

ABOUT:

I am a highly motivated and accomplished Cognitive Science Ph.D. candidate (expected 2026) with proven expertise in military well-being, memory, visuospatial processing, and cognitive enhancement. My work, recognized through DND-backed publications and outstanding references from senior DND officials, demonstrates both speed and precision, with rapid project turnaround and consistently high-quality outputs. Passionate about contributing to Canada's defence and security, I actively pursue professional development opportunities in the field and have been selected for the national *Women in Defence and Security (WiDS) Mentorship Program* for 2025–2026. I am seeking research opportunities within the Canadian government, particularly in defence, security, or military policy, where I can apply my skills to real-world challenges with national impact.

PROFILE AND SKILLS:

- **Reliability Security Clearance** | Canadian Citizen | Eligible for Enhanced Screening
- **Multilingual:** Native English and Arabic; elementary proficiency in French
- **Exceptional Researcher:** Endorsed by senior DND officials for producing fast, rigorous, and policy-relevant research under tight deadlines
- **Subject Matter Expertise:** Advanced knowledge in cognitive neuroscience, military well-being, visuospatial memory, psychology, linguistics, education, second-language acquisition, and human ergonomics
- **Published Author:** Peer-reviewed publications including DND-affiliated research; experienced in translating complex findings into actionable insights
- **Technical Proficiency:** Skilled in SPSS Complex Samples, R, experimental design, multivariate statistics, thematic analysis, and data visualization
- **Effective Communicator:** Delivered research presentations to national and international academic, military, and industry audiences
- **Operational Efficiency:** Highly organized, deadline-driven, and adept at managing multiple high-stakes projects simultaneously
- **Trusted Team Member:** Strong collaboration skills; repeatedly recognized for reliability, initiative, and independent problem-solving
- **Mission-Focused:** Committed to advancing Canada's defence, security, and policy landscape through evidence-based research

EDUCATION:

Ph.D. Candidate, Cognitive Science, Carleton University, Canada

2021-present

Specializing in working memory, serial order, vision, and bilingualism

NADINE CHARANEK, Ph.D. Candidate

663 RATHBURN LANE | OTTAWA, ON K1T 0V9 | drnadinecharanek2022@gmail.com

Thesis: The Visuospatial Working Memory of Bilinguals, Monolinguals, and Chimpanzees: Who Has the Advantage?

Expected graduation in 2026

M.A. Applied Linguistics and TESOL, Lancaster University, UK

Conferred 2019

Specializing in primate visuospatial memory and second language acquisition

Thesis: The Visuospatial Working of Serial Order in Humans and Chimpanzees: The Possible Influence of Language on Recall

First Class Honours

B.Ed. in TEFL, Lebanese International University, Lebanon

Conferred 2015

Specializing in linguistics and second language teaching and learning

Distinction Status

CERTIFICATES:

- **CELTA Certificate of English Language Teaching to Adults (2016)**, Cambridge University English Examinations, Canada
- **CTAS Certificate in Teaching Assistant Skills (2021)**, Carleton University, Ottawa, Canada
- **Certificate in University Teaching (2024)**, Carleton University, Ottawa, Canada

RESEARCH EXPERIENCE:

Defence Scientist, Department of National Defence, Ottawa, Canada

2023-present

Director General Military Personnel and Research Analysis

- Led and co-authored high-impact research projects on Canadian Armed Forces (CAF) leadership, operational effectiveness, psychological safety, and member well-being.
- Analyzed and synthesized large-scale survey data (e.g., *Your Say Matters*, *Unit Morale and Climate Assessment*) using SPSS complex samples to assess CAF and DND personnel satisfaction with leadership, training, readiness, and workplace culture.
- Delivered detailed project decks and executive summaries tailored for military commanders, senior CAF Generals, and defence clients.
- Contributed to national and international research on military readiness, work-life conflict, sexual misconduct, and the Canada-led NATO Brigade in Latvia.
- Co-authored academic publications, scientific letters, and internal reports; experienced in all stages of the peer-review and policy-briefing process.
- Strong proficiency in quantitative, qualitative, and thematic analyses; highly adept at communicating complex research for operational and strategic decision-making.

Research Assistant, National Research Council, PI: Dr. Jocelyn Keillor

2023-2024

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Flight Research Lab, Department of National Defense, Canada

- Investigated the impact of whole-body vibration on pilots' in-flight tracking performance
- Developed proficiency in utilizing the OptiTrack motion capture system for precise data collection and analysis
- Applied advanced programming packages to simulate and analyze relevant data for the research
- Conducted an in-depth literature review, focusing on the influence of physiological factors on pilots' performance in various conditions
- Collaborated closely with a multidisciplinary team of experts, including former military pilots, physicists, and engineers, to ensure a holistic approach to the research endeavor

Research Assistant, Linguistic Neurodiversity Lab, PI: Dr. Olessia Jouravlev

2021-present

Department of Cognitive Science, Carleton University, Canada

- Led research on visuospatial working memory, dyslexia, and bilingual processing costs
- Gained expertise in neuroimaging techniques (MRI, EEG, fNIRS) and behavioral methods (Audiometer, Eye-Tracking)
- Managed large and complex data sets. Performed data cleaning, integration, and quality assurance using R and SPSS
- Evaluated research questions, hypotheses, and data sources to develop insightful and relevant research outcomes for various research projects
- Presented research findings at various conferences including Psychonomics
- Collaborated on a first-author paper on bilingual processing costs (to be submitted to a journal)

Research Assistant, Cognition and Neuroscience of Aging Lab, PI: Dr. John Anderson

2021-2022

Department of Cognitive Science, Carleton University, Canada

- Led research on cognitive reserve and the effects of aging and language on white matter integrity
- Collaborated on a project investigating the effects of bilingualism on hearing-in-noise using an audiometer and ShoeBox software
- Applied neuroscientific methods such as fractal dimensionality and MVPA to understand the brain's complexity
- Preprocessed and analyzed neuroimaging datasets using MRI software (e.g., FSL, MrTrix).
- Applied advanced multivariate statistics (e.g., partial least squares, multiple factor analysis) using R
- Collaborated on a first author paper on gray matter and white matter integrity in bilinguals (to be submitted to a journal)

Research Assistant Perception and Learning Lab, PI: Dr. Panos Athanasopoulos

2018-2019

Department of Linguistics and English Language, Lancaster University, UK

- Designed and conducted experimental projects on various research topics, such as artificial language learning, linguistic relativity, theory of mind, language testing
- Collaborated on a second language acquisition research in partnership with Erasmus and Germany

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- Planned and led a project on visuospatial working memory of humans and chimpanzees
- Collected and analyzed qualitative and quantitative data using SPSS
- Presented and published findings at the Lancaster Postgraduate Conference in Linguistics and Language Teaching

OTHER EXPERIENCE:

Contract Instructor

2021-2025

Department of Cognitive Science, Carleton University, Canada

- Taught multiple courses including "Mysteries of the Mind" and "Introduction to Cognitive Neuroscience"
- Extensive knowledge in Learning Management Software (e.g., Brightspace)
- Experienced in teaching seminars as well as large lecture classes (400+ students)
- Designed and administered exams and assisted students with their learning and essay writing
- Used interactive course delivery using novel educational technologies and software (e.g., NearPod, WooClap)
- Conducted live experiments and fostered interactive task engagement for both large and smaller classes
- Received excellent feedback on course delivery and student engagement

Teaching Assistant

2021-present

Carleton University, Canada

- Assisted in preparing and delivering lesson plans
- Supported students with various learning needs via 1-1 learning support
- Graded assignments and provided feedback to students
- Lead the undergraduate Cognitive Science honours program review and advised the department on necessary curriculum and policy changes

Teacher

2016-2021

Nibras International School, Dubai

- Experienced in EAL and classroom teaching, with a focus on differentiated learning and supporting special needs students
- Designed curriculum for various subjects according to American curriculum standards and administered placement and standardized tests
- Prepared for and successfully passed annual provincial inspections of teaching and learning and analyzed assessments to develop individual and class action plans for progress monitoring and self-reflection

VOLUNTEER EXPERIENCE:

- **Volunteer in the "Make a Connection" Program** (2022-2023) at The Dementia Society of Ottawa and Renfrew County.
- **Reviewer** (2022) for the Cognitive Science Cyclical Review Program at Carleton University Ottawa.

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- **Organizer and Committee Member** (annual) for The Graduate Cognitive Science Conference at Carleton University Ottawa.
- **Member of the Military Bootcamp in Navy DXB** (2020) at Senses Residential and Day Care Centre for Special Needs Children in Dubai.
- **Academic Student Representative** (2018-2019) for the Department of Linguistics and English Language at Lancaster University, UK.
- **Receiver of the "Dementia Friend" badge** (2019) from Alzheimer's Society, England.
- **Opening Ceremony Act, Singer, and Organizer** (2015) for the Lebanese International University's Annual TEFL Charity Bake Sale.

AWARDS AND ACHIEVEMENTS

- PhD Student of the Year Award, Findaphd.com
- Hamlin Graduate Award, Carleton University
- P.D. McCormack Award, Carleton University
- First Class Honours (90%), Lancaster University
- Distinction Status, Lebanese International University
- 3-time award of the Dean's Honor list for academic excellence, Lebanese International University
- 3-year Scholarship for academic excellence, Lebanese International University

SCIENTIFIC CONTRIBUTIONS:

Published Peer-Reviewed Papers

- Skomorovsky, A., **Charanek, N.**, Campbell, A. H., Reeves, K., & Norris, D. (2025). Well-being among Canadian Armed Forces men and women: the roles of poor work-life balance and organizational support. *Journal of Military, Veteran and Family Health*, 11(2), 152-167. <https://doi.org/10.3138/jmvfh-2024-0049>
- Skomorovsky, A., Chamberland, J., & **Charanek, N.** (2025). Psychological health and safety in the Canadian Defence Team. *Journal of Military, Veteran and Family Health*, 11(2), 65-83. <https://doi.org/10.3138/jmvfh-2024-0043>

Published Peer-Reviewed Conference Papers

- Charanek, N. (2020). Visuospatial Working Memory of Serial Order in Humans and Chimpanzees: The Possible Influence of Language on Recall. In *Papers from the Lancaster University Postgraduate Conference in Linguistics & Language Teaching* (p. 63).

Manuscripts in Progress

- Daugherty, C., **Charanek, N.**, (n.d). *Factors influencing the psychological safety of CAF members*. Department of National Defence, Ottawa, Canada. (Manuscript in preparation for submission to journal).
- Baskar, A.K., Azin, T., **Charanek, N.**, & Olessia Jouravlev (n.d.). *Neuroimaging language with light: A scoping review of fNIRS studies of language processing in neurotypical adults*. Department of Cognitive Science, Carleton University, Ottawa, Canada. (Manuscript in preparation for submission to journal).
- **Charanek, N.**, Smirnova-Godoy, I., Jouravlev, O., Madan, C., Anderson, J. A. (n.d). *Language Experience Impacts Fractal Dimensionality in the Bilingual Brain: a Multivariate Approach*. Department

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of Cognitive Science, Carleton University, Ottawa, Canada. (Manuscript in preparation for submission to journal).

- **Charanek, N.**, Hodgins, V., Jouravlev, O. (n.d). *Bilingual processing costs in production are restricted to non-cognate, high-frequency words*. Department of Cognitive Science, Carleton University, Ottawa, Canada. (Manuscript in preparation for submission to journal).

Conference Talks

- Skomorovsky, A. & **Charanek, N.** (September 18, 2025). The roles of leadership perceptions and morale in the well-being of Canadian Armed Forces men and women. NATO in the NORDICS. Oslo, Norway.
- Charanek, N., Athanasopoulos, P., Rivard, R., Jouravlev, O. (2023, July 18). *Visuospatial working memory of serial order in bilinguals, monolinguals, and chimpanzees: Who has the advantage?* Canadian Society for Brain, Behaviour & Cognitive Science, Guelph, Ontario, Canada.
- Charanek, N., Athanasopoulos, P., Jouravlev, O. (2023, April 15-16). *Visuospatial working memory of serial order in bilinguals, monolinguals, and chimpanzees: Who has the advantage?* Carleton Cognitive Science Graduate Conference, Carleton University, Ottawa, Canada.
- Charanek, N., Athanasopoulos, P., Rivard, R., Jouravlev, O. (2022, November 17-20). *Visuospatial working memory of serial order in bilinguals, monolinguals, and chimpanzees: Who has the advantage?* Psychonomics Society 63rd Annual Meeting, Boston, Massachusetts, USA.
- Charanek, N., Hodgins, V., Jouravlev, O. (2022, October 11-14). *Bilingual processing costs in production are restricted to non-cognate, high-frequency words*. The Mental Lexicon International Conference, Canada.
- Charanek, N., Athanasopoulos, P., Jouravlev, O. (2022, March 30). *Visuospatial working memory of serial order in bilinguals, monolinguals, and chimpanzees: Who has the advantage?* Carleton University, Department of Cognitive Science Colloquium Talk Series, Ottawa, Canada.
- Charanek, N., Hodgins, V., Jouravlev, O. (2021, November 26-27). *Bilingual processing costs in production are restricted to non-cognate, high-frequency words*. The Words in the World (WoW) International Conference, Canada.
- Charanek, N. (2020, October 16–18). *Visuospatial Working Memory of Serial Order in Humans and Chimpanzees: A Possible Influence of Language on Recall*. The Words in the World (WoW) International Conference, Canada.
- Charanek, N. (2019, June 2). *Visuospatial Working Memory of Serial Order in Humans and Chimpanzees: A Possible Influence of Language on Recall*. LAEL PG Conference, Lancaster, UK.

Conference Presentations

- Charanek, N., Smirnova-Godoy, I., Jouravlev, O., Madan, C., Anderson, J. A. (2023, April 15-16). *Language Experience Impacts Fractal Dimensionality in the Bilingual Brain: a Multivariate Approach*. Carleton Cognitive Science Graduate Conference, Carleton University, Ottawa, Canada.

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- Charanek, N., Athanasopoulos, P., Jouravlev, O. (2022, April 29-30). *Visuospatial working memory of serial order in bilinguals, monolinguals, and chimpanzees: Who has the advantage?* Carleton Cognitive Science Graduate Conference, Carleton University, Ottawa, Canada.

**References (government, work, or academia) will be provided upon request.*