

Isabel B. Perez, B.A.

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EDUCATION

Psychology – B.A. (June 2017)

Overall GPA: 3.57 | Major GPA: 3.92

University of California, Riverside (UCR)

CONFERENCE PRESENTATIONS

Parsafar, P., **Perez, I.**, Fontanilla, F., Davis, E.L. (February, 2018). How Enhancing Negative Emotional Awareness & Responding Through Mindfulness Meditation Relates to Compassion for Others. Poster to be presented at the Bridging the Hearts and Minds of Youth Conference, San Diego, CA.

Perez, I., Parsafar, P., Davis, E.L. (May, 2017). Sadness Leads to Increases in Compassion, But Only For Men. Poster presented at the annual UC Riverside Undergraduate Research Symposium, Riverside, CA.

RESEARCH EXPERIENCE

Lab Manager (July 2017-Present)

10 hours/week | Emotion Regulation Lab, UCR | PI: Dr. Elizabeth Davis

- Interview, orient, and train incoming research assistants (RAs)
- Maintain time logging system for 50+ RAs
- Distribute, manage, track and organize lab tasks and hours for 50+ RAs
- Manage lab-wide data organization and cleaning
- Act as lead contact with the child studies recruitment coordinator for the Department of Psychology
- Track and acquire research assistants' completion of CITI training for social and behavioral research (Human Research Review Board)

Research Assistant (June 2017-Present)

6 hours/week | Life Events Lab, UCR | PI: Dr. Kate Sweeny

- Transcribe, clean and code qualitative data to examine doctor-patient relationships and communication
- Independently conduct breast biopsy interviews at a hospital to learn how women cope with uncertainty about their diagnosis

Research Assistant (February 2017-Present)

6 hours/week | Positive Activities & Well-Being Lab, UCR | PI: Dr. Sonja Lyubomirsky

- Interpreted qualitative responses to Qualtrics Survey
- Collected physiological data (EEG, physiological wristband, and eye tracker) from participants every week to observe cognition, life experiences, and feelings
- Label, prepare and deliver blood samples to approximately 6 participants every week to study the relationship between positive activities and health
- Schedule, track, and communicate with potential participants over the phone or via email
- Manage participant compensation ranging from \$20-\$80

Research Assistant (April 2016-June 2017)

10 hours/week | Emotion Regulation Lab, UCR | PI: Dr. Elizabeth Davis

- Collected quantitative (self-report questionnaires), qualitative (free-response interview questions), and physiological (EKG) data from undergraduates to investigate the cognitive, physiological and emotional regulatory benefits of a brief mindfulness meditation session

- Trained incoming research assistants for lead experimenter in undergraduate mindfulness meditation study and on memory interview transcription task
- Transcribed undergraduate memory interview data and delegated transcription assignments
- Coded undergraduate subjects' qualitative responses to memory interviews
- Performed literature reviews, formulated hypotheses, and conducted statistical analysis using SPSS for independent research project looking at the relationship between induced negative emotions and compassion toward others
- Created and presented individual research poster at UCR's Undergraduate Research Symposium
- Recruited participants for Department of Psychology Child Studies from community events 2-3 times per quarter and supervised groups of 3-4 research assistants at these events

CLINICAL EXPERIENCE

Behavior Therapist (July 2017-Present)

10 hours/week | California Psychcare, Riverside

- Utilize applied behavior analysis (ABA) methods in a one-on-one setting in the home and community
- Provide behavior management, discrete trial training, floor time, and social skills to children with Autism and other developmental disabilities
- Serve culturally and linguistically diverse families in low social economic status areas
- Be creative, spontaneous, excited, and animated in gestures, facial expressions, and voice interactions
- Collect data and fill in the program checklist using the accurate and appropriate percentages throughout each session
- Check for mastery and introduction of new programs, and communicate progress to the Program Coordinator for each case

WORK EXPERIENCE

Peer Mentor (September 2016-June 2017)

ACE Program | Academic Resource Center, UCR

- Assessed and monitored student academic abilities and personal growth through one-on-one mentoring
- Provided weekly individualized peer academic support to an average of 7 peers for 8 weeks every quarter
- Worked with a diverse student population, demonstrated sensitivity to students' needs, and acquainted students with resources available on campus
- Used active listening and problem-solving skills, in working with others who were equal in age, status, education, knowledge, etc.
- Delivered student workshops on study skills and habits to groups of 15+ students
- Co-facilitated a weekly interpersonal skills workshop for a total of 8 weeks

Peer Educator (September 2016-March 2017)

CHASS FIRST Learning Community, UCR

- Created weekly lesson plans and a functional grading system for 3 classes each quarter
- Co-facilitated instruction and discussions in classroom setting for 50 minutes at 3x per week
- Mentored and managed 3 separate classes of 25 students each for 2 quarters
- Graded 5 reflection entries on 1-4 grading scale for each student
- Co-coordinated 2 separate one-on-one meetings (per quarter) with all students for 15 minutes each
- Compiled meeting notes for every student into an organized spreadsheet

President of External Affairs (April 2016-June 2017)

Active Minds | The WELL, UCR

- Managed inventory of program supplies and submitted quarterly reports to national office
- Organized continued education learning opportunities and training for 15 general members
- Delegated shifts and tasks amongst members to ensure full coverage for each event

- Supervised construction of original mental health program content
- Increased visibility of Active Minds through recruitment opportunities

Program Coordinator (April 2015-April 2016)

Active Minds | The WELL, UCR

- Assisted with coordination and logistical support for event planning and implementation along with 4 other students
- Maintained professionalism, including promptly responding to all correspondence by the Executive Board and committee members, and attending all required training and meetings, as scheduled
- Organized and led programs in the designated areas of mental health through program and workshop requests

Peer Mentor (September 2015-June 2016)

First Year Mentor Program | Student Life, UCR

- Assisted first-year students in transitioning to the collegiate environment and encouraged early engagement in the process of learning
- Contributed to the development of students' social, personal and academic life by providing support through one-on-one bi-weekly appointments.
- Informed students about campus activities to help them understand how these activities relate to, and enhance, the overall university experiences and their personal lives
- Completed weekly Communication Reports summarizing the meetings/interaction with the mentees

SKILLS

- Trained in crisis counseling, suicide intervention, mental health first aid and mandated reporting
- Knowledgeable in SPSS, Qualtrics, Word, Excel, PowerPoint
- Public Speaking
- Interpersonal

HONORS

- UCR Chancellor's Leadership Fellows Award (May 2017)
- Gluck Fellowship Award (April 2017)
- UCR Dean's List (March 2015-June 2017)
- UCR Chancellor's Honors List (June 2016-June 2017)
- Gamma Beta Phi Honor Society Induction (December 2015)

ACTIVITIES

COMMUNITY

- St. Peter St. Paul Catholic Church – Lector (December 2016-Present)
- St. Peter St. Paul Catholic Church – Youth Group Leader (September 2015 – Present)
- Miss Fontana Scholarship Program (\$3,000, June 2016-June 2017)
- Miss Fontana Scholarship Program (\$750, June 2015-June 2016)

UNIVERSITY

- TRiO Scholar (2016-2017)
- Leadership Pathway Program (January 2016-June 2017)
- Catholic Student Fellowship Club (2015-2017)
- ORBITS Program (2014-2015)