References

Project title: Pop Up Intervention! A 30-Second Treatment Improves Students' Co-

op Experiences

Project team: Christine Logel and Chrisopher Lok

Cumming, G. (2012). *Understanding The New Statistics: Effect Sizes, Confidence Intervals, and Meta-Analysis*. New York: Routledge

Hembree, R. (1988). Correlates, causes, effects, and treatment of test anxiety. *Education & Educational Research*, 58, 47-77.

Schachter, S., & Singer, J. (1962). Cognitive, Social, and Physiological Determinants of Emotional State. Psychological Review, 69, pp. 379–399.

Reisenzein, R. (1983). The Schacter theory of emotion: Two decades later. *Psychological Bulletin*, *94*, 239-264.

For info about reframing anxiety:

Jamieson, J. P., Mendes, W. B., Blackstock, E., & Schmader, T. (2010). Turning the knots in your stomach into bows: Reappraising arousal improves performance on the GRE. *Journal of Experimental Social Psychology*, 46, 208-212.

For info about belongingness:

Walton, G. M., Logel, C., Peach, J. M., Spencer, S. J., & Zanna, M. P. (2015). Two brief interventions to mitigate a "chilly climate" transform women's experience, relationships, and achievement in engineering. *Journal of Education Psychology*, 107(2), 468-485.