

Julia Katz

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2201 MacArthur Dr.
Waco, TX 76708

EDUCATION

May 2024

Master of Science | University of Texas at Dallas | Richardson, TX | Psychology Major, Developmental Psychology Focus | Cumulative GPA: 4.0 |

May 2022

Bachelor of Arts | Southern Methodist University | Dallas, TX | Psychology Major, Cognitive Science, English, & Philosophy Minors | Cumulative GPA: 3.76 |

RESEARCH EXPERIENCE

June 2024-Present

Clinical Research Assistant I | Baylor Scott & White Research Institute
Warriors Research Institute (Waco, TX)

- Recruited and retained participants for multiple studies involving first responders, fire service workers, veterans and veteran family members, and national park service employees
- Tracked hundreds of participants by calling and emailing them weekly to ensure Qualtrics/Survey Monkey surveys were completed in a timely manner
- Synthesized and collected data from multiple outlets on a weekly basis for recruitment and retention logs across multiple studies
- Presented statistics relating to participant recruitment and retention at weekly staff meetings
- Trained in consenting participants for a randomized controlled trial on an intervention to reduce the occurrence of PTSD and other psychopathological symptoms in firefighter trainees across the United States
- Scored assessments like the GAD-7 and PCL-5 using IBM SPSS for clinical use
- Interviewed veterans and veteran family members enrolling in therapy at the institute by administering the Adult Needs and Strengths Assessment (ANSA) with Webex video software
- Coordinated between psychologists and veteran patients to schedule initial therapy appointments or the Structured Clinical Interview for DSM Disorders (SCID)
- Analyzed survey data for a study on primary care providers' knowledge of women-veteran cardiovascular disease risk and developed a poster of results to present at the annual Combat PTSD conference
- Performed literature searches on topics relating to neurobiofeedback and Post-Traumatic Stress Disorder and GLP-1 receptor agonists and Alcohol Use Disorder
- Recorded and presented minutes during weekly study meetings
- Analyzed descriptive survey data of over 1,000 fire service members across the United States and Canada using Excel and IBM SPSS and compiled results into APA-style tables
- Trained in consenting participants and completed multiple courses relating to research education onboarding
- Sent gift cards and thank you to participants for completing surveys in a timely manner

Aug. 2022-June 2024

Graduate Research Assistant | University of Texas at Dallas

Family Research Lab (Dallas, TX)

- Recruited participants for a study on adolescent disclosure in South Asian families through reaching out to community centers and personal referrals while working with the University of Texas at Dallas' Institutional Review Board
- Led a study on adolescent disclosure and mother-adolescent relationships using data derived from one-week daily diaries
- Analyzed longitudinal data using Statistical Package for the Social Sciences (SPSS)
- Created a poster relaying results of a study on adolescent disclosure and presented findings at the annual National Council on Family Relations conference
- Investigated the relationship between adolescent temperament and disclosure of mundane and sensitive topics to their mothers for a master's thesis project
- Coded observational data using Excel and Datavyu for a study on family mealtime patterns and conflicts
- Collaborated with principal investigator and other research assistants to define and locate conflicts and negotiations from observational video data during weekly meetings
- Assisted in writing a literature review by locating relevant sources for a study on parent-centered emotion socialization beliefs and parenting stress
- Composed consent forms for a study investigating patterns of adolescent disclosure in South Asian families
- Wrote a literature review for a study on adolescent disclosure in South Asian families

May 2023-Aug. 2023

Research and Evaluation Intern | Girls Empowerment Network

Department of Impact (Austin, TX)

- Analyzed survey data from Girls Empowerment Network's campus curriculums and their impact on girls' feelings of self-efficacy, or the belief in one's ability to achieve their goals
- Wrote a literature review on the effectiveness of school-based programs for improving girls' feelings of self-efficacy for a grant proposal to the National Institute of Mental Health
- Standardized and prepared data for analyses and coded qualitative data in Excel from post-camp assessments
- Researched topics relating to self-efficacy and organized over 300 files on the reference management application Zotero

Aug. 2021-May 2022

Undergraduate Research Assistant | Southern Methodist University

Health Behavior Lab (Dallas, TX)

- Coded articles for a study on exercise behaviors in community participants
- Presented articles relating to health psychology in weekly meetings
- Strategized ways to recruit participants and helped advertise study on an audio mindfulness recording's effect on exercise behaviors on social media platforms like Facebook
- Collaborated with other research assistants to ensure that weekly goals were being met in a timely manner

PUBLICATIONS

Nelson, J.A., Aguas, A., **Katz, J.M.** (2023). "Work Through it On Your Own": Parent-Centered Emotion Socialization Beliefs and Parenting Stress. *Family Process*, 62(2).

Publications in Advanced Preparation

Katz, J.M., Gholap, N.P., Nelson, J.A., Villarreal, D. *Adolescent Temperament, Mental Health, and Relationship Quality with Mothers Predicts Adolescent Disclosure of Sensitive and Mundane Topics Across One Week.*

Harris, M.N., Daigle, L.E., & **Katz, J.M.** *Head Injury and Violent Victimization*.

Harris, M.N., Daigle, L.E., **Katz, J.M.**, Amador, B.A. *Head Injury, Resilience, and Suicide*.

Harris, M.N., Daigle, L.E., Wilds, K., Nichols, C., **Katz, J.M.**, Amador, B.A. *Head Injury and Intimate Partner Violence*.

PRESENTATIONS

Katz, J.M., Coe, E., Thomas, K.L., Owusu-Sekyere, E., Milton, J., Jackson, J., & Gulliver, S.B. (2024, October). PCP Characteristics and Women-Veteran Specific CVD Risk Knowledge [Poster Presentation]. 9th Annual San Antonio Combat PTSD Conference, San Antonio, TX, United States of America.

Milton, J., Jackson, J., **Katz, J.**, Coe, E., Gulliver, S.B. (2024, October). The Relationship between Moral Injury and Self-Compassion in Treatment-Seeking Veterans [Poster Presentation]. 9th Annual San Antonio Combat PTSD Conference, San Antonio, TX, United States of America.

Katz, J.M. & Nelson, J.A. (2024, April). Adolescents' Individual Characteristics and Relationships with Mothers Impact their Disclosure of Sensitive and Mundane Topics Across One Week. Poster presented for Master's Capstone Project at the University of Texas at Dallas.

Katz, J.M., Gholap, N.M., Nelson, J.A., Villarreal, D.L. (2023, November). Sharing Sensitive and Mundane Topics with Mothers: The Relevance and Amount of Disclosure by Topic Across One Week. Poster presented for the National Council on Family Relations annual conference, Orlando, Florida.

HONORS & AWARDS

- Dedication Acknowledgement, Baylor Scott & White Health, 2024
- Master of Science in Psychology Travel Award, University of Texas at Dallas, 2023
- Psi Chi Honors Fraternity, 2021-Present
- EZTutor, Employee of the Month, 2020
- PokerGo, Customer Service Award, 2018

TEACHING EXPERIENCE

Sep. 2022-Dec. 2022

Private Tutor | Research Methods I
Dallas, TX

- Tutored a student for her Research Methods I course
- Taught statistical methods using Statistical Package for the Social Sciences (SPSS)
- Taught statistical concepts using textbook materials
- Ensured student completed assignments in timely manner

Jan. 2019-Mar. 2020

Tutor | EZTutor
Dallas, TX

- Tutored students in the Dallas-Fort Worth area on subjects relating to English and history
- Applied psychological knowledge such as memory consolidation strategies to help students prepare for exams

RELEVANT PROFESSIONAL EXPERIENCE

Feb. 2021-Mar. 2024

Social Media Coordinator | Anticipate Joy
Dallas, TX

- Created scientifically backed mental health advertisements on various social media

platforms for a telehealth company

- Collaborated with psychologists on future directions to increase online engagement
- Translated science-heavy literature into colloquial language for the purpose of writing TikTok video scripts for the founding psychologists to record themselves saying

May 2022-Aug. 2022

Operations Intern | Mezcla

New York, NY

- Managed inventory for this protein bar company at various grocery stores chains such as Whole Foods market across the United States
- Contacted potential investors and arranged meetings between them and the founders
- Redesigned social media platform pages such as Instagram and Linked-In

Jan. 2017-May 2018

Call Center Representative | PokerGo

Las Vegas, NV

- Managed customer subscriptions to the online streaming platform
- Communicated with customers over the phone and helped them navigate the site
- Organized company events

VOLUNTEER WORK

Sep. 2023-Present

Volunteer | Grant Halliburton Foundation

- Completed both an online and in-person training course for this mental health-oriented foundation
- Assisted with fundraising efforts and event organization for this foundation's When Life Hands You Teenagers Conference, a conference aimed at educating parents and professionals working with teens about youth mental health and risk factors for teen suicide
- Helped set up tables at various fairs to promote the organization to community members
- Assisted in event planning and organization
- Led a team in organizing floral arrangements for an event

Mar. 2023-Present

Victim Advocate | Dallas Area Rape Crisis Center

- Attended a 40-hour training session and accompanied victims of rape and sexual assault to medical exams
- Directed victims to victim services through the hotline and educated them about post-crisis steps
- Provided consolation and peer support to victims
- Communicated with victims by providing support when needed
- Led crisis intervention efforts when victims called in a state of crisis

Jan. 2020-May 2022

Volunteer | Mustang Heroes

- Volunteered at local Dallas charities with this campus organization
- Attended monthly meetings to discuss goals aimed at impacting the Dallas community
- Collaborated with group members to strategize ways to increase community impact

Aug. 2017-June 2018

Wish Granter | Make-A-Wish Foundation

- Became the first minor in the state of Nevada to become a "wish granter" for Make-A-Wish, an organization that grants wishes to children with terminal illnesses
- Worked with children by discussing different ideas about what they wanted to ask for from the foundation
- Organized wish reveal parties for children whose wishes had been selected for funding.
- Participated in fundraising events

Jan. 2017-May 2017

Volunteer | Infinity Hospice

- Visited patients in hospice care weekly
- Completed household chores and errands for patients

CERTIFICATES & MEMBERSHIPS

- Informed Consent Process Certified – Baylor Scott & White Health
- Baylor Scott & White Research Institute: Research Education Modules 1-5
- *Human Subjects Protection Training* – Certified until September 2025
- IBM Data Analytics with Excel and R Professional Certificate – Expected November 2024
- American Psychological Association
- Young Professionals Supporting Grant Halliburton Foundation
- The Association of Women in Psychology at the University of Texas at Dallas
- National Council on Family Relations

RELEVANT COURSEWORK

Graduate:

Research Methods I (Fall 2022), Research Methods II (Spring 2023), Social Development, Cognitive Development, Family Psychology, Cultural Psychology, Cognitive Science, Mental Health and Crime, Victimology

Undergraduate:

Developmental Psychology, Psychological Disorders of Children, Behavioral Neuroscience, Research Methods in Psychology, Memory and Cognition, Statistical Methods I, Social Psychology, Personality Psychology, Psychopathology, Behavioral Actions of Drugs, Psychology of Religion, Positive Psychology, Close Relationships, Introduction to Psychology

