

Rachel Jordan Kingstone
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EDUCATION

M.A. Early Childhood Studies
Toronto Metropolitan University

Expected Fall 2026

B.Sc. (Hons) Psychology Specialist
University of Toronto, Victoria College
Senior Project: *Toddlers' Persistence: Mental Effort and Contingent Process Praise*

June 2025
GPA: 3.95/4.00

Foundation Year Program

University of King's College & Dalhousie University

Thesis: *Constructing the Modern Self: Narrative Psychology and The Waste Land*

Sept 2020 – April 2021

HONOURS & AWARDS

2025	Graduate Fellowship, Toronto Metropolitan University	Value: \$12,000
2024	Dean's List, University of Toronto	
2024	Regents Scholarship, Victoria College	Value: \$1000
2020-22	President's List, Dalhousie & University of King's College	
2020	Entrance Award, University of King's College	Value: \$10,250

RESEARCH INTERESTS

I am interested in how children develop persistence, motivation, and resilience in early learning environments. I currently research how parental praise facilitates persistence in infancy by linking effort and success, and I am specifically interested in how contingent process praise influences how infants reason about effort.

RESEARCH EXPERIENCE

Independent Project Student

Toronto Early Cognition Lab

Supervised by Dr. Jessica Sommerville & Mia Radovanovic

University of Toronto
September 2024 – May 2025

- Conduct literature reviews and develop research questions to examine early development of mental effort and how infants reason about problem-solving
- Write and present research proposal and findings at weekly lab meetings
- Schedule, consent, and collect data from 96 16- to 24-month-old participants and caregivers through eye gaze experiments and semi-naturalistic experiments
- Establish reliability and code behavioural and linguistic data using jHab and Datavyu
- Train undergraduate research assistants on scheduling and in-person testing protocol

Research Assistant*Toronto Early Cognition Lab**PI: Dr. Jessica Sommerville*

University of Toronto

January 2024 – May 2025

- Recruit, schedule, and assist with in-person testing for 16- to 24-month-old participants and caregivers
- Collaborate with graduate researchers to improve language coding schemes investigating parental praise
- Transcribe and classify parental praise using Datavyu
- Code overlapping process praise with infants' trying behaviours using Datavyu

Research Assistant*Songbird Neurobiology Lab**PI: Dr. Leslie Phillmore*

Dalhousie University

Sept 2021 – Dec 2022

- Aid with laboratory work (tissue sectioning, processing, and histology) for graduate research on seasonal neuroanatomical changes in temperate-zone songbirds

PROFESSIONAL EXPERIENCE

Recruitment Manager*Toronto Early Cognition Lab*

University of Toronto

May 2024 – May 2025

- Recruit eligible participants and families through marketing and community outreach
- Coordinate, organize, and market events affiliated with the Department of Psychology at the University of Toronto, including budgeting and creating promotional material
- Develop and implement social media strategies (e.g., marketing campaign, virtual orientation sessions) to promote online and in-person infant and child studies
- Train research assistants on scheduling and recruitment administration

Camp Counsellor*Campfire Circle*

Muskoka, ON

August 2024 – ongoing

- Provide hourly care, supervision, and specialized support for adolescent siblings of children undergoing cancer treatment in an overnight camp environment
- Work with co-counsellors to develop solutions for social-emotional difficulties and identify and remove barriers to accessibility in camp activities
- Manage individualized care/meal/medical plans for campers

SYMPOSIA

Kingstone, R. J., Radovanovic, M., Sun, W., Altun, L., Kim, K. & Sommerville, J.A. (April 2025). Exploring the relationship between mental effort and process praise in infancy. Symposium talk to be presented at the *2025 Psychology Undergraduate Research Community Symposium*, Toronto, Canada.

SKILLS

RStudio, jHab, Datavyu, Microsoft Office, Qualtrics, Canva

Research methodology and design; proposal development; literature reviews; quantitative data collection and analysis; qualitative analysis; behavioural and linguistic coding; data interpretation and processing; participant recruitment, consent, and debriefing

SELECTED COURSEWORK IN PSYCHOLOGY

University of Toronto

Seminar in Clinical Science: Advanced Topics in Psychotherapy	Seminar in Perception: Visual Aesthetics
History of Psychology	Psychopathologies of Childhood
Developmental Laboratory	Theories of Psychotherapy
Social Cognition	Science Policy
Psychology of Language	Psychological Measurement
Psychological Statistics	Criminal Behaviour
	Developmental Psychology