

# Sophia Anna Schnelzer

Dedicated PhD student with a strong foundation in neurocognitive and experimental psychology, specializing in electrophysiological measurements. Passionate about research in sleep-related memory consolidation and motor learning across the lifespan, with a strong commitment to advancing the field through innovative, interdisciplinary research efforts.

## CONTACT

### Phone

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### E-Mail

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## DATA ACQUISITION METHODS


Polysomnography/EEG


Actigraphy


Eye tracking


Electrodermal activity

## SOFTWARE SKILLS


MS Office 

SPSS 


R 


Limesurvey 


BrainVision Analyzer 


Matlab 

## LANGUAGES

German 

English 

Dutch 

Spanish 

## EDUCATION

2023/07 -  
Current

PhD Student

*Paris Lodron University of Salzburg - Salzburg,  
Centre for Cognitive Neuroscience*

**Project:** Effects of Sleep on Motor Sequence Learning by Motor Imagery through Young and Older Adults

**Supervisor:** Assoc. Prof. Dr. K. Hoedlmoser  
Funding: FWF I-6202B

2020/09 -  
2022/07

MSc Psychology, GPA: 8.71\*

*University of Amsterdam - Amsterdam*

Research Master with major in 'Brain and Cognition' and minor in 'Clinical Psychology'

**Master Thesis:** Delayed Exposure to a Reminder cue of an Analogue Trauma Preserves Rather Than Weakens the Fear Association Between the Reminder Cue and the Trauma

**Supervisor:** Asst. Prof. Dr. R. M. Visser

2016/09 -  
2019/06

BSc Psychology, GPA: 8.44\*

*University of Amsterdam - Amsterdam*

**Bachelor Thesis:** Maintenance of Unconscious Locations in Working Memory

**Supervisor:** Assoc. Prof. Dr. F. van Opstal

\*GPA ranging from 1 (poor) - 10 (outstanding)

2007/09 -  
2015/07

High School Diploma, GPA: 1.3\*\*

*Klenze Gymnasium - Munich*

\*\*GPA ranging from 1 (outstanding) - 6 (poor)

## RESEARCH EXPERIENCE

2022/08 -  
2023/06

Research Assistant

*Ludwig-Maximilians-Universität - Munich*

Assisting in an analogue study to assess the selective effects of trauma-focused interventions on (in)voluntary trauma memory. **Supervisor:** Prof. Dr. T. Ehring

## AWARDS

1st prize for proposal award (ESRS Sleep Science Summer School September 2025, Fréjus, France)

'Christiaan Hamaker' Prize for best propaedeutic thesis (October 2017, Amsterdam, The Netherlands)

## SCHOLARSHIPS

Stipend for short-term academic research activities (University of Salzburg, December 2025)

Short-term research fellowship (European Sleep Research Society, March 2025)

## EXTRACURRICULAR ACTIVITIES

### Volunteering

*De Regenbogengroep - Bij de hand Amsterdam*  
11/2019 - 03/2020

### Au-Pair Stay & Language School (Dutch)

*Blaricum, The Netherlands*  
10/2017 - 06/2018

### Federal Volunteer Service

*Kbo-Kinderzentrum Munich*  
09/2015 - 02/2016

2022/01 -  
2022/07

### Graduate Research Assistant

*University of Amsterdam, Emotional Memory Lab - Amsterdam*  
Conducted research on the effects of exposure to trauma reminder cues on trauma memory and intrusions.

**Supervisor:** Asst. Prof. Dr. R. M. Visser

2021/02 -  
2022/06

### Research Intern

*University of Amsterdam, Brain & Cognition Department - Amsterdam*

Conducted research on the influence of chronotype and time of the day on mind-wandering.

**Supervisor:** Assoc. Prof. Dr. F. van Opstal

2021/09 -  
2021/12

### Research Assistant

*University of Amsterdam, Baby Lab - Amsterdam*

Assisted in a multi-laboratory study evaluating the influence of bilingual vs. monolingual environments on infants' cognitive development.

**Supervisor:** Asst. Prof. Dr. I. Visser