

NICOLE ZARRETT

EDUCATION

- 2001-2006 PH.D., Developmental Psychology, July 2006, University of Michigan, Ann Arbor, MI
- 2001-2003 M.S., Developmental Psychology, 2003, University of Michigan, Ann Arbor, MI
- 1994-1998 B.A., Psychology (with Honors) and Sociology, 1998, Clark University, Worcester, MA
Summa cum laude with highest honors in psychology, Phi Beta Kappa inducted in 1997)

PROFESSIONAL EXPERIENCE

- 2008-present Assistant Professor, Department of Psychology, University of South Carolina, Columbia, SC
- 2008-present Faculty Affiliate, Research Consortium on Children and Families, University of South Carolina, Columbia, SC
- 2008-present Faculty Affiliate, Nutrition Center, University of South Carolina, Columbia, SC
- 2012-present Faculty Affiliate, Women's and Gender Studies, University of South Carolina, Columbia, SC
- 2008-2011 Editorial Board of *Applied Developmental Science*: Volumes 13-15.
- 2001-present LIFE Academy Fellow, Max Planck Institute for Human Development, the Humboldt-University, the Free University of Berlin, University of Virginia, Arlington, and University of Michigan, Ann Arbor.
- 2006-2008 Post-Doctoral Fellow, Institute for Applied Research in Youth Development, Child Development Department, Tufts University, Medford, MA
- 2001-2006 Research Assistant, Gender and Achievement Research Program, University of Michigan, Ann Arbor
- 1998-2001 Senior Research Assistant, Henry A. Murray Research Center, Radcliffe Institute, Harvard University.

RESEARCH INTERESTS

Primary research interests include understanding positive adolescent development in relation to the complex interactions between youth and their environments over time. This research involves adequately addressing the needs and interests of underrepresented groups, with the goal of generating sound theoretical inferences and practical applications that will be useful to researchers, policy makers and other youth advocates.

Specific research interests include:

- The role of out-of-school activities in promoting healthy developmental pathways
- The promotion of healthy behaviors and attitudes, adolescent obesity prevention and intervention
- The effects of community, school, family, peers, and personal factors, on youth choices, motivation, and adjustment
- Multilevel systems theory and the coupling of variable- and pattern-centered methodological approaches to maximize understanding of youth in context, and the conceptualization of developmental stability and change

PUBLICATIONS

*denotes publications with student co-authors

***Zarrett N**, Sorensen, C., Skiles, B (2013). Environmental and social-motivational contextual factors related to youth physical activity: Systematic observations of summer day camps. *International Journal of Behavioral Nutrition and Physical Activity*, 10, 63-76.

Metzger, I., Cooper, S.M., **Zarrett, N.**, & Flory, K. (2013). Culturally-Sensitive Risk Prevention Programs for African American Adolescents: A Systematic Analysis. *Clinical Child and Family Psychology Review*, 16(2), 187-212.

***Zarrett N**, Skiles B, Sorensen, C. (2012). The Camp Setting for promoting youth physical activity; Systematic observations of summer day camps. *Journal of Youth Development*, 7(3), 4-21

***Zarrett N**, Skiles B, Wilson DK, McClintock L. (2012). A qualitative study of staff's perspectives on implementing an after school program promoting youth physical activity. *Eval Program Plann*, 35(3), 417-426.

Lawman, H., Wilson, D.K., VanHorn, M.L., & **Zarrett, N.** (2012). The Role of Motivation in Understanding Social Contextual Influences on Physical Activity in Underserved Adolescents in the ACT Trial: A Cross Sectional Study. *Childhood Obesity*, 8(6), 542-550.

Zarrett, N. & Wilson, D.K. (2012). Physical activity and obesity prevention. In A.L. Meyer & T.P. Gullotta (Eds). *Physical Activity Across the Lifespan; Prevention and Treatment for Health and Well-Being* (pp 139-170). NY: Springer.

Hagell, A., Peck, S. C., **Zarrett, N.**, Gimenez-Nadel, J. I., & Symonds, J. (2012). Time trends in adolescent time use in the UK. In A. Hagell (Ed.), *Changing Adolescence; Social Trends and Mental Health*. Nuffield Foundation. Chicago, IL: The Policy Press.

Wilson, D.K., Van Horn, M.L., Kitzman-Ulrich, H., Saunders, R., Pate, R., Lawman, H., Hutto, B., Griffin, S., **Zarrett, N.**, Addy, C., Mansard, L., Mixon, G. (2011). The results of the "Active by Choice Today" trial for increasing physical activity in underserved adolescents. *Health Psychology*. 30(4), 463-471.

Zarrett, N. & Mahoney, J. (2011). Out-of-school activities. In B.B. Brown & M. Prinstein (Eds.) *Encyclopedia of Adolescence**, (vol 2.). Burlington, MA: Elsevier, Inc.

* Awarded the 2011 PROSE award for the best multivolume reference in humanities or social science.

Bogat, A.G., **Zarrett, N.**, Peck, S.C., & von Eye, A. (2011). The person oriented approach and community psychology: New directions. In L. A. Jason & D. S. Glenwick (Eds.), *Innovative methodological approaches to community-based research: Theory and application*. Washington, DC: APA.

Wilson DK, **Zarrett N**, Kitzman-Ulrich, H. (2011). Physical Activity and Health: Current Research Trends and Critical Issues. In H. Friedman (Ed.) *Oxford Handbook of Health Psychology* (pp.667-686). New York, Oxford Univ. Press, Inc.

Wilson DK, St. George SM, & **Zarrett N.**, (2010). Developmental Influences in Understanding Children and Adolescent Health Behaviors. In J. Suls, K. Davidson, & R. Kaplan (Eds.) *Handbook of Health Psychology* (pp 133-146). Guildford press.

***Zarrett, N.**, Fay, K., Li, Y., Carrano, J., Phelps, E., & Lerner, R.M. (2009). More than child's play: Variable- and pattern-centered approaches for examining effects of sports participation on youth development. *Developmental Psychology*, 45, 368-382.

Zarrett, N. & Eccles, J.S. (2009). The role of the family and community in extracurricular activity. In L. Shumow (Ed.) *AERA Monograph Series: Promising Practices for Family and Community Involvement during High School* (vol 4, pp. 27-51). Charlotte, NC: Information Age Publishing Inc.

- Mahoney, J.L., Vandell, D., Simpkins, S., & **Zarrett, N.** (2009). Adolescents Out-of-School-Activities. Invited chapter in Richard M. Lerner and Larry Steinberg (Eds.), *Handbook of Adolescent Psychology*, 3rd Edition (vol. 2, pp. 228-269). Hoboken, New Jersey: John Wiley & Sons, Inc.
- Peck, S.C., Roeser, R. W., **Zarrett, N.**, & Eccles, J.S. (2008). Exploring the role of extracurricular activity involvement in the educational resilience of vulnerable adolescents: Pattern- and variable-centered approaches. *Journal of Social Issues*, 64(1), 135-155.
- Dennisen, J., **Zarrett, N.**, & Eccles, J.S. (2007). I like to do it, I'm able and I know I am: Longitudinal couplings between domain-specific achievement, self-concept, and interest. *Child Development*, 78, 2, 430-447.
- ***Zarrett, N.**, Fay, K., Carrano, J., Li, Y., Peltz, J., & Lerner, R.M. (2007). Sports and youth development programs: Theoretical and practical implications of early adolescent participation in multiple instances of structured out-of-school-time (OST) activity. *Journal of Youth Development*, 2, 1, 7-20.
- Zarrett, N.**, Lerner, R.M., Carrano, J., Fay, K., Peltz, J.S., & Li, Y. (2007). Variations in adolescent engagement in sports and its influence on positive youth development. In N.L. Holt (Ed.) *Positive Youth Development Through Sport* (pp. 9-23). Oxford: Routledge.
- Zarrett, N.** (2007). The dynamic relation between out-of-school activities and adolescent development (Doctoral dissertation, University of Michigan, 2006). *Dissertation Abstracts International*, 67(10), 6100B.
- Zarrett, N.** & Eccles, J.S. (2006). The passage to adulthood: Challenges of late adolescence. In S.Piha and G. Hall (Vol. Eds.) *New Directions for Youth Development*. Preparing Youth for the Crossing: From Adolescence to Early Adulthood, (Issue 111, pp. 13-28). Hoboken, New Jersey: Wiley Periodicals Inc.
- Zarrett, N.R.**, Malanchuk, O., Davis-Kean, P.E., & Eccles, J.S. (2006). Examining the gender gap in IT by race: Young adults' decisions to pursue an IT career. In B. Aspray and J. McGrath Cohoon (Eds.) *Women and information technology: Research on the reasons for under-representation* (pp. 55-88). Cambridge, MA: MIT Press.
- Zarrett, N.** & Malanchuk, O. (2005). Who's computing?: Gender and race differences in young adults' decisions to pursue an IT career. In W. Damon (Series Ed.) & J. Jacobs and S. Simpkins (Vol. Eds.) *New Directions for Child and Adolescent Development*. Math and science courses, grades and career goals: Longitudinal perspectives on the influence of gender and beliefs. San Francisco: Jossey-Bass.
- James, J.B. & **Zarrett, N.** (2005). Ego integrity in the lives of older women: A follow-up of mothers from the Sears, Maccoby, and Levin (1951) patterns of Child Rearing Study. *Journal of Adult Development*, 12(4), 155-167.
- Schulenberg, J. E., & **Zarrett, N.** (2005). Mental health during emerging adulthood: Continuities and discontinuities in course, content, and meaning. In J. J. Arnett and J.L. Tanner (Eds.), *Emerging adults in America: Coming of age in the 21st century* (pp. 135-172). Washington, DC: American Psychological Association.
- MANUSCRIPTS SUBMITTED OR UNDER REVISION**
- Zarrett, N.**, Peck, S.C., & vonEye, A. (revise/resubmitted). Do extracurricular activities matter? Pathways from personal, familial, and community risk to educational achievement across the adolescent years.
- Zarrett, N.** & Bell, B.A. (revise/resubmitted). The Effects of Out-of-School Time Use on Changes in Youth BMI Across the Adolescent Years.
- ***Zarrett, N.**, Sorensen, C., & Skiles, B. (under review). Promoting physical activity within Afterschool Programs: Identifying contextual factors related to youth activity levels.

MANUSCRIPTS IN PREPARATION

- ***Zarrett, N.,** & Kruger, K. (in preparation). The utility and limitations of observational assessment tools for measuring the quality of youth settings for promoting physical activity. To be submitted to *American Journal of Preventive Medicine*.
- ***Zarrett, N.,** Abraczinskas, M., Skiles, B., Fisher, S., Ragaban, F., Domanico, E., Demchur, N. (in preparation). Getting kids moving: A qualitative assessment of staff perspectives on promoting physical activity in afterschool programs.
- ***Zarrett, N.,** Skiles, B., Abraczinskas, M., Peters, B. (in preparation). Measuring youth engagement in afterschool 'healthy lifestyle' program initiatives: A mixed-methods approach.
- Zarrett, N.,** & Bell, B. (in preparation). Obesity as a developmental issue: Predictors of body mass index trajectories from adolescence through early adulthood. To be submitted to *Journal of Adolescent Health*.
- ***Zarrett, N.,** Abraczinskas, M., Skiles, B., Peters, B. (in preparation). Social goals for youth participation in physical activity: Exploring the social side of physical activity motivation.

POLICY REPORTS

- Zarrett, N.** & Lerner, R.M. (2008, February). Ways to promote the positive development of children and youth. *Child Trends: Research-to-Results Brief, 2008-11*, Washington, DC: The Atlantic Philanthropies
- Feinstein, L., Peck, S.C., Eccles, J.S., **Zarrett, N.,** Brown, J., & Sorhaindo, Annik (2008). *The relationship of the activity patterns of young people and their mental health in the UK, 1970-2006*. Nuffield Foundation.

SELECTED PRESENTATIONS (2002-present)

- ***Zarrett, N.,** (Chair), Sorensen, C., Skiles, B. (under review). Environmental and social-motivational contextual factors related to youth physical activity in summer day camps. A paper to be presented as part of a symposium "Schools Out: Facilitating Adolescent Development during Summertime" at the biennial meeting of the Society for Research on Adolescents, Austin, TX, March 20-22, 2014.
- ***Zarrett, N.,** Skiles, B., Abraczinskas, M., Peters, B. (under review). Social mechanisms for promoting youth physical activity within afterschool programs. A paper to be presented as part of a symposium "Exploring mechanisms for promoting youth participation and engagement in after-school programs: The importance of social connection" at the biennial meeting of the Society for Research on Adolescents, Austin, TX, March 20-22, 2014.
- ***Zarrett, N.,** Skiles, B., Abraczinskas, M., Peters, B. (under review). Measuring youth engagement in afterschool 'healthy lifestyle' program initiatives: A mixed-methods approach. A paper to be presented as part of a symposium "Improving the measurement of 'engagement' in extracurricular activities" at the biennial meeting of the Society for Research on Adolescents, Austin, TX, March 20-22, 2014.
- ***Zarrett, N.** (Chair) & Kruger, K. (2013). Systematic observational tools for assessing active contexts for youth: A review. A paper to be presented as part of a symposium "The utility and limitations of assessment tools for measuring the quality of youth settings" at the biennial meeting of the Society for Research on Child Development, Seattle, WA, April 18-20, 2013.
- *Skiles-Cook, B., Sorensen, C., & **Zarrett, N.** (2013). Ensuring quality PLAY: Addressing program readiness for the promoting positive leisure activities for youth (PLAY) intervention. A paper to be presented as part of a symposium "The utility and limitations of assessment tools for measuring the quality of youth settings" at the biennial meeting of the Society for Research on Child Development, Seattle, WA, April 18-20, 2013.
- *Abraczinskas, M., Skiles, B., Domanico, E., Fisher, S., Demchur, N., & Ragaban, F., **Zarrett, N.** (2013). Addressing organizational variability related to program implementation: Qualitative approaches with

after school programs. A round table paper discussion presented at the Society for Community Research and Action conference, Miami, FL, June 26-29.

- *Thompson, K.V., & **Zarrett, N.** (2013). Risk and resilience in urban New Jersey: How a psychosocial intervention promotes educational resilience among at-risk Latino youth. Poster session presented at the 94th Annual Meeting of the American Educational Research Association, San Francisco, CA, April 27-May 1.
- ***Zarrett, N.**, Sorensen, C., & Peck, S.C. (2012). The Effects of Out-of-School Time Use on Changes in Youth BMI Across the Adolescent Years. A poster submitted to the biennial meeting of the Society for Research on Adolescence, Vancouver, BC, Canada, March 8-10, 2012.
- *Sorensen, C. & **Zarrett, N.** (2012). The Influence of Sports Participation and Peer Values on Adolescent Developmental Outcomes. A poster submitted to the biennial meeting of the Society for Research on Adolescence, Vancouver, BC, Canada, March 8-10, 2012.
- *Thompson, K.V., & **Zarrett, N.** (2012). Positive youth development program facilitates developmental assets in Latino high school students. A poster presented at the 120th American Psychological Association Annual Convention, Orlando, FL, August 2-5, 2012.
- *Sorensen, C. & **Zarrett, N.** (2011). Interactions of gender, sports participation, and peer values on adolescent alcohol consumption. A poster presented at the biennial meeting of the 2011 Association for Psychological Science Annual Convention, Washington, D.C., May 26 - 29, 2011.
- *Skiles, B. & **Zarrett, N.** (2011). The effects of dropping out of extracurricular activities on adolescent self concept, self esteem, and academic performance. A poster presented at the biennial meeting of the 2011 Association for Psychological Science Annual Convention, Washington, D.C., May 26 - 29, 2011.
- ***Zarrett, N.**, Wilson, D.K., & Skiles, B. (2010). The role of staff and program circumstances in the success of after-school programs for increasing youth physical activity. A paper presented as part of a symposium "One program does not fit all: The importance of leaders, culture, and motivation, in promoting success of high risk youth" at the biennial meeting of the Society for Research on Adolescence, Philadelphia, PA, March 11-13, 2010
- Zarrett, N.**, Skiles, B., Peck, S.C., & Eccles, J.S. (2010). Effects of Parent Socialization on Adolescents' Out-of-School Activities: The Role of Socioeconomic Status and Community Resources. A paper presented as part of a symposium "Parenting, Out-of-School Time, and Youth Development" at the biennial meeting of the Society for Research on Adolescence, Philadelphia, PA, March 11-13, 2010
- Vest, A.E., Simpkins, S.D., & **Zarrett, N.** (2010). Changes in Intensity of Activity Participation from 7th to 12th Grade: Implications for Adolescent Adjustment. A paper presented as part of a symposium "The Importance of Changes in Youth Activity Participation for Adjustment: A Closer Look at Breadth, Intensity, and Engagement" at the biennial meeting of the Society for Research on Adolescence, Philadelphia, PA, March 11-13, 2010
- Peck, S.C., **Zarrett, N.**, Roeser, R.W., & Eccles, J.S. (2009). Extracurricular Activities, Intermediary Processes, & Educational Pathways: Integrating Variable- and Pattern-Centered Approaches. A poster presented at the biennial meeting of the Society for Research on Child Development, Denver, CO, April 2-4, 2009
- Vest, A.E., Simpkins, S.D., & **Zarrett, N.** (2009). Changes in Adolescents' Participation in Organized Activities: Implications of Race, Gender and Activity Type. A paper presented as part of a symposium "What Children do for Fun: Children's Time Use Trajectories at the biennial meeting of the Society for Research on Child Development, Denver, CO, April 2-4, 2009
- ***Zarrett, N.**, Doyle-Lynch, A., & Napolitano, C. (2008). The role of sports in promoting positive development among adjudicated youth. A poster presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL, March 6-9, 2008.

- Peck, S.C., & **Zarrett, N.** (2008). Effects of extracurricular activity quality on educational pathways: A pattern-centered approach to modeling selection factors. A poster presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL, March 6-9, 2008.
- Southwick-Brown, J., Phelps, E., **Zarrett, N.**, et al (2008). The role of ecology, context, and activity involvement on the developmental trajectories of youth. A poster presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL, March 6-9, 2008.
- Zarrett, N.**, Peck, S.C., & Eccles, J.S. (2007). What does it take to get youth involved?: A pattern-centered approach for studying youth, family, and community predictors of youth out-of-school activity participation. A paper presented as part of a symposium "Innovative approaches for assessing adolescents' experiences in organized activities" at the biennial meeting of the Society for Research on Child Development, Boston, MA, March 29-April 1.
- Peck, S.C., **Zarrett, N.**, Roeser, R.W., & Eccles, J.S. (2007). Exploring the roles of extracurricular activity quantity and quality in the educational resilience of vulnerable adolescents: Variable- and pattern-centered approaches. A poster presented at the biennial meeting of the Society for Research on Child Development, Boston, MA, March 29-April 1.
- Zarrett, N.**, Peck, S.C., & Eccles, J.S. (2006). The effects of youth activity patterns on developmental trajectories. A paper presented as part of a symposium "Symphony or cacophony?: Investigating the developmental impact of different participation and learning constellations across organized youth activities" at the biennial meeting of the Society for Research on Adolescence, San Francisco, California, March 2006.
- Zarrett, N.**, Peck, S.C., & Eccles, J.S. (2005). Activity involvement on positive youth development: A pattern-centered approach to studying youth's leisure time from middle school through the transition into adulthood. A poster presented at the biennial meeting of the Society for the Study of Human Development, Asilomar, California, October 28-30.
- Zarrett, N.** (Co-Chair), Peck, S.C., & Eccles, J.S. (2005). Getting Youth Involved and Keeping Them Involved: Predictors of Adolescents' Activity-Based Identity Structures. A paper presented as part of a symposium "Identity Development and (Dis)continuity: Clarifying the Process of Identity Development Via Complexity" at the biennial meeting of the Society for Research in Child Development, Atlanta, Georgia, April 7-10.
- Zarrett, N.** & Cortina, K.S. (2004). Predicting college enrollment and persistence: A comparison between Germany and the U.S. A poster presented at the biennial meeting of the International Society for the Study of Behavioral Development, Ghent, Belgium, July 11-15.
- Zarrett, N.** & Eccles, J.S. (2004). Who's Computing? Gender and Race Differences in Young Adults' Decisions to Pursue an IT career. A paper presented as part of a symposium "Longitudinal Perspectives on the Influence of Gender and Beliefs" at the biennial meeting of the Society for Research on Adolescence, Baltimore, Maryland, March 11-14.
- Zarrett, N.** & Simpkins, S. (2004). What Are Youth Doing in Their Leisure Time? Group Differences and Stability in Participation From Middle School Into Adulthood. A poster presented at the biennial meeting of the Society for Research on Adolescence, Baltimore, Maryland, March 11-14.
- Zarrett, N.** (2003). Understanding the gender gap in sport; How parents' stereotyped beliefs influence parents' early socialization practices. A poster presented at the biennial meeting of the Society for Research on Child Development, Tampa, April 20-23.
- Cortina, K., **Zarrett, N.**, & Alfeld, C.J. (2003). Getting stuck on the beaten path: Antecedence of dropout and delays in college in Germany and the United States. A paper presented at the biennial meeting of the European Association for Research on Learning and Instruction, Padova, Italy, August 26-30.
- Zarrett, N.** (2003). Race, gender and the digital divide: Identifying factors that influence women's decisions to pursue an IT career. A poster presented at the third biennial meeting of the Society for the Study of Human Development, Cambridge, MA, November 1-2.

Schulenberg, J.E. & **Zarrett, N.** (2003). Mental health during emerging adulthood: We know less than we think we do. A paper presented at the conference on Emerging Adulthood (sponsored by APA), Cambridge, MA, November 3-4.

O'Donnell, E., Azar, S., Ferraro, M., & **Zarrett, N.** (2002). Gender, relational context, intimacy, and anger and aggression among adolescents: A test of a social cognitive model. A poster presented at the biennial meeting of the Society for Research on Adolescence, New Orleans, April 11-14.

McDonagh, E., Pappano, L., **Zarrett, N.**, & Doherty, L. (2002). Gender equality and sports: The next frontier. A paper presented as part of a symposium, "Bridging the Great Divide: Analyzing Institutions and Culture" at the Policy History Conference, May 30-June 2.

INVITED TALKS

Zarrett, N. (2012). Off the sidelines and into the game: Afterschool and summer camp programs for fostering girls' love of sport. An Invited Talk as part of the opening plenary session, "Has Title IX Improved the Health and Well-Being of Women and Girls" at the SHARP Center for Women and Girls "Title IX at 40" conference, University of Michigan, May 9-12, Ann Arbor, MI.

Zarrett, N. (2012) Promoting physical activity during the out-of-school hours; The role of afterschool programs. An Invited Talk at the David P. Weikart Center for Youth Program Quality, May 8, Ypsilanti, MI.

Zarrett, N & Wilson, D.K. (2009). Physical activity as obesity prevention. An invited paper presented as part of a symposium "Physical Activity as Intervention" at the DMHAS Prevention Training Collaboration, Child and Family Agency of Southeastern Connecticut and the National Institute on Drug Abuse, Rocky Hill, CT, March 8-9, 2009.

HONORS AND AWARDS

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| Spring 2013 | Chair of the Education, Training, and Career Development Council , Society of Behavioral Medicine |
| Fall 2012 | Josephine Abney Fellowship for Research in Women's and Gender Studies, University of South Carolina, Columbia, SC |
| Fall 2012 | Nominated for the Michael J. Mungo Undergraduate Teaching Award , University of South Carolina, Columbia, SC. |
| Fall 2009 | Mortar Board Honor Society Excellence in Teaching Award , University of South Carolina, Columbia, SC |
| Summer 2007 | NICHD/NIH Research Fellow : NICHD/NIH Summer Institute in Applied Research on Child Development, Potomac, Maryland. |
| 2005 | Rackham Outstanding Graduate Student Instructor Award , University of Michigan, Ann Arbor, MI |
| 2004-2005 | National Institute of Mental Health (NIMH) Developmental Training Grant Fellow , University of Michigan, Ann Arbor, MI |
| May 2005 | Fellow , The Center for the Analysis of Pathways from Childhood to Adulthood (CAPCA), L. Feinstein workgroup on Discontinuity. |
| April 2005 | Invited Session Chair and Discussant for the Department of Psychology, Development, Psychopathology and Mental Health (DPMH) Mini-Conference on Positive Development, University of Michigan, Ann Arbor |
| Summer 2004 | Rackham International Travel Grant , University of Michigan, Ann Arbor, MI |
| Winter 2004 | Rackham Domestic Travel Grant , University of Michigan, Ann Arbor, MI |
| 2001-2006 | LIFE Academy Fellow , Max Planck Institute for Human Development, the Humboldt-University, the Free University of Berlin, University of Virginia, Arlington, and University of Michigan, Ann Arbor. |
| 2001-2002 | National Institute of Mental Health (NIMH) Developmental Training Grant Fellow , University of Michigan, Ann Arbor, MI |

June 2002 **Invited Session Chair and Discussant** for the Michigan Symposium on Development and Psychopathology: Continuity and Discontinuity during the Transition to Adulthood. Center for Human Development and Mental Health, John Schulenberg and Arnold Sameroff, University of Michigan, Ann Arbor, MI.

2001 **Radcliffe Exemplary Service Award**, Harvard University, Cambridge, MA

1994-1998 Academic
Phi Beta Kappa: (inducted in 1997)
National Dean's List (1994-1998)
Who's Who Among Students in American Universities and Colleges (1997)
Collins Creativity Award in Psychology, 1997 (awarded a grant to conduct research at Clark U.)
Most Outstanding Undergraduate in Psychology, 1998
The Addams and Mills Award in Sociology, 1998
Senior Speaker at Commencement, 1998

Athletic
GTE Academic All-America
Nominated NCAA Woman of the Year
NEISCA 1998 Scholar Athlete of the Year
NEW 8 Academic All-Conference
Alice Higgins Scholar Athlete Award
All-Northeast Region, Third Team
Captain, Clark University Fast Pitch Softball Team

TEACHING EXPERIENCE

Undergraduate Courses

Developmental Psychology
Psychology of Adolescence and Honors Equivalent
Adolescence: Learning and Development
Abnormal Child and Adolescent Development
Social Psychology
Introduction to Psychology
Health Psychology

Graduate Courses

Developmental Psychology Graduate Seminar
Foundations in Developmental Science
Adolescent Motivation and Health Behaviors
Lifespan Theory and Methodology

PROFESSIONAL SERVICE

Ad Hoc Reviewer

Developmental Psychology
Child Development
Journal of Research on Adolescence
Journal of Adolescent Research
Applied Developmental Science
Journal of Health and Social Behavior
International Journal of Behavioral Development

Journal of Applied Developmental Psychology
Health Education and Behavior
Evaluation and Program Planning

2013-2016 **Chair** of the Education, Training, and Career Development Council, Society of Behavioral Medicine

2008-2011 **Editorial Board** of *Applied Developmental Science*: Volumes 13-15.

2011 **Reviewer**, Review Panel # Panel 15: Education: School Context, Extra-Curricular, Enrichment, Physical Education, Remediation, Success, Educational Media (chair: Joseph Mahoney).

2009 **Reviewer**, Second Biennial NICHD Summer Research Institute.

2009 **Reviewer**, Berk, L.E. *Infants, Children, and Adolescents*, 6th Edition. (Chapters 3, 11, and 14).

2009 **DMHAS Practitioner Training Workshop**. Lead a workshop for practitioners as part of a Department of Mental Health and Addiction Services prevention training collaborative sponsored by the National Institute on Drug Abuse (NIDA) and the Child and Family Agency

of Southeastern Connecticut , Rocky Hill, CT, March 8-9, 2009.

- 2008 **Consultant** for *Team Up for Youth*. Contributed to the compilation of the book and related policy reports: *Exploring the Ways in Which Sports-Based Youth Development Supports Development*.
- 2008 **Consultant** for the Nuffield Foundation. Developed a policy report for the United Kingdom to contribute to improvements in youth out-of-school activity resources for tackling the declining rates of mental health among the UK's youth

DEPARTMENT AND UNIVERSITY-LEVEL SERVICE

- 2013-present **Faculty Senate**, Senator for the Department of Psychology
- 2013-present **Department of Psychology Graduate Program Curriculum Committee**, Faculty Representative for Clinical Community Program
- 2013-present **Developmental Curriculum Committee**, Clinical Community Program, Department of Psychology
- 2009- 2012 **Provost's Advisory Committee on Women's Issues**. Member of the subcommittee that focuses on establishing supports for minority women for both hiring and tenure and promotion
- 2009-2013 **Department of Psychology Undergraduate Curriculum Committee**.

PROFESSIONAL AFFILIATIONS

- Member of the Society for Research in Child Development (SRCD)
- Member of the Society for Research on Adolescence (SRA)
- Member of the Society for the Study of Human Development (SSHD)
- Member of the Society for Behavioral Medicine (SBM)
- Member of the Association for the Advancement of Applied Sport Psychology (AAASP)