

Artie W. Konrad

akonrad@ucsc.edu
www.artiekonrad.com

EDUCATION

Ph.D., Cognitive Psychology
University of California, Santa Cruz (expected 2016)

- Advisor: Dr. Steve Whittaker
- Human Computer Interaction Lab
- Advanced to candidacy (June 2014)

M.S., Cognitive Psychology (HCI emphasis)
University of California, Santa Cruz (2013)

B.A., Cognitive Science
University of California, Berkeley (2005)

PUBLICATIONS & MANUSCRIPTS IN PREPARATION

Konrad, A., Bellotti, V., Crenshaw, N., Tucker, S., Nelson, L., Du, H., Pirolli, P., Whittaker, S. (2015). Finding the Adaptive Sweet Spot: Balancing Compliance and Achievement in Automated Stress Reduction. *Proceedings of the SIGCHI Conference on Human Factors in Computing Systems (CHI 2015)*. ACM Press.

Hollis, V., **Konrad, A.**, Whittaker, S. (2015). Change of Heart: Emotion Tracking to Promote Behavior Change. *Proceedings of the SIGCHI Conference on Human Factors in Computing Systems (CHI 2015)*. ACM Press.

Non-Archival Workshop Paper: **Konrad, A.** & Whittaker, S. (2015) Well-Being Strategies from Recording and Reflecting: A Field Trial. *Developing Skills for Well-Being Workshop*. CHI '15. Seoul, Korea.

Isaacs, E., **Konrad, A.**, Walendowski, A., Lenning, T., Hollis, V. & Whittaker, S. (2013). Echoes From the Past: How Technology Mediated Reflection Improves Well-Being. *Proceedings of the SIGCHI Conference on Human Factors in Computing Systems (CHI 2013)*. ACM Press.

Best Paper Honorable Mention.

Whittaker, S., **Konrad, A.** (2013). Autobiographical memory and well-being: A tale of two mechanisms. *Sarmac (X) Abstract*. Rotterdam, The Netherlands.

Non-Archival Workshop Paper: **Konrad, A.**, Whittaker, S., Isaacs, E. (2013) Short and long-term benefits of reflective technologies. *Personal Informatics Workshop*. CHI '13. Paris, France.

In Preparation: **Konrad, A.**, Bellotti, V., Crenshaw, N., Tucker, S., Barath, A., Du, H., Whittaker, S. Going for a Spin? Understanding Framing Effects in Automated Persuasive Health Messaging. (To be submitted to IJHCS '15)

Artie W. Konrad

In Preparation: **Konrad, A.**, Whittaker, S. Things Recorded, Things Remembered: Technology for Better or Worse. (To be submitted to To.Chi '15)

In Preparation: Valosek, L., Nidich, S., Link, J., **Konrad, A.** A Randomized Controlled Trial of Meditation on Emotional Intelligence in Administrators. (To be submitted to Journal of Applied Psych '16)

In Preparation: **Konrad, A.**, Ahern, S., Walendowski, A., Isaacs, E., Whittaker, S. How Event Valence Impacts Technology-Mediated Recording and Reflecting. (To be submitted to CHI '16)

PROFESSIONAL EXPERIENCE

Summer Intern: David Choi and Andrew Fiore 2014
Facebook, UX Research Team

- Impacting product through four mixed-method studies: Semi-structured interviews, experimental manipulation, large scale survey creation and administration, and analysis of each.
- Understanding stickers and emoji: Psychology, individual differences, and communicative intent.
- A meaningful Lookback: Harnessing Facebook for self-reflection.

Summer Intern: Victoria Bellotti 2013
Xerox PARC (Palo Alto Research Center)

- In charge of behavior change and adaptive coaching system study (70 participants)
- Designed the study, worked with certified trainers to develop exercises, helped build and troubleshoot the system, recruitment, quality control and RA oversight, data analysis, etc.
- Presented my work at a PARC lab meeting and was invited to present again to a different PARC lab. Also, did a poster session.
- Led the analysis and write-up for two publications (one accepted, one in preparation).

Graduate Student Researcher

UCSC Department of Psychology

- Supervising Investigators: Dr. Steve Whittaker and Dr. Ellen Isaacs (PARC)
- Technology-mediated reflection to improve mental health 2011– 2012
- The influence of technology on adaptive memory biases 2012– 2013
- How event valence impacts technology-mediated recording and reflecting 2013– 2014
- Adaptive reflective systems 2014– 2015

Research Associate and EEG Technician 2009– 2010

San Francisco Unified School District with

Center for Wellness and Achievement in Education

- Large randomized controlled trial looking at the effects of a stress-reduction intervention on psychological, neurophysiological, biochemical, and quality of life outcomes of 130 subjects.
- Responsible for ensuring a high quality of research and working closely with the research team to design and execute proper procedures.
- Oversaw all research components and in charge of day-to-day management of: EEG, blood draw, blood pressure, skin conductance, & survey instruments.

Artie W. Konrad

- Personally administered over 300 EEG sessions with a 32-channel Biosemi system and ActiView software.
- Largely responsible for study design and assisted with complex data analysis and brainwave analysis.

Instructor for School Stress Reduction Program

Everett Middle School

2008 – 2009

John O'Connell High School

2011

- Lectured and instructed parents, students, and faculty in how stress affects the brain and techniques to reduce stress in our education system. Helped implement two school wide stress-reduction programs which resulted in 80% reduction in suspensions and detentions, and 50% drop in fights.
- Designed and implemented a complex Filemaker database to access student schedules, appointment dates and other essential information to the program operation. Hosted the database online for staff-wide access.

Research Assistant

2007 – 2008

Wellspring Institute of Neuroscience

- Independently conducted a massive literature review to understand the complexities of different physical and psychological health instruments.
- Worked closely with a team (Neurologist and Neuropsychologist) to identify appropriate constructs and adapt them for an online health battery.
- My conceptual contributions and technical implementation provided the groundwork for a large scale 20 year longitudinal study in the works.

Research Assistant

2007 – 2008

Institute of Noetic Sciences

- Created a master online database in XML and Refbase of all meditation research so that the research is searchable and accessible. This is the most complete database for this field.

Research Assistant

2005 – 2006

David Lynch Foundation

Albany Middle School, Albany CA

- Assessing a stress-reduction intervention with 15 6th and 8th grade students with ADHD.
- Administered the testing (such as the Continuous Performance Test and the Tower of London Test of Executive Function)
- Monitored intervention compliance and explored rewards, motivation, and competitive systems to improve adherence.

CEO and Founder

2005 – 2012

Connexion Tutoring LLC, Bay Area Wide

- Managed all the marketing, client relations, hiring and training (with over 40 tutors) of a successful Bay Area tutoring agency. <http://connexiontutoring.com>
- “Connexion” is named after the concept of connecting neural pathways in the brain during the learning process. Our approach to teaching is augmented by developments in Neuroscience.
- Interviewed over 200 tutor applicants. This developed skills which are transferable to the interviews I conduct in my research.

Artie W. Konrad

Website Designer (Content and Development)

2003

Lawrence Berkeley National Laboratory, Berkeley CA

- The website was designed to teach Cosmology to high-school students and is used by many teachers across the country. Researched current Astrophysics theories, wrote proposals and summaries (which were published), and did a poster session to present my work to scientists at the lab. <http://universeadventure.org>

REVIEWER

- Served as reviewer for ACM CHI 2015 full paper
- Served as reviewer for ACM CHI 2015 work in progress
- Served as reviewer for ACM DIS 2014 full paper

ACCOMPLISHMENTS & SCHOLARSHIPS

- Advancement to Candidacy: Paper titled, "The Influence of Autobiographical Memory on Behavior, and Technologies that Support Both."
- Two UCSC Travel Grants to Present Papers at CHI
- Recipient of: California Labor Federation Scholarship, Huguenot Society Scholarship, Society of Exploration Geophysicists Scholarship, The Earth Watch Institute Scholarship, American Management Association Scholarship, Sigma Phi Epsilon Balanced Man Scholarship; among others
- Member of the National Society of Collegiate Scholars
- Eagle Scout: Highest rank. Only 3% of all Boy Scouts earn this honor. 2000
- Professional Juggler: Universal Studios, Pier 39, TV Appearances, etc. 1993 - Present

QUALIFICATIONS

- Quantitative Experience: SPSS (teaching and research), experimental design and analysis, some Matlab
- Qualitative Experience: LIWC (linguistic inquiry word count), diary studies/log analysis, some formal content analysis, inter views
- Skilled in: Microsoft Office, Photoshop, Flash, FileMaker, ActiView (and some BESA), SPSS, Scheme, Basic and HTML (programming languages).
- Able to train myself in new software and programming languages very quickly; have been hired to create, manage and develop websites, databases, business cards and other design materials.

TEACHING AND TALKS

Conference Talks and Posters

- CHI '15 (main session). Seoul, Korea. Presenting Paper: Finding the Adaptive Sweet Spot.
- Research Frontiers Conference. UCSC Poster Presentation: Finding the Adaptive Sweet Spot (2014).
- CHI '13 (main session). Paris, France. Presented Paper: Echoes from the Past.
- CHI '13 (personal informatics workshop). Paris, France. Presented Extended Abstract: Benefits of Reflective Technologies.
- Xerox PARC, All PARC Poster Presentation: Behavior Change and Adaptive Coaching (2013)

Artie W. Konrad

Teaching Assistant

- Computer Mediated Communication, with Dr. Steve Whittaker (UCSC, Winter 2015)
- Cognition: Fundamental Theories, with Dr. Meg Wilson (UCSC, Spring 2014)
- Cognition: Fundamental Theories, with Dr. Meg Wilson (UCSC, Fall 2013)
- Introduction to Psychological Statistics, with Dr. Steve Whittaker (UCSC, Spring 2013)
- Human Learning and Memory, with Dr. Benjamin Storm (USCS, Fall 2012)
- Introduction to Psychological Statistics, with Dr. Steve Whittaker (UCSC, Spring 2012)
- Introduction to Psychological Statistics, with Dr. Kim Cardilla (UCSC, Winter 2012)

Guest Lectures

- UC Santa Cruz, Computer Mediated Communication, Lecture in Memory Technologies (2015)
- UC Santa Cruz, Human Computer Interaction, Lecture in Statistics and SPSS (2015)
- UC Santa Cruz, Human Computer Interaction, Lecture in Statistics and SPSS (2014)
- Xerox PARC, Talk titled, “A Multidimensional Approach to Adaptive Behavior Change” (2014)
- UC Santa Cruz, Human Factors, Lecture in Behavior Change Technologies (2014)
- UC Santa Cruz, Computer Mediated Communication, Lecture in Memory Technologies (2014)
- Xerox PARC, Talk titled, “Intelligent Coaching for Reduced Stress” (2013)
- UC Santa Cruz, Cognitive Colloquium, Second Year Research Presentation (2013)
- UC Santa Cruz, Psi Chi Psychology Honors Society, Lecture in Technology Mediated Memory (2013)
- UC Santa Cruz, Cognitive Colloquium, First Year Research Presentation (2012)
- UC Santa Cruz, Human Memory and Learning, Lecture in Autobiographical Memory (2012)
- UC Berkeley, Guest Lecture to 400 students in Stress-Reduction Interventions (2005)