

Niyantri Ravindran

Department of Human Development and Family Science
College of Family and Consumer Sciences, University of Georgia
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EDUCATION

Ph.D., Human Development and Family Studies, University of Illinois at Urbana-Champaign 2018
M.S., Human Development and Family Studies, University of Illinois at Urbana-Champaign 2016
B.A., Psychology, University of Minnesota 2012

PROFESSIONAL POSITIONS

Assistant Professor 2022-
Department of Human Development and Family Science
University of Georgia

Assistant Professor 2020-2022
Department of Human Development and Family Sciences
Texas Tech University

Postdoctoral Research Scholar 2018-2020
Departments of Psychology and Human Development and Family Studies
The Pennsylvania State University

Development of Self-Regulation Dynamics Project (RO1HD076994)
Advisors: Pamela M. Cole, PhD, and Nilam Ram, PhD

Post-baccalaureate Research Assistant January-July 2013
Institute of Child Development
University of Minnesota

Midwest Child-Parent Center Expansion Project
Supervisor: Dr. Arthur Reynolds

RESEARCH INTERESTS

- Dynamics of parent-child interactions
- Sociocultural and affective determinants of parenting behavior
- Parental socialization of emotion
- Physiological stress reactivity and regulation in parents and children
- Children’s emotion regulation, social competence, and peer relationships

GRANT ACTIVITY

Funded

\$5000 Mothers' Dispositional Distress Reactivity, Physiological Regulation, and Supportive Behavior: A Dynamic Approach. The Dolores Norton Research Award, Illinois Association of Infant Mental Health. *Role:* Principal Investigator 2017

Pending Projects

A Longitudinal Multi-Method Approach to Understand the Early Development of Math Anxiety. National Science Foundation. *Role:* Co-Principal Investigator (PI: Zhe Wang); PI on UGA subaward 2023-2028

AWARDS AND HONORS

International Society for Developmental Psychobiology Postdoctoral Travel Award 2019

Russell Sage Foundation Travel Grant to Summer Institute on Integrating Biological Approaches in the Social Sciences 2019

Society for Research in Child Development Early Career Travel Award 2019

University of Illinois Graduate College Dissertation Completion Fellowship (Declined) 2018

List of Teachers Ranked as Excellent by their Students 2014, 2015
2017, 2018

Sharon Borine Award in recognition of the Best Capstone Paper of Fall semester 2012
Department of Psychology, University of Minnesota 2012

Undergraduate Research Opportunities Program Award, University of Minnesota 2012

PUBLICATIONS (PEER-REVIEWED)

Izenstark, D., & **Ravindran, N.** (2022). Associations between childhood family-based nature activities and family relationship quality in emerging adulthood. *Family Relations*. Advance online publication. <https://doi.org/10.1111/fare.12714>

Ravindran, N., McElwain, N. L., Berry, D., & Kramer, L. (2022). Dynamic fluctuations in maternal cardiac vagal tone moderate moment-to-moment associations between children's negative behavior and maternal emotional support. *Developmental Psychology*, 58, 286–296. <https://doi.org/10.1037/dev0001299>

Ravindran, N., Genaro, B. G., & Cole, P.M. (2021). Parental structuring in response to toddler negative emotion predicts children's later use of distraction as a self-regulation strategy for waiting. *Child Development*, 92, 5, 1969-1983. <https://doi.org/10.1111/cdev.13563>

Ravindran, N., Zhang, X., Green, L.G., Gatzke-Kopp, L.M., Cole, P.M., & Ram, N. (2021). Concordance of mother-child respiratory sinus arrhythmia is continually moderated by dynamic changes in emotional content of film stimuli. *Biological Psychology* (Invited submission to Special Issue: *Biological, emotional, and behavioral concordance: Multi-level, multi-person approaches to health across the lifespan*). 161, 108053. <https://doi.org/10.1016/j.biopsycho.2021.108053>

Izenstark, D., **Ravindran, N.**, Rodriguez, S. & Devine, N. (2021). The affective and conversational benefits of a walk in nature among mother-daughter dyads. *Journal of Applied Psychology: Health and Well-Being*. <https://doi.org/10.1111/aphw.12250>

Hu, Y., Emery, H. T., **Ravindran, N.**, & McElwain, N. L. (2020). Direct and indirect pathways from maternal and paternal empathy to young children's socioemotional functioning. *Journal of Family Psychology*, 34, 825-836. <https://doi.org/10.1037/fam0000745>

Chen, X., McCormick, E. M., **Ravindran, N.**, McElwain, N. L., & Telzer, E. H. (2020). Maternal emotion socialization in early childhood predicts adolescents' amygdala-vmPFC functional connectivity to emotion faces. *Developmental Psychology*, (Special Issue: *Parental Socialization of Emotion and Self-Regulation*), 56, 503-515. <https://doi.org/10.1037/dev0000852>

Tu, K., & **Ravindran, N.** (2020). Getting under the skin: Maternal social coaching and adolescent peer adjustment. *Journal of Applied Developmental Psychology*, 66, 101091. <https://doi.org/10.1016/j.appdev.2019.101091>

Ravindran N., Hu, Y., McElwain, N. L., & Telzer, E. H. (2020). Dynamics of mother-adolescent and father-adolescent autonomy and control during a conflict discussion task. *Journal of Family Psychology*, 34, 312-321. <https://doi.org/10.1037/fam0000588>

McElwain, N. L., **Ravindran, N.**, Emery, H. T., & Swartz, R. (2019). Theory of mind as a mechanism linking mother-toddler relationship quality and child-friend interaction during the preschool years. *Social Development*, 28, 998-1015. <https://doi.org/10.1111/sode.12377>

Ravindran, N., Berry, D. & McElwain, N. L. (2019). Dynamic bidirectional associations in negative behavior: Mother-toddler interaction during a snack delay. *Developmental Psychology*, 55, 1191-1198. <https://doi.org/10.1037/dev0000703>

Ravindran, N., McElwain, N. L., Berry, D., & Kramer, L. (2018). Mothers' dispositional distress reactivity as a predictor of maternal support following momentary fluctuations in children's aversive behavior. *Developmental Psychology*, 54, 209-219. <https://doi.org/10.1037/dev0000418>

Ravindran, N., Engle, J. M., McElwain, N. L., & Kramer, L. (2015). Fostering parents' emotion regulation through a sibling-focused experimental intervention. *Journal of Family Psychology*, 29, 458-468. <https://doi.org/10.1037/fam0000084>

INVITED BOOK CHAPTERS/ENTRIES

Ravindran, N. (2018). Sympathy. In Bornstein, M. H., Arterberry, M. E., Fingerman, K. L., & Landsford, J. E. (Eds.), *The SAGE Encyclopedia of Lifespan Human Development, Vol 5* (pp. 2194-2197). New York, NY: Sage.

Kramer, L., Conger, K. J., Hollifield, C., & **Ravindran, N.** (2019). Siblings. In B. H. Fiese (Editor-in-Chief), *APA Handbook on Contemporary Family Psychology: Foundations, Methods, and Contemporary Issues Across the Lifespan* (pp. 521-538). Washington, DC: American Psychological Association.

ORAL PRESENTATIONS

Ravindran, N., Merrin, G. J., Fairclough, J., Phelps, B., Zoppolat, G., Balzarini, R. N., & Slatcher, R. B. (April 2021). *Longitudinal Within-Person Associations between COVID-19-Related Stressors, Parents' Emotions, and Parent-Child Interactions*. Society for Affective Science Virtual Conference.*

*Abstract was highly ranked (top 20% of 452 abstracts) and published in the *Journal of Affective Science*

Izenstark, D., & **Ravindran, N.** (February 2021). *Examination of How Family Time Spent in Nature Across Childhood Influences Adulthood Family Relationship Quality Among Latinx and Asian Students*. The Academy of Leisure Sciences Virtual Conference.

Ravindran, N., Genaro, B.G., & Cole, P. M. (July 2020). Parental Structuring of Toddler Negative Emotion Predicts Children's Use of Distraction Longitudinally. In de Barbaro, K. (chair), *Parent and Child Contributions to Emotion Regulation: Beyond Main Effects to Complex Developmental Pathways*. Virtual International Congress of Infant Studies.

Ravindran, N., McElwain, N. L., & Kramer, L. (March 2019). Parenting under Challenge: Interactive Contributions of Child Behavior and Maternal Cardiac Physiology. In D Berry and **N Ravindran** (Chairs), *Dynamics of Physiological Processes in Interpersonal Contexts: Correlates and Outcomes*. Society for Research in Child Development Biennial Meeting, Baltimore, MD.

McElwain, N. L., Chen, X., **Ravindran, N.**, McCormick, E. M., & Telzer, E. H. (March 2019). Maternal Sensitivity during Toddlerhood Predicts Amygdala-PFC Functional Connectivity During Early Adolescence. In N. L. McElwain (chair), *Normative Variation in Early Caregiving: Longitudinal Links to Brain Structure and Function*. Society for Research in Child Development Biennial Meeting, Baltimore, MD.

McElwain, N. L., Berry, D., Cole, J.M., & **Ravindran, N.** (March 2019). Fluctuations in Maternal Speech Prosody and Preschool-Aged Children's Behavioral and Physiological Regulation during a Challenge. In M. A. Fields-Olivieri (Chair), *Emotion in the Voice: Leveraging Automated Assessment to Study Communication and Regulation in Early Childhood*. Society for Research in Child Development Biennial Meeting, Baltimore, MD.

Ravindran, N., McElwain, N. L., & Telzer, E. H. (April 2018). A Balancing Act: Dynamic Associations Between Maternal and Adolescent Behavior during a Conflict Discussion. In K. M. Tu (Chair), *Mother-Adolescent Interactions: A Context for Understanding Mother and Adolescent Behaviors and Adolescent Adjustment*. Society for Research on Adolescence Biennial Meeting, Minneapolis, MN.

Ravindran, N., & Tu, K. M. (April 2018). Maternal Social Coaching and Adolescent Peer Adjustment: The Moderating Role of Skin Conductance Level Reactivity. In T. M. L. Kaufman (Chair), *Spillover Between Adolescents' Relationships with Parents and Peers: Physiological,*

Cognitive, and Behavioral Correlates. Society for Research on Adolescence Biennial Meeting, Minneapolis, MN.

Ravindran, N., Hamilton, T., & Kramer, L. (November 2017). *Taking More Fun with Sisters and Brothers Online: Broadening Impact*. National Council on Family Relations Conference, Orlando, FL.

Ravindran, N., Berry, D., & McElwain, N. L. (May 2016). *Moment-to-Moment Bidirectional Associations between Maternal Support and Child Dysregulation in a Challenging Situation*. International Congress for Infant Studies, New Orleans, LA.

Dworkin, J., Doty, J.L., Connell, J.H. & **Ravindran, N.** (November 2013). *It's Not Just for Teens: Parents' Use of Social Networking Sites*. National Council on Family Relations Conference, San Antonio, TX.

POSTER PRESENTATIONS

*denotes graduate student co-author

*Prather, K. L., & **Ravindran, N.** (2023, March). *Parent Emotional Functioning as a Predictor of Parental Responsiveness to Child Cries in Naturalistic Settings*. Society for Research in Child Development, Salt Lake City, UT.

Kramer, L., **Ravindran, N.**, Paulo, B., Bruland, P., & Devarajan, R. (2023, March). *Raising siblings is stressful: Assessing parental emotion regulation and coparenting quality in the sibling context*. Society for Research in Child Development, Salt Lake City, UT.

*Prather, K. L., & **Ravindran, N.** (2022, July). *Within-family associations between familial risk and children's home environments across infancy and toddlerhood*. International Congress of Infant Studies, Ottawa, CA.

*Copeland, S., **Ravindran, N.**, & McElwain, N. L. (2022, July). *Maternal and toddler characteristics as predictors of mother-toddler conversational turns and maternal responses to toddler cries in the home*. International Congress of Infant Studies, Ottawa, CA.

Ravindran, N., Ku, S., & Zhang, X. (2021, November). *Within-person associations between maternal cortisol reactivity and harsh parenting from infancy to toddlerhood*. International Society for Developmental Psychobiology Hybrid Meeting.

Ravindran, N., & McElwain, N. L. (2021, April). *Beyond individual differences: Dynamic coupling of mother-child positive behaviors predicts child-peer interactions*. Society for Research in Child Development Biennial virtual meeting.

Izenstark, D., **Ravindran, N.**, Rodriguez, S. & Devine, N. (2020, November). *The affective benefits of a walk in nature among mothers and daughters*. National Council on Family Relations Virtual Conference.

Ravindran, N., Zhang, X., Green, L. M., Cole, P. M., Gatzke-Kopp, L. M., & Ram, N. (2019, October). *Dynamic fluctuations in children's RSA at "slow" and "fast" timescales*. International Society for Developmental Psychobiology, Chicago, IL.

Ravindran, N., Zhang, X., Green, L. M., Cole, P. M., Gatzke-Kopp, L. M., & Ram, N. (2019, May). *Children's physiological regulation in response to negative emotional intensity: Maternal physiological regulation as a moderator*. Association for Psychological Science Annual Convention, Washington, DC.

Ravindran, N., McElwain, N. L., McCormick, E. M., & Telzer, E. H. (2019, March). *Support and hostility in mother-adolescent relationships: Associations with adolescents' neural responses to angry faces*. Society for Research in Child Development Biennial Meeting, Baltimore, MD.

Ravindran, N., Emery, H. E., McElwain, N. L., Groh, A. M., & Roisman, G. I. (2017, April). *Mothers' physiological reactivity and regulation: Interactive contributions to parenting during mother-toddler interactions*. Biennial Meeting of the Society for Research in Child Development, Austin, TX.

Ravindran, N., Emery, H. T., & McElwain, N. L. (2015, November). *Parental distress and toddler temperament combine to predict child adjustment*. National Council of Family Relations, Vancouver, CA.

Ravindran, N., McElwain, N. L., Berry, D. J., & Kramer, L. (2015, March). *Mothers' distress in response to others' distress: Contributions to parenting in a challenging situation*. Biennial Meeting of the Society for Research in Child Development, Philadelphia, PA.

Ravindran, N., Engle, J. M., McElwain, N. L. & Kramer, L. (2014, November). *Getting a grip: Sibling-focused intervention improves parents' emotion regulation*. Special Topics meeting of Society for Research in Child Development: New Conceptualizations in the Study of Parenting at Risk, San Diego, CA.

Ravindran, N. & Hetherington, C. (2013, May). *Relational aggression in families and its impact on adolescent development*. Midwestern Psychological Association Psi Chi Convention, Chicago, IL.

Ravindran, N., Pitula, C., Lingras, K., & Englund, M.M. (2013, April). *Longitudinal and concurrent contributions of ego control, ego resilience and social functioning to relational aggression and victimization in middle childhood*. Society for Research in Child Development, Seattle, WM.

PROFESSIONAL DEVELOPMENT SESSIONS

Ravindran, N., & Gao, M. (April 2021). International Graduate Students: How to Locate, Land, and Thrive in Postdoctoral Positions in the U.S. Symposium co-chair: **N. Ravindran**. Workshop presented at the Society for Research in Child Development Biennial Virtual Meeting.

Panel member, Invited Presenter Symposium: *Finding and Securing Jobs in Academia: Post Doc Positions, Tenure and Non-Tenure Track Options* (November 2020). National Council on Family Relations Virtual Conference.

TEACHING AND MENTORING

Courses Taught

HDFS 2300: The Science of Studying Human Development and Families <i>University of Georgia</i>	Spring 2023
HDFS 8840: Introduction to Multilevel and Growth Curve Modeling <i>University of Georgia</i>	Fall 2022
HDFS 5101: Research Methods in HDFS <i>Texas Tech University</i>	Spring 2022
HDFS 5313: Psychosocial Development <i>Texas Tech University</i>	Fall 2021
HDFS 3331: Parenting <i>Texas Tech University</i>	Fall 2020 Spring 2021
HDFS 105: Introduction to Human Development (online) <i>University of Illinois</i>	Summer 2016
HDFS 290: Introduction to Research Methods (Lab Leader) <i>University of Illinois</i>	2017-2018
HDFS 105: Introduction to Human Development (Discussion Leader) <i>University of Illinois</i>	2014-2015

Invited Guest Lectures

<i>Developmental Psychology undergraduate class at Wayne State University</i> Title: Parent-Child Dynamics and Children's Emotion Regulation	2021
<i>HDFS 500: Advanced Professional Development at University of Illinois</i> Title: Navigating the Tenure-Track Job Market	2021, 2022
<i>HDFS 305: Middle Childhood at University of Illinois</i> Title: Sibling Relationships in Middle Childhood	2017, 2018
<i>HDFS 105: Introduction to Human Development at University of Illinois</i> Title: Research Methods: Infancy and Early Childhood	2015-16
<i>HDFS 450: Practicum in HDFS at University of Illinois</i> Title: Using Attachment Theory in Research and Applied Settings	2015

Graduate Student Committees

Sawyer Copeland, HDFS MS Student, Texas Tech University (Committee co-chair)	in progress
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Doctoral Supervision

Kellsie Prather, HDFS PhD Student, University of Georgia

Mentored Undergraduate Research Projects

Zhanea James, HDFS, University of Illinois	2018
Fan Xia, HDFS, University of Illinois	2018
Ian Enriquez, Psychology, University of Illinois	2016
Cayla Bollinger, HDFS, University of Illinois	2015

STATISTICAL TRAINING

Analyzing Intensive Longitudinal Data with Group Iterative Multiple Model Estimation, Drs. Kathleen Gates and Stephanie Lane	May 2019
Modeling Within-person Associations in Longitudinal Data, Dr. Lesa Hoffman	May 2018
Dynamic Structural Equation Modeling with Intensive Longitudinal Data, Mplus Team	August 2017
Introduction to Longitudinal Multilevel Models, Dr. Lesa Hoffman	May 2017
Structural Equation Modeling with Latent Variables, Dr. Kristen Bub	August 2016

METHODOLOGICAL TRAINING

Integrating Biological Approaches in the Social Sciences, Northwestern University <i>Selected to attend intensive summer training on biomarkers of stress</i>	June 2019
NIH Grant-Writing Series, Interdisciplinary Health Sciences Institute, University of Illinois	Fall 2017
CardioEdit/CardioBatch Workshop on editing heart-rate data, Brain-Body Center, University of Illinois at Chicago	October 2015

PEDAGOGICAL TRAINING

Mentorship Development: Understanding Diversity, The Pennsylvania State University	July 2019
Planning your First Course, The Pennsylvania State University	March 2019
Writing Across the Curriculum, University of Illinois	August 2017
Strategies for Facilitating Student Engagement in the Classroom, University of Illinois	July 2017
Practical Tips for Incorporating Intersectionality in the Classroom, University of Illinois	April 2017
Teaching about Diversity & Inequality, University of Illinois	November 2016

SERVICE

Departmental and University Service

Member, HDFS Faculty Search Committee, University of Georgia	2022-2023
Member, Child Development Lab Faculty Advisory Committee, University of Georgia	2022-2023

Member, HDFS Graduate Admissions Committee, University of Georgia	2022-2023
Member, HDFS Diversity, Equity, and Inclusion Committee, Texas Tech University	2021-2022
Member, HDFS Scholarships Committee, Texas Tech University	2022
Member, HDFS Faculty Search Committee, Texas Tech University	2021
Member, Graduate Admissions Committee, Texas Tech University	2021-2022
Judge, Undergraduate Research Conference, Texas Tech University	2021
Student Member, HDFS Diversity and Inclusion Committee, University of Illinois	2017-2018
Organizing Committee, HDFS Departmental Orientation for Teaching Assistants, University of Illinois	2017
Judge, Undergraduate Research Symposium, University of Illinois	2017
Member, International Graduate Student Employees Working group (a subdivision of the Graduate Employee Organization Labor Union), University of Illinois	2015-2017
Treasurer, HDFS Graduate Student Organization, University of Illinois	2015-2016

Professional Service

Editorial Positions

Consulting Editor, *Developmental Psychology* (2020-2022)
Consulting Editor, *Journal of Family Psychology* (2022 - present)

Reviewer, Society for Research in Child Development 2023 Biennial Meeting (*Social, Emotional, and Personality Panel*)

Ad Hoc Reviewer

Applied Developmental Psychology
Child Development
Child Psychiatry and Human Development
Developmental Psychology
Development and Psychopathology
Developmental Science
Emotion
Family Relations
International Journal of Behavioral Development
Journal of Adolescence
Journal of Family Psychology
Journal of Leisure Research
Merrill-Palmer Quarterly
Motivation and Emotion
Psychophysiology

NIYANTRI RAVINDRAN
VITA

Community Outreach and Engagement

Scientific expert for *Brains On!* Podcast episode on sibling relationships by
American Public Media September 2020

Scientific consultant for *WalletHub*: Article on ‘*Best States to Have a Baby*’ July 2021