

# Margaret Stediford Shilling

1 Charles Street South, Unit 401 • Boston, MA 02116  
978.807.2146 • maggieshilling@gmail.com

## Education

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**Harvard Extension School Premedical Program, Cambridge, MA** **2023**

**GPA: 3.73**

**Completed Coursework:** Biology (taken at UMass Summer 2022), Biochemistry, Calculus, Chemistry, English, Forensic Pathology, Immunology, Organic Chemistry, Physics

**Williams College, Williamstown, MA** **2018**

**B.A. Psychology, Major GPA: 3.4**

**Activities and Achievements:** Dean's List Spring 2017-2018; Varsity Field Hockey Team 2014-2017; Williams Psychology 1960s Scholar; Williams Psychology Department Student Liaison Committee Member

**Relevant Coursework:** Statistics, Biology 101 & 102, Genetics, Physiology, Evolution, Social Psychology, Developmental Neuropsychology, Developmental Psychology, Cognition & Education, Spanish

## Research & Employment

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**Infant Action Lab, New York University, New York, NY**

*Senior Research Scientist*

**July 2024-Present**

*Research Scientist*

**October 2019-June 2023**

- Conduct all phases of study execution including recruitment, data collection and analysis, and manuscript writing and presentation under the mentorship of renowned developmental psychologist, Dr. Karen Adolph, PhD
- Manage lab operations and six lab-based studies investigating infant motor skill acquisition, behavioral flexibility, and body-brain behavior
- Project lead for an EPA-funded study examining infant mouthing behavior and dust ingestion in their home environments, which includes mentoring two undergraduate students, communicating with collaborators at Purdue University, conducting data collections, and overseeing recruitment, data coding, and data analyses
- In 2019-2021, I organized conference travel and planning and managed lab policies, communication and student internships during the COVID-19 pandemic

**Labs of Cognitive Neuroscience, Boston Children's Hospital, Boston, MA**

**November 2022-July 2024**

*Clinical Research Coordinator*

- Managed two studies, one investigating the long-term neurodevelopmental effects of childhood exposure to toxic stress in low-income populations, and another exploring the effects of prenatal maternal COVID-19 infection and related stress on neurodevelopment
- Planned and executed study goals under the mentorship of PI, renowned neuroscientist Dr. Charles Nelson, PhD
- Managed all study staff and students, lead day-to-day study operations, oversee study protocols and ensure IRB compliance, coordinate study data management, plan and lead team meetings, progress reports and trainings, manage communication with study collaborators, and present study information and findings to interested parties
- Led data collection visits with participants spanning 12 months to 7 years of age, including consenting parents, administering EEG, extracting biospecimen samples, reliably administering behavioral assessment tools and parent questionnaires, and ensuring proper storage and organization of collected data
- Worked with Children's Hospital Primary Care Center providers to connect participants and their families with social work services and other social needs assistance

*Clinical Research Assistant*

- Investigated and collected early biomarkers of intellectual disabilities using EEG and infant cry data collected in BCH's Primary Care Clinic
- Analyzed and segmented infant cry data to identify potential vocalization/auditory autism biomarkers

**Ambulatory Cardiology Clinic, Boston Children's Hospital, Boston, MA**

**October 2021-November 2022**

*Clinical Assistant*

- Managed patient flow and assisted physicians and nurses with the care and management of patients in all outpatient cardiology clinics, including Adult Congenital Heart Disease Clinic, Genetics Clinic, Heart Failure Clinic, Lipid Clinic and Transplant Clinic, and the cardiology Perioperative Care Coordination Clinic
- Collected vital signs, performed EKGs, and placed and provided education on cardiac monitoring devices for patients of all ages (neonates to older adults)

**HawkPartners, New York, NY**

**September 2018-October 2019**

*Market Researcher and Consultant*

- Conducted qualitative and quantitative market research, analyzed findings, and generated extensive data reports with actionable recommendations for Fortune 500 pharmaceutical clients
- Moderated focus groups and interviews; wrote and oversaw surveys; managed project logistics and recruitment

*Summer Intern*

**Summer 2017**

**Williams College Department of Psychology, Williamstown, MA**

*Dr. Betty Zimmerberg, Schow Professor of Neuroscience*

*Research Assistant*

**Spring 2018**

- Invited to join Prof. Zimmerberg's lab after taking her developmental neuropsychology tutorial class in Fall 2017
- Studied auditory output in response to physical stimuli (e.g. "tickling") and associated physiological differences (e.g. laryngeal morphology) in selectively-bred low- and high-anxiety rats
- Worked hands-on with rat subjects, including organizing and facilitating breeding, monitoring dam behavior, recording pup ultrasonic vocalizations, and executing data collection of juvenile rat cognition and behavior

*Dr. Eliza Congdon, Assistant Professor of Psychology*

*Research Assistant*

**Spring 2017**

- Studied the relationship between hand gesture use and math skill acquisition in first-graders
- Executed a short-term interventional paradigm that taught first graders how to measure units using different gestures, and assessed implementation of gestures and understanding of units at two-week follow-up

## **Undergraduate Teaching Experience**

**Williams College Department of Psychology, Williamstown, MA**

*Dr. Amie Hane, Professor of Psychology*

*Teaching Assistant*

**Fall 2017**

- PSYC 252: Developmental Psychology & PSYC 335: Early Experience and the Developing Infant

## **Medical Field Shadowing**

**Point O' Woods Clinic, Point O' Woods, NY**

**2021-2024**

- Dr. James Sadock – Pediatric Emergency Medicine (expected 25 hours)
- Dr. Lauren Patti – Emergency Medicine (10 hours)

**Boston Children's Hospital, Boston, MA**

**2015-2022**

- Dr. Shannon Lyon, DO – Pediatric Cardiology (25 hours)
- Dr. David Brown and Dr. Mark Alexander – Pediatric Cardiology (40 hours)
- Dr. Marisa Brett-Fleegler and Dr. Elizabeth Hewett – Pediatric Emergency Medicine (16 hours)

**Community Health Connections, Leominster, MA**

**Summer 2015**

- Dr. Lori Andersen – Pediatrics (8 hours)

**Dana Farber Cancer Institute, Boston, MA**

**Summer 2012**

- Dr. Andrew Norden & Sandra Ruland, R.N. – Neuro-oncology & Research (16 hours)

**Massachusetts Eye and Ear Infirmary, Boston, MA**

**Summer 2012**

- Dr. Tessa Hadlock – Facial Plastic and Reconstructive Surgery (16 hours)

## **Volunteer & Leadership Experience**

**Massachusetts Department of Children and Families, Boston, MA**

**September 2022-Present**

*Community Volunteer*

- Serve as a third-party advocate during foster care reviews for DCF

**Nashoba Brooks School Board of Visitors, Concord, MA**

**2018-Present**

*Board Member*

- Serve as an ambassador for NBS; work with the board of trustees to provide insight to school leadership

**Williams College Alumni Fund, Williamstown, MA**

**Spring 2017-Present**

*Board Member, Women's Equity in Leadership Advisory*

- Work to increase women's participation and engagement in higher education philanthropy and stewardship, with the goal of reaching gender parity in alumni fund participation by 2025

*Co-Head Agent, Class of 2018*

- Lead class fundraising efforts; manage 20 class agents; organize alumni events

*Member, Vice Chair Committee*

- Selected as one of 20 alumni to work with Alumni Fund staff and lead College fundraising efforts

- Deerfield Academy Alumni Association, Deerfield, MA** **2014-Present**  
*Class Agent, Class of 2014*  
  - Raise money for annual fund campaigns; organize alumni events and reunions
- Point O' Woods Clinic, Point O' Woods, NY** **Summer 2021**  
*Volunteer, COVID-19 Testing Clinic*  
  - Administered nasal swabs and ran COVID-19 tests using Abbott ID-NOW machine
- Reclaim Childhood – Williams College Chapter, Williamstown, MA** **2017-2018**  
*Co-President*  
  - Raised over \$12,000 in two semesters for RC, a 501(c)(3) with strong ties to the Williams College Field Hockey program that fund sports programming for female refugees living in Amman, Jordan
- Williams College Assist Program, North Adams, MA** **2016-2018**  
*Mentor and Tutor*  
  - Mentored and tutored at-risk youth at Brayton Elementary School
- Mt. Greylock High School, Williamstown, MA** **Spring 2018**  
*Mentor and Tutor*  
  - Mentored and tutored an eighth grader with developmental challenges weekly
- Williams College Emerging Leaders Program, Williamstown, MA** **January 2016**  
*Nominated Participant*  
  - Participated in workshops to develop leadership and communication skills

## **Publications & Presentations**

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1. Herzberg, O., **Shilling, M.**, & Adolph, K. (in preparation). Move It, Baby! Infants' Spontaneous Locomotor Activity at Home.
2. Herzberg, O., **Shilling, M.**, Tamis-LeMonda, C., & Adolph, K. (2022). Amount and Consistency of Infant Locomotor Activity: Effects of Age and Home Environment. Poster presented at *International Congress of Infant Studies; July 8, 2022; Ottawa, ON, Canada*.
3. Herzberg, O., **Shilling, M.**, & Adolph, K. (2021). Infants' Spontaneous Locomotor Activity at Home. *International Motor Development Research Consortium*. Talk presented virtually in September 2021.
4. Lesch, R., Schwaha, T., Orozco, A., **Shilling, M.**, Brunelli, S., Hofer, M., Bowling, D. L., Zimmerberg, B., Fitch, W. T. (2021). Selection on vocal output affects laryngeal morphology in rats. *Journal of Anatomy*, 00:1-12.
5. Lesch, R., Orozco, A., **Shilling, M.**, Zimmerberg, B., & Fitch, W. T. (2020). Selection on ultrasonic call rate in neonatal rats affects low frequency, but not ultrasonic, vocalizations in adults. *Ethology*, 126, 1007-1018.

## **Certifications, Skills & Interests**

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- Training for the 2025 Boston Marathon with the Boston Children's Hospital Miles for Miracles team
- NREMT and MA-EMT certified (psychomotor exam completed; certification pending completion of written exam)
- Expert in collecting and administering vitals, EKG & EEG, and placing external cardiology heart monitors
- Certified administrator of Mullen Scales of Early Learning and Minnesota Executive Functioning Scale developmental assessments
- Certified to administer nasal swabs and run COVID-19 tests using Abbott ID-NOW machine
- American Red Cross Lifeguard and CPR Certified
- Expert in Datavyu (video behavioral coding software), SPSS Statistical Analysis Software, EPIC, PowerChart, Adobe Photoshop, Adobe Illustrator and Microsoft Office
- Elementary proficiency in Spanish
- Avid reader, tennis player, skier, and animal lover