

Miglena Y. Ivanova

Curriculum Vitae

Last Updated May 2025

✉ miglena.y.ivanova@gmail.com

Education

**Ph.D. Candidate
Psychology
2025**

The Pennsylvania State University | University Park, PA

Advisor: Dr. Rina D. Eiden

Dissertation: *Joint patterns, changes in joint patterns, and patterns of joint change: Examining heterogeneity in codevelopment of internalizing and externalizing problems*

Committee: Drs. Rina D. Eiden, Jenae M. Neiderhiser, Damon E. Jones, Karen L. Bierman, Lydia G. Speyer

**M.S.
Psychology
2020 – 2022**

The Pennsylvania State University | University Park, PA

Thesis: *Codeveloping trajectories of externalizing and internalizing behavior problems from toddlerhood to early school age: Role of prenatal substance exposure and caregiver sensitivity*

Committee: Drs. Rina D. Eiden, Jenae M. Neiderhiser, Peter C. M. Molenaar

**B.S.
Psychology &
Psychiatric
Rehabilitation
2015 – 2019**

Montana State University | Billings, MT

Graduated *Summa Cum Laude*; University Honors Scholar

Honors Thesis: *Gender stereotypes: Do people still perceive certain behavioral traits as more masculine or feminine?*

Advisor: Dr. Doxey Hatch

Skills

Research

Problem Solving & Resourcefulness
Research Design & Methodology
Literature Reviews (including systematic)
Review & Citation Management (EndNote, Covidence)
Observational Data Coding
Qualitative Data Coding
Quantitative Data Coding
Structured Participant Interview
Data Collection & Management
Participant Recruitment
Public Speaking & Presentation
Transcription

Clinical

Direct Patient Care
Crisis Intervention
Therapeutic Communication
Group Therapy Facilitation

Technical

Microsoft Office Suite
Data Entry & Syntax Writing
Data Analysis (LCA/LPA, LTA, LCGA, TVEM, MLM, SEM)
Meta-Analysis
Data Quality Assurance
Software (SPSS, Mplus, R, SAS)
Visual Design (Photoshop, Canva)
Survey Development (Redcap, Qualtrics, Forms)
Social Media Management (Facebook, Instagram, X)

Interpersonal & Leadership

Project Management
Team Leadership
Student Mentoring
Advocacy

Languages

Bulgarian (Native)
English (Fluent)
French (Intermediate)

Research Experience

2020 – present

Graduate Research Assistant

Department of Psychology, The Pennsylvania State University

Development, Risk, and Resilience Lab | P.I.: Dr. Rina D. Eiden

- Coordinated data collection with local and remote research sites
- Completed literature reviews, data management and data analyses
- Supervised, trained, and mentored undergraduate research assistants
- Spearheaded an extensive systematic review (284,161 abstracts imported for screening); trained and managed a diverse team of 39 graduate and undergraduate research assistants, including international and non-university organizations

Individual Project Highlights:

- *Prenatal Tobacco and Cannabis Exposure: A Translational Study (R21/R33-DA045640); Developmental Pathways of Violence and Substance Use in a High-Risk Sample (R01-DA041231)*: Led behavioral coding team (i.e., “Wrong Gift” emotional regulation scheme) and served as a reliability coder; assisted with data cleaning and analyses; co-wrote SPSS syntax; developed data collection instruments in REDCap to investigate impacts of COVID-19 on children's mental health; identified and contacted eligible participants using IBM Notes; followed policies for access to sensitive participant data; supported project coordinators with administrative tasks (e.g., IRB modifications, participant compensation)
- *Strong Foundations: Intervening to Promote Co-parenting and Reduce Father Hazardous Drinking in Expectant Parents (R01-AA027708)*: Assisted with recruitment for randomized clinical trial; designed recruitment materials; managed social media accounts (i.e., Facebook, Instagram); piloted targeted advertising based on demographic analyses to increase diversity of screeners to bridge gap between marketing and clinical research
- *Parenting and Infant Development in Alcoholic Families (R01-AA010042, R21-AA021617)*: Assisted external collaborators with literature review of internalizing trajectories as they relate to parent-child attachment; data cleaning & multilevel analyses using SPSS and SAS

Gene Environment Interplay Across the Lifespan Lab | P.I.: Dr. Jenae Neiderhiser

- Collaborated with interdisciplinary graduate students, postdoctoral scholars and faculty; offered perspectives on genetic and environmental influences on child development
- Gained proficiency in behavioral genetic designs, encompassing traditional (twin/adoption) and molecular genetic approaches, while also exploring common challenges and novel advancements addressing limitations
- Prepared and delivered visually engaging presentations to communicate research
- Helped optimize pipeline for graduate students to use public data from NIH-funded ECHO-wide (Environmental Influences on Child Health Outcomes Program) Cohort Study; assisted colleagues with troubleshooting

2022 – 2024

Prevention and Methodology Training Fellow (T32-DA017629; Lanza & Maggs) Edna Bennett Pierce Prevention Research Center, The Pennsylvania State University

Mentors: Drs. Rina D. Eiden, Ashley Linden-Carmichael, Jenae M. Neiderhiser, Qiushi Chen

- Engaged in prevention research focusing on codevelopment of internalizing and externalizing behavior problems, distinct pathways to these patterns, and their implications on differential substance use outcomes
- Used time-varying effect modeling to investigate the dynamic relationships between behavior problems and substance use outcomes
- Received quantitative training in person-centered approaches and machine learning

2020 – 2021**Graduate Research Assistant****Child Study Center, The Pennsylvania State University**

- Facilitated faculty grant development, providing essential research support and contributing to the success of research initiatives
- Enhanced the Child Study Center's online presence by producing website spotlights to showcase student achievements and research activities
- Recorded, transcribed, and distributed meeting minutes
- Led reorganization of filing system during transition from Box to OneDrive

2019 – 2020**Research Assistant****Department of Psychology, University of Denver****Traumatic Stress Studies Group | P.I.: Dr. Anne DePrince**

- Contributed to Title IX Project, examining coordinated responses to domestic violence and sexual abuse across criminal justice and community-based systems
- Encoded quantitative data from 200+ reports and qualitative data from 50+ interviews, ensuring data accuracy and integrity
- Conducted and transcribed structured interviews with directors of victim service agencies to investigate the impact of funding on provided services
- Trained new lab members on data entry and qualitative coding, ensuring the use of best research practices

Doom Lab | P.I.: Dr. Jenalee Doom

- Conducted in-depth literature review, summarizing 300+ articles on the impact of early psychosocial stress on adult mental and physical health
- Contributed to meta-analysis examining the association between social support and body mass index (BMI) by evaluating 2000+ abstracts using Covidence
- Received training in physiological stress assessment via measurement of cortisol in saliva and hair
- Performed extensive literature review on connection between telomere length and mental illness

2016 – 2019**Independent Research****Department of Psychology, Montana State University Billings****Advisor: Dr. Matthew McMullen**

Project: *Do depressed people tend to search for depression on the internet: What does big data tell us?*

- Conducted study exploring the relationship between big data from Google searches and the prevalence of psychological disorders across states
- Contacted national agencies to gather data on the prevalence of various psychological disorders, plus demographic and socioeconomic variables (e.g., poverty, internet accessibility, substance abuse rates)
- Analyzed and visualized data using R and SPSS

Project: *How certain are you that you have good memory?*

- Designed, executed, and presented original research study investigating everyday memory and the impact of repetition and preference on memory retention

- Collected, entered, and analyzed data from 85 participants using Excel and SPSS

Advisor: Dr. Brent Finger

Project: *The use of corporal punishment on children – arguments, research, and limitations*

- Conducted in-depth literature review on the effects of corporal punishment on children's development and long-term well-being; Critically evaluated and compared meta-analyses and experimental studies to summarize existing research

Project: *Attachment matters*

- Investigated and reviewed recent psychological research on attachment, effectively summarizing and presenting key findings on the importance of secure attachment in early childhood development and its long-lasting impact on emotional well-being

Publications

**** DENOTES SHARED FIRST AUTHORSHIP**

Peer-Reviewed Publications

- Perry, K. J., **Ivanova, M. Y.**, Masum, M., Rahal, D., Richards, V. L., & Hinds, J. T. (2025). Heterogeneity in protective factors as a buffer for unique risk factors and daily smoking among transgender adults. *Nicotine & Tobacco Research*, ntaf051, 1-10. <https://doi.org/10.1093/ntr/ntaf051>
- Seay, D. M., **Ivanova, M. Y.**, Nickerson, A. B., Godleski, S., Schuetze, P., & Eiden, R. D. (2023). Family risk exposure profiles during early childhood: Developmental processes and adolescent well-being. *Adversity and Resilience Science*, 4, 151-170. <https://doi.org/10.1007/s42844-023-00090-4>. PMCID: PMC10426761
- Eiden, R. D., Perry, K., **Ivanova, M. Y.**, Marcus, R. C. (2023). Prenatal substance exposure. *Annual Review of Developmental Psychology*, 5. <https://doi.org/10.1146/annurev-devpsych-120621-043414>.
- Level, R. A., Shisler, S. M., Seay, D. M., **Ivanova, M. Y.**, Kelm, M. R., Eiden, R. D., & Schuetze, P. (2021). Within- and between-family transactions of maternal depression, parenting, and child engagement in the first two years of life: Role of prenatal maternal risk and tobacco. *Depression and Anxiety*, 38, 1279–1288. <https://doi.org/10.1002/da.23211>.

Manuscripts in Preparation, Revision or Under Review

- Ivanova, M. Y.**, Eiden, R. D., Seay, D. M., Perry, K. J., & Linden-Carmichael, A. N. *Time-varying associations between early childhood internalizing and externalizing problems: Codevelopment and sex differences*. Manuscript submitted.
- **Bai, S., **Witherspoon, D. P., Ivanova, M. Y., Maereg, T. M., Bámaca, M. Y., Almeida, C. F., Gonzalez, D. M., & Covarrubias, E.** *Peer experiences and emotions in the daily lives of Black and Latine youth: The protective role of positive parent-youth interactions*. Manuscript in preparation for special issue.
- Ivanova, M. Y.**, Seay, D. M., Paquin, S., Zhou, A. M., Chen, T., & Neiderhiser, J. *Genetic and environmental influences on co-occurring internalizing and externalizing problems across development*. Manuscript in revision.
- Ivanova, M. Y.**, Seay, D. M., Zhao, J., Schuetze, P., & Eiden, R. D. *Prenatal substance exposure and codeveloping internalizing and externalizing trajectories: Moderating roles of caregiver sensitivity and environmental risk*. Manuscript in preparation.
- Ivanova, M. Y.**, & Eiden, R. D. *Long-term effects of parental alcohol use on adolescent internalizing and externalizing problems: Additive or protective effects of parent-child attachment styles?* Manuscript in preparation.
- Zhou, A. M., **Ivanova, M. Y.**, McDoniel, M. E., Lobo, F. M., & Buss, K. A. *Between- and within-child effects in the codevelopment of internalizing and externalizing behaviors across early childhood: Associations with temperamental risk*. Manuscript in revision.
- Zhao, J., Seay, D. M., Schuetze, P., **Ivanova, M. Y.**, Ettekal, I., & Eiden, R. D. *The timing of the effects of prenatal cocaine exposure, harsh parenting, and caregiving instability on child respiratory sinus arrhythmia functioning from 1 month to kindergarten years: A time-varying effect model approach*. Manuscript in preparation.
- Zhao, J., Dane, A., Seay, D. M., **Ivanova, M. Y.**, Eiden, R. D., Wang, W., & Zhao, J. *A brief review on culture and temperament*. Manuscript in preparation.

Seay, D. M., Marcus, R. C., Perry, K. J., **Ivanova, M. Y.**, Level, R., Ostrov, J., Nickerson, A. B., Godleski, S., Schuetze, P., & Eiden, R. D. *Resilience and Adolescent Adjustment Outcomes*. Manuscript in preparation.

Presentations

**** DENOTES UNDERGRADUATE STUDENT MENTEE**

Talks and Paper Presentations

June 2025 Talk	Seay, D. M., Ivanova, M. Y. , Marceau, K., Ganiban, J. M., Shaw, D. S., Natsuaki, M. N., Leve, L. D., Neiderhiser, J. M. <i>Examining genetic and parenting effects on child internalizing and externalizing symptoms: A test of comorbidity and directionality</i> . 2025 Behavior Genetics Association Annual Meeting, Atlanta, GA
April 2025 Talk	Seay, D. M., Ivanova, M. Y. , Ganiban, J. M., Shaw, D. S., Natsuaki, M. N., Leve, L. D., Neiderhiser, J. M. <i>Factors shaping resilience in children facing genetic vulnerability and adverse home environments</i> . Society for Research in Child Development 2025 Biennial Meeting, Minneapolis, MN
Nov 2024 Talk	Ivanova, M. Y. <i>Generative AI and large language models</i> . The Pennsylvania State University, University Park, PA
June 2024 Paper	Seay, D. M., Ivanova, M. Y. , Ganiban, J. M., Shaw, D. S., Natsuaki, M. N., Leve, L. D., & Neiderhiser, J. M. <i>Resilience in children facing genetic vulnerability and adverse environments</i> . 2024 Behavior Genetics Association Annual Meeting, London, UK
May 2024 Paper	Ivanova, M. Y. , Cardozo, F., Seay, D. M., Chatteraj, T., Serban-Dragan, F. B., & Eiden, R. D. The hidden architecture of well-being: Untangling the knots, threads and networks of risks and protective factors for Black, Hispanic and White youth. Winner of the 19th Annual Sloboda and Bukoski SPR Cup Competition amongst top prevention methodology early career scholars: “ <i>Advancing partnerships and collaborative approaches in prevention science</i> .” Society for Prevention Research 32nd Annual Meeting, Washington, D.C.
May 2024 Paper	Ivanova, M. Y. , Livingston, J. A., Jones, D. E., & Eiden, R. D. <i>Long-term effects of paternal alcohol use problems and family conflict on adolescent internalizing and externalizing problems: Additive or protective effects of parent-child attachment styles?</i> Society for Prevention Research 32nd Annual Meeting, Washington, D.C.
Apr 2024 Invited Guest	Ivanova, M. Y. 2024 Annual Psi Chi Undergraduate Research Psychology Conference, providing the space for non-traditional students and adult learners to present their research work. The Pennsylvania State University, World Campus
Nov 2023 Talk	Ivanova, M. Y. <i>A comprehensive review of theoretical explanations of codeveloping internalizing-externalizing dynamics, etiological pathways, and common analytical methods</i> . The Pennsylvania State University, University Park, PA
Aug 2023 Invited Panelist	Ivanova, M. Y. , Perez, L., Crabb, C., & Chahl, A. <i>Improving Access to Research and Training (IMPACT)</i> , supported by the NIH (R25-HL147668), aiming to support undergraduate students from disadvantaged backgrounds, underrepresented racial and ethnic groups and students with disabilities. The Pennsylvania State University, University Park, PA
May 2023 Paper	Ivanova, M. Y. , Perry, K. J., Masum, M., Rahal, D., Richards, V. L., & Staff, J. <i>Heterogeneity in protective factors as a buffer for unique risk factors and cigarette use</i> . Finalist at the 18th Annual Sloboda and Bukoski SPR Cup Competition: “The role of prevention science in achieving social justice and health equity for all.” Society for Prevention Research 31st Annual Meeting, Washington, D.C

Mar 2023 Paper	<u>Ivanova, M. Y.</u> , Seay, D. M., Perry, K. J., Eiden, R. D., & Linden-Carmichael, A. N. <i>Time-varying associations between early childhood internalizing and externalizing problems: Codevelopment and sex differences</i> . Symposium: "Continuing the quest towards understanding co-occurring internalizing and externalizing problems: Methodologies, risks, and clinical implications." Chair: Miglena Y. Ivanova . Discussant: Daniel Shaw. Society for Research in Child Development 2023 Biennial Meeting, Salt Lake City, UT
Mar 2023 Flash Talk	Zhou, A. M., <u>Ivanova, M. Y.</u> , McDoniel, M. E., & Buss, K. A. <i>Co-occurring internalizing and externalizing behaviors during the transition to kindergarten: Disentangling between- and within-individual associations</i> . Society for Research in Child Development 2023 Biennial Meeting, Salt Lake City, UT
Apr 2018 Talk	<u>Ivanova, M. Y.</u> <i>How certain are you that you have good memory?</i> 45th Annual Conference of the Western Regional Honors Council, Orange, CA
Apr 2018 Talk	<u>Ivanova, M. Y.</u> , Barthruly, H., Branson, D., Chevalier, A. L., Downing, J., & Mill, B. <i>Food waste and insecurity among MSUB students</i> . 5th Annual Research, Creativity & Community Involvement Conference, Billings, MT

Poster Presentations

April 2025 Poster	<u>Ivanova, M. Y.</u> , Speyer, L. G., Neiderhiser, J. M., & Eiden, R. D. <i>Developmental change through a kaleidoscope: Examining heterogeneity in codevelopment of internalizing and externalizing problems through different lenses</i> . Society for Research in Child Development 2025 Biennial Meeting, Minneapolis, MN
April 2025 Poster	<u>Ivanova, M. Y.</u> , ** Venkataramanan, V., & ** Kalotihos, L. <i>Prevalence meta-analysis of internalizing and externalizing trajectories across childhood and adolescence and their link to substance use patterns</i> . Society for Research in Child Development 2025 Biennial Meeting, Minneapolis, MN
April 2025 Poster	Cardozo, F., <u>Ivanova, M. Y.</u> , Canizares, C., & Arrington, M. <i>Mapping adolescent socio-emotional well-being: A network analysis of Future of Families and Child Well-being Study</i> . Society for Research in Child Development 2025 Biennial Meeting, Minneapolis, MN
May 2024	<u>Ivanova, M. Y.</u> , **Herrera, K. C., Godleski, S. A., Feinberg, M. E., Derman, K., & Eiden, R. D. <i>Navigating the digital landscape: Insights, lessons learned, and recommendations for social media recruitment for clinical trials</i> . Society for Prevention Research 32nd Annual Meeting, Washington, D.C.
May 2024	<u>Ivanova, M. Y.</u> , Mattern, H. M., & Scherf, S. <i>Breaking the mold and celebrating us for us: A qualitative exploration of the unique needs and untapped potential of neurodivergent scholars in the academic terrain</i> . 2024 Association for Psychological Science Convention, San Francisco, CA
May 2024	**Venkataramanan, V., & <u>Ivanova, M. Y.</u> <i>Beyond irritability: How parental sensitivity and child neurocognition shape child behavior</i> . 2024 Association for Psychological Science Convention, San Francisco, CA
May 2024	**Chattoraj, T., & <u>Ivanova, M. Y.</u> <i>Breaking boundaries: Unraveling the link between childhood maltreatment and parental sensitivity</i> . 2024 Association for Psychological Science Convention, San Francisco, CA
May 2024	**Sharma, S., **Kalotihos, L., & <u>Ivanova, M. Y.</u> <i>Pandemic-related social factors contributing to post-COVID anxiety and depression levels among young adults in the US and India</i> . 2024 Association for Psychological Science Convention, San Francisco, CA
May 2023	<u>Ivanova, M. Y.</u> , Stull, S. W., Eiden, R. D., Nickerson, A. B., Ostrov, J. M., Godleski, S. A., Schuetze, P., & Linden-Carmichael, A. N. <i>Profiles of co-occurring internalizing and externalizing problems and adolescent substance use</i> . Society for Prevention Research 31st Annual Meeting, Washington, D.C.

- May 2023** **Suomela, M. L., & Ivanova, M. Y. *Why women with ADHD experience lower quality of life? The mediating role of symptom-related impairment.*
2023 Association for Psychological Science Convention, Washington, D.C.
- May 2023** Marcus, R. C., Ivanova, M. Y., Kelm, M. R., Schuetze, P., & Eiden, R. D. *Impact of middle childhood maternal psychological symptoms on early adolescence mental health: Moderation by COVID-19 changes.*
Society for Prevention Research 31st Annual Meeting, Washington, D.C
- Apr 2023** Finger, B., Ivanova, M. Y., Schuetze, P., Nickerson, A. B., Ostrov, J. M., Godleski, S. A., & Eiden, R. D. *Gender moderated pathways from parenting and respiratory sinus arrhythmia to adolescent externalizing behavior.*
2023 Rocky Mountain Psychological Association Convention, Albuquerque, NM
- Apr 2023** **Herrera, K. C., & Ivanova, M. Y. *Organic social media strategy for recruiting pregnant couples with a moderate-to-heavy drinking partner: Recommendations for expanding clinical trial recruitment.*
2023 Psi Chi Undergraduate Research Conference, University Park, PA
- Mar 2023** Ivanova, M. Y., Seay, D. M., Zhao, J., Schuetze, P., & Eiden, R. D. *Prenatal substance exposure and environmental risk influences on codeveloping internalizing and externalizing trajectories.*
Society for Research in Child Development 2023 Biennial Meeting, Salt Lake City, UT
[Top-scoring abstract nominated for 2023 Student and Early Career Council Poster Competition]
- Feb 2023** **Suomela, M. L., & Ivanova, M. Y. *Gender differences in impairment and quality of life among adults with ADHD.*
94th Eastern Psychological Association Conference, Boston, MA
- Sep 2022** Ivanova, M. Y., Schuetze, P., Seay, D. M., & Eiden, R. D. *Codeveloping early childhood trajectories of internalizing and externalizing problems in a disadvantaged U.S. sample.*
13th European Society for Prevention Research Conference, Tallinn, Estonia
- May 2022** Ivanova, M. Y., **Herrera, K. C., Godleski, S., Feinberg, M. E., Colder, C. R., Derman, K., Sassaman, J., & Eiden, R. D. *Recruiting in times of COVID-19: Traditional vs. social media recruitment methods for a randomized clinical trial of first-time expecting parents.*
Society for Prevention Research 30th Annual Meeting, Seattle, WA
- May 2022** Marcus, R., Ivanova, M. Y., Godleski, S., Nickerson, A., Ostrov, J., Schuetze, P., & Eiden, R. D. *Role of caregiver pre- to postnatal substance use and early adolescent peer processes on late adolescent substance use.*
Society for Prevention Research 30th Annual Meeting, Seattle, WA
- Apr 2022** **Suomela, M. L., Ivanova, M. Y., & Eiden, R. D. *Age of diagnosis, quality of life, and functional impairment among adults with ADHD: Differences between men and women.*
2022 Psi Chi Undergraduate Research Conference, University Park, PA
- Apr 2022** **Herrera, K. C., & Ivanova, M. Y. *Using organic social media content as a complementary recruitment strategy for a randomized clinical trial.*
93rd Eastern Psychological Association Conference, New York City, NY
- May 2021** Ivanova, M. Y., Eiden, R. D., & Schuetze, P. *Stress and smoking during pregnancy: Associations with internalizing behavior problems at kindergarten age.*
2021 Association for Psychological Science Virtual Convention
- Apr 2021** Kelm, M. R., Ivanova, M. Y., Schuetze, P., & Eiden, R. D. *Maternal psychological distress and parenting behavior in a low-income sample: Moderation by maternal substance use.*
Society for Research in Child Development 2021 Virtual Biennial Meeting
- Apr 2019** Ivanova, M. Y. *Do depressed people tend to search for depression on the Internet: What does big data tell us?*
99th Western Psychological Association Annual Convention, Pasadena, CA
- Mar 2019** Ivanova, M. Y. *Gender stereotypes: Do people still see certain behavioral traits as more masculine or feminine?*
46th Western Regional Honors Council Annual Conference, Bozeman, MT

Apr 2018	<u>Ivanova, M. Y.</u> <i>The use of corporal punishment on children - arguments, research, and limitations.</i> 5th Annual Research, Creativity & Community Involvement Conference, Billings, MT
Apr 2017	<u>Ivanova, M. Y.</u> <i>Attachment matters.</i> 4th Annual Research, Creativity & Community Involvement Conference, Billings, MT
Apr 2016	<u>Ivanova, M. Y.</u> <i>12 alternative treatments in addition to the 12-step program.</i> 3rd Annual Research, Creativity & Community Involvement Conference, Billings, MT

Awards & Honors

Fellowships/Honors

2024 – 2025	Strumpf Scholar Award
2024	Society for Prevention Research 19th Annual Sloboda and Bukoski Cup Winner
2024	Pennsylvania Psychological Foundation Student Award
2022 – 2024	Prevention and Methodology Training Fellowship (T32-DA017629, MPIs: Maggs & Lanza)
2023	SSRI Consortium on Substance Use & Addiction Best Poster Award
2023	Society for Prevention Research 18th Annual Sloboda and Bukoski Cup Finalist
2022 – 2023	Graduate Scholar Award
2021	Strumpf Graduate Enhancement Award
2019	Golden Merit Award (<i>Most distinguished award at Montana State University</i>)
2019	Outstanding Senior in Academic Achievement in Psychology (<i>One award given per year</i>)
2019	Outstanding Senior in Service Award in Psychology (<i>One award given per year</i>)
2015 – 2019	Dean's List Undergraduate Honor Roll

Travel Awards

2022 – 2025	Richard and Susan Sokolov Family Fund Travel Awards
2023 – 2025	Society for Research in Child Development Graduate Student Travel Awards
2024	Linda Brodsky Strumpf Liberal Arts Centennial Graduate Endowment
2022 – 2024	Society for Prevention Research Early Career Preventionists Network Travel Awards
2023 – 2024	Association for Psychological Science Annual Convention Award
2022 – 2023	Robert and Ruth Faris Liberal Arts Child Psychology Fund Travel Awards
2021	Association for Psychological Science Student Diversity Award
2020	Robert and Ruth Faris Graduate Centennial Fund Travel Award
2018 – 2019	7 scholarships awarded to research-related travels

Scholarships/Non-Travel Awards

2023	Karako Global Ambassadors Endowment Scholarship
2022	Richard and Susan Sokolov Family Fund Awards
2021	Society of Multivariate Experimental Psychology Minority Award
2017 – 2019	Golden Heart Charitable Fund Scholarships (\$25,000 total)
2016 – 2019	University Honors Program Scholarships (\$11,500 total)
2016 – 2019	22 scholarships awarded on the basis of merit and needs

Clinical Experience

2019 – 2020

Behavioral Health Technician II

Inpatient Psychiatric Department, The Medical Center of Aurora | Denver, CO

- Provided direct patient care to ensure safety, well-being, and recovery of pediatric, adolescent, and adult patients with psychiatric disorders
- Implemented evidence-based interventions, including DBT and other cognitive therapy techniques, promoting positive coping and symptom management
- Established rapport with patients and their families while maintaining therapeutic boundaries, fostering a supportive and empathetic environment that facilitated positive treatment outcomes
- Led daily group therapy, facilitating sharing of experiences, promoting peer support, and providing psycho-educational guidance
- Assisted in de-escalation, non-violent crisis interventions, and hands-on practices, ensuring a safe and controlled clinical environment
- Entered daily quantitative and qualitative patient data, utilizing Meditech software
- Communicated effectively across treatment teams

2017 – 2018

Addiction Counseling Intern

Rimrock Foundation | Billings, MT

- Observed psychiatric evaluations and assessments; contributed insights into patient presentations, symptoms, and level of care needs
- Counseled individuals with substance abuse and co-occurring disorders, utilizing techniques from CBT, DBT, and 12-step approaches to address addiction

Teaching Experience

2024 – 2025

Lab Instructor | Psychological Methods (PSYCH 301W) | The Pennsylvania State University

2024

Guest Lecturer | *From Binary to Moral: Navigating the Muddy AI Terrains* | The Pennsylvania State University

2021

Guest Lecturer | *Psychology Research as a Career: Research-Intense Subfields* | The Pennsylvania State University

2021 – 2022

Teaching Assistant | *Psychology as a Science and Profession* (PSYCH 105) | The Pennsylvania State University

2018

Teaching Assistant | *Psychological Statistics* (PSYX 222) | Montana State University Billings

2017 – 2019

Supplemental Instructor and Lead | *Introduction to Psychology* (PSYX 101) | Montana State University Billings

2017 – 2019

Tutor | Statistics, RStudio, Psychology, Writing, French | Montana State University Billings

Mentorship

Student Thesis Mentoring

2022 – 2023

Kelsey Evans, Undergraduate Student | The Pennsylvania State University

Honors Senior Thesis: *Does early exposure to interpersonal conflict increase the risk of internalizing and externalizing problems at kindergarten age? Moderation by parental sensitivity and child sex.*

2022 – 2023

Katrina Herrera, Undergraduate Student | The Pennsylvania State University

Honors Senior Thesis: *Organic social media strategy for recruiting pregnant couples with a moderate-to-heavy drinking partner: Recommendations for expanding clinical trial recruitment.*

2023	Nicolas Cunderlik , Undergraduate Student The Pennsylvania State University Senior Thesis: <i>The moderating role of BDNF polymorphisms in the relationship between caregiver internalizing problems and children's internalizing problems.</i>
2022	Megan Suomela , Undergraduate Student The Pennsylvania State University Senior Thesis: <i>Age of diagnosis, quality of life, and functional impairment among adults with ADHD: Differences between men and women.</i>

Mentorship Roles

2023 – present	Executive Functioning Coach & Student Mentor
2022 – present	Undergraduate & Post-baccalaureate Student Mentoring
2020 – present	Undergraduate Student Mentoring, PSU
2021 – 2024	Lead Mentor for Next-Gen Psych Scholars Program
2021 – 2023	Mentor for Peer Mentoring Program, PSU

Social Media Outreach & Resource-Sharing

2024 – 2025	Social Media Manager State College Area YMCA (SCAY) Aqualions
Sep 2023	Invited Guest Speaker “ <i>Grad School Applications: The Things that Stand You Out</i> ” (1.1K listeners)
Sep 2023 – present	Series Host <i>Coffee Hour with Megi</i> (Free online XSpace series offering mentorship to underrepresented students in academia; overarching mission to improve diversity and representation) <ul style="list-style-type: none"> • “<i>Pathway to Grad School: Tips for International Students</i>” Guest: Dr. Muntasir Masum • “<i>Pathways to Clinical vs Research-Intensive Programs</i>” Guest: Dr. Kristin J. Perry • “<i>Gap Year Journeys: Exploring the Pause Button on Life</i>”
2011 – 2014	Social Media & Marketing Manager First Online Solutions UK LTD

Community Service & Student Engagement

Reviewing Experience

2024	Assistant Ad Hoc Reviewer, Developmental Psychology
2023	Assistant Ad Hoc Reviewer, Development & Psychopathology
2022	Assistant Ad Hoc Reviewer, Biological Psychology
2022	Volunteer Early Career Mentee Reviewer, Society for Prevention Research
2022	Volunteer Early Career Mentee Reviewer, Society for Research in Child Development
2022	Volunteer Reviewer for the Association for Psychological Science Student Research Award
2022	Volunteer Research Judge, Psi Chi Undergraduate Research Conference

Advocacy & Student Engagement

2022 – 2025	Advocate for Student Well-Being and Diversity, Equity, and Inclusion in Academia
2024 – 2025	Developmental Psychology Area Student Faculty Rep, Pennsylvania State University
2021 – 2023	Journal Club in Statistical Methods and Analyses in Developmental Science, Co-founder
2022 – 2024	Developmental Psychology Area Proseminar Coordinator, Pennsylvania State University
2021 – 2022	Graduate Student Recruitment Coordinator, Pennsylvania State University
2019 – 2020	Journal Club at the Social Detection Lab, University of Denver
2016 – 2019	Student Advisory Board, MSUB University Honors Program

Community Service

2015 – 2017	Volunteer at Angel Horses, Montana
2015 – 2016	Volunteer at Horses Spirit Healing, Montana
2015 – 2016	Volunteer at Mental Health Center/The Hub, Montana

Professional Affiliations

2022 – present	International Society of Substance Use Professionals (ISSUP)
2022 – present	European Society for Prevention Research (EUSPR)
2021 – present	Society for Research in Child Development (SRCD)
2021 – present	Association for Psychological Science (APS)
2021 – present	Eastern Psychological Association (EPA)
2021 – present	Golden Key International Honour Society
2018 – present	Psi Chi, the International Honor Society in Psychology
2018 – present	American Association of University Women (AAUW)
2022 – 2025	Society for Prevention Research (SPR)
2022 – 2025	SPR Early Career Preventionists Network (SPR ECPN)
2020 – 2022	International Society for Developmental Psychobiology (ISDP)
2018 – 2020	American Psychological Association (APA)

Workshops & Relevant Trainings

In progress	Introduction to Quantitative Meta-Analysis CenterStat
2024	Latent Transition Analysis Quantfish
2024	Writing for a Popular Audience to Disseminate Your Work APS
2024	Meta-analysis Pennsylvania State University
2023	Latent Class Analysis Statistical Horizons
2023	Multilevel Methods for Developmental Research Pennsylvania State University
2022	Applied Data Mining Pennsylvania State University
2022	Latent Class/Cluster Analysis and Mixture Modeling CenterStat
2022	Introduction to Time-Varying Effect Modeling Pennsylvania State University
2021	Longitudinal Structural Equation Modeling CenterStat & Pennsylvania State University
2021	Machine Learning: Theory and Applications CenterStat

References

*** Available upon request ***