre for Education and Research on Aging (CERA)

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