

LAUREN K. CHAPMAN

Curriculum Vitae

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EDUCATION

July 2018 - Dec 2021 **Texas A&M University, College Station, TX**
Bachelor of Science in Psychology
Psychology in Diversity Certificate
Minor in Human Resource Development

RESEARCH EXPERIENCE

June 2021-Present **National Alliance of Mental Illness (NAMI), Community Research & Outreach Intern**
Brazos Valley Chapter
Executive Director & President: Angela Bates
Responsibilities: Analyzed the population in Brazos Valley broken down by minority group, utilized data to produce a ten page program initiative/report, presented intervention ideas for board approval, proposed research analysis team, advising teen support group leaders, ambassador for NAMI in community

Dec 2019 - Present **Challenging Health Inequity & Nurturing Global Empowerment Lab, Research Assistant**
Department of Psychological and Brain Sciences, Texas A&M University
Principal Investigator: Idia Thurston, Ph.D.
Responsibilities: Assisted with community participant recruitment; completed literature reviews; trained to conduct qualitative interviews; maintained lab presence on social media through mental health advocacy; contributed to large-scale research initiatives to eliminate health disparities in BIPOC populations

Parenting Through Hardships (PaTH) Project
Responsibilities: Performing qualitative data analysis; assisting in examining the relationship between youth resilience and maternal hardships, utilizing the Consensual Qualitative Research Framework (CQR), coding for themes in data collection concerning a child's ability to handle adversity and maternal hardships

Community Partners Assessment
Responsibilities: Communicated with minority-centered organizations and health clinics in the Houston metropolitan area; conducted interviews with community leaders; created lasting relationships with non-profits targeting Black & Latinx youth and their families

Mental Health Coping Toolkit Project
Responsibilities: Researched and compiled evidence based strategies to educate adolescents on mental health and holistic wellness; dissected existing literature in order to develop mindfulness interventions for community mental health education

May 2020 - Dec 2020 **The Bergman Laboratory, Research Assistant**
Department of Psychological & Brain Sciences, Texas A&M University
Principal Investigator: Mindy Bergman, Ph.D.

Strong Black Woman Research Project (SBW)

Responsibilities: Data cleaning and analysis; conducted literature reviews; administered surveys; grant support activity; contributed to the Strong Black Woman stereotype/Street Harassment Manuscript; assisted in preparing necessary documents for review; survey creation to assess occupational outcomes

CLINICAL & APPLIED EXPERIENCE

Aug 2021- Present **Founder of the Women of Color Outreach Workshop**
NAMI Brazos Valley
Responsibilities: Creation of workshop schedule design; engaging with community leaders for recruitment; collaborating with mental health professionals to lead evidence based sessions: (*Mental Health at Work, Self Care 101, and Stress & Anxiety*)-specifically tailored to women of color, establishing community partnerships to increase local participation

April 2021 **Student Health Panelist**
Texas A&M Health Promotion Services
Faculty Invitation from: Laurell King, M.Ed
Responsibilities: Served on a university wide student leader panel; presented statistics on binge drinking on college campuses; educated students on the benefits of coping skills and mindfulness

September 2020 **Founder of the “The Cost of Royalty” Virtual Project**
Texas A&M National Pan-Hellenic Council
Faculty Advisor Dr. Tonya Driver
Responsibilities: Created a virtual series with Miss America catered to African American college-aged students, facilitated impactful discussions about beauty, mental health, and self-worth, interacted with viewers through hybrid model

ORAL & POSTER PRESENTATIONS

Porter, D.V., Thurston, I.B., Howell, K.H., Napier, T.N., **Chapman, L.**, Howie, W.C., & Martin, V.T. (2021, December). *Resilience among Black Mothers Experiencing SAVA Syndemics: A Qualitative Exploration*. Paper presented at the Psychology of Black Women Conference, Virtual.

Chapman, L.C., Thurston, I.B., Bates, A.(2021, December). Breaking Barriers: *Developing an Inaugural Women of Color Outreach Workshop in the Brazos Valley*. Talk presented at the Psychology of Black Women Conference, Virtual.

Chapman, L (2021, November). *Women of color and help seeking behaviors*. Evidence-based lecture/presentation for Texas A&M’s Black Psychology course, College Station, TX.

Philip, S.R., Decker, K.M., Maye, C.E., **Chapman, L.**, Turner, S., Thurston, I.B. (2021, November). *Associations of Body Mass Index, Emotion Regulation, and Weight Stigma*. Poster submitted to the Texas Psychological Association Annual Convention.

Chapman, LK (2021, September). *Gatekeeper Training: "Campus Connect" Supporting peers who struggle w/ suicidal ideation and mental health crises*. Hosted by Texas A&M Counseling & Psychological Services. Presentation for Suicide Prevention Week. College Station, TX.

Porter, D.V., Thurston, I.B., Marks, L.R., Philip, S.R., & **Chapman, L.** (Accepted) *Commitment to Ethnic Identity Among Multiracial Young Adults: The Role of Interpersonal and Community Factors*. Poster to be presented at the Texas Psychological Association Convention, Austin, TX.

Porter, D.V., Thurston, I.B., Marks, L.R., Philip, S.R., & **Chapman, L.** (2021, August) *Multilevel Factors Associated with Traumatic Stress Among Multiracial Young Adults*. Poster to be presented at the American Psychological Association Annual Convention, Virtual.

Chapman, L (2021, April). *Quest for the Ring pilot program*. Student presenter/panelist.

Chapman, L (2021, March). *The Community Impact of Mass Shootings in American Cities*. Talk presented to CHANGE lab bi-weekly meeting.

Chapman, LK, Morin, KR, Decker, K, Howie, WC & Thurston, IB. (2020, April). *The Association Between Resilience and Ethnic Identity Among Emerging Adults*. Poster presented for Texas A&M University Student Research Week, College Station, TX.

Chapman, LK, Hemby, E (2018, May). *A Feasibility Study: "Healing Hearts" Teens Experiencing Grief After Losing a Loved One*. Poster presented for Frisco Independent School District for Independent Study & Mentorship Conference, Frisco, TX

TEACHING EXPERIENCE

August 2021- Dec 2021 ***Aggies Reaching Aggies Peer Educator***
 Texas A&M University Counseling and Psychological Services
 Faculty Supervisor: Dr. Santana Simple
Responsibilities: Serving as a liaison to the Suicide Prevention Office; presenting to faculty/students on statistics, warning signs, and the urgency of suicide awareness; facilitating discussion in regards to intersectionality, marginalized populations, and the impact of grief in college students

May 2021-Dec 2021 ***Undergraduate Teaching Scholar***
 Course: Black Psychology
Responsibilities: Administering exams and projects; presenting monthly lectures on the Black experience; hosting office hours throughout the week; collaborating with instructor to create syllabus content; managing 2 online gradebooks; facilitating impactful discussions that highlight the differences between Afrocentric and Eurocentric perspectives

March 2021- April 2021 ***Excellence uniting Culture, Education, and Leadership (EXCEL), Program Mentor***
 Faculty Supervisor: Dr. Leann Smith (School Psychologist)
Responsibilities: Selected to mentor freshmen in their academic/social transition by orienting them to academic advisors, the career center, and the counseling center (CAPS), advocated for the retention of black students, guided freshmen through hosting mini workshops, provided tangible resources about academic, social, and health resources

PROFESSIONAL MEMBERSHIPS

2021 American Psychological Association
 Society for Community Research and Action (*APA Division 47*)
 Society for the Psychological Study of Culture, Ethnicity and Race (*APA Division 45*)
 Society of Clinical Psychology (*APA Division 12*)

2021 Association of Black Psychologists (AbPsi)

2020 Brazos Valley Psychological Association (BVPA)

HONORS & AWARDS

Dec 2021 Volunteer of the Year, National Alliance on Mental Illness (Brazos Valley)

Aug 2021 Texas A&M Endowment Scholarship-Xi Psi

Apr 2021 Texas A&M Buck Weirus Spirit Award

Nov 2020 Psi Chi, International Honor Society in Psychology

June 2020 Society of Pediatric Psychology Newsletter Selection-Racial Trauma & Justice

Mar 2019 National Society of Collegiate Scholars Honor Society (NSCS)

Mar 2019 National Society of Leadership and Success (NSLS)

Feb 2019 Texas Council of Alpha Chapters Miss Black Pageant Scholarship Winner (1st Runner Up)

Feb 2019 Miss Black & Gold Pageant Scholarship Winner (1st Place-\$1,500)

Apr 2018 Frisco Education Foundation Scholarship (\$1,000)

LEADERSHIP EXPERIENCE

Mar 2021-Dec 2021 ***The Xi Psi Chapter of Alpha Kappa Alpha Sorority, Inc., President***

- Responsible for designing bi-weekly COVID 19 compliant programs to educate students on women's mental & physical health
- Constructed virtual service campaigns about voting and racial injustice highlighting the importance of minority students using their voice
- Executed an impact program livestream with Miss America creating a global presence for Texas A&M and Xi Psi; with invitations given to congresswomen, keynote leaders, and college students across the country

Nov 2019-Dec 2021 ***Texas A&M Psychology Club/Psi Chi, President***

- Lead meetings of Texas A&M students monthly; increasing membership retention
- Created everlasting connections between students and psychology professionals inside the A&M community
- Advocated for campus-wide messages to destigmatize mental health through interactive programs and tangible resources

May 2020-Dec 2021 ***National Pan Hellenic Council, Vice President***

- Assisted in creating and updating the governing documents that set the expectation for the entire Greek council of 8 fraternities/sororities; enforcing the bylaws to aid in fostering conformity and engagement across the council
- Collaborated with five executive board members to plan monthly community outreach events in the BCS area

Jan 2019-Dec 2021 ***Texas A&M Psychology Dept. Diversity & Inclusion Committee (DIVE IN), Board Member***

- Interpreted data on Texas A&M's Psychology Department's diversity efforts in order to invent more inclusive initiatives and projects among students & staff
- Worked closely with Dr. Isaac Sabat, (Associate Head of Diversity, Equity and Inclusion) and board members to implement projects, seminars, and professional panels

Aug 2019-Dec 2021 ***Uniting Divine Sistahs Program, Executive Officer***

- Developed culturally adapted lesson plans catered to African American girls and women in the community
- Applied critical thinking competencies to create service projects and educational curriculum for the Pretty Brown Girls Organization
- Facilitated activities in which values, beliefs, norms, and ideals are embedded in culture and gender which affect leadership behavior, strategies of organizations, and education

SERVICE

Mar 2021-Present National Alliance on Mental Illness, ***Volunteer (3 hours per week)***

Feb 2020-Present Pretty Brown Girls Organization, ***Volunteer (2 hours per week)***

Sep 2019-Present Special Olympics of Texas, ***Volunteer (monthly commitment, 5 hours)***

Jan 2019-Apr 2020 Crestview Nursing Home, ***Volunteer (4-5 hours monthly)***

Aug 2018-Jan 2019 Walk to End Alzheimer's, ***Volunteer (5 hours, bi-monthly)***

Dec 2018-May 2019 Kids Shouldn't Have Cancer Foundation, ***Volunteer (2 hours monthly)***

EMPLOYMENT

May 2018-Present **Guest Advocate (*Part-time*)**
Target Corporation

Mar 2020-Dec 2021 **Ring Program Student Assistant (*Part-time*)**
Texas A&M Association of Former Students

Mar 2020-Mar 2021 **Private Tutor (*Part-time*)**
Tutor Ocean Virtual Tutoring

June 2016- May 2018 **Office Assistant (*Part-time*)**
Bright Legacy Enterprises