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| **EVELYN SARSAR**Department of Family Studies and Human DevelopmentJohn & Doris Norton School of Family and Consumer SciencesThe University of Arizonaevelynsarsar@email.arizona.edu | (951) 816-9205 |

**EDUCATION**

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| *Expected Spring 2024* | **Ph.D., Family Studies and Human Development,** University of Arizona Advisor: Katharine H. Zeiders, PhD |
| 2021 | **M.S., Family Studies and Human Development,** University of ArizonaMaster’s Thesis Title: *The Role of Racial Microaggressions and Ethnic Racial Identity Affirmation on Academic Belonging among Black and Latinx College Students*Advisor: Katharine H. Zeiders, PhD |
| 2014 – 2019 | **B.A., Psychological Science,** California State University San Marcos |

**HONORS AND AWARDS**

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| 2021 | Tommy Lee Hart Memorial ScholarshipUniversity of Arizona |
| 2021 | Strategic Plan Poster AwardSociety for Research in Child Development (SRCD) |
| 2020 | Masters Level Meritorious Graduate Teaching AwardCollege of Agriculture & Life Sciences |
| 2020 | Chancellor’s Doctoral Incentives Program (CDIP) Fellow Office of the Chancellor, California State University  |
| 2020 | Honorable MentionFord Foundation |
| 2019 | Ruth Reed Cowden ScholarshipUniversity of Arizona |
| 2019 | Naomi Reich Commemorative Graduate FellowshipUniversity of Arizona |
| 2019 | Vivian Bancroft Swift Memorial ScholarshipUniversity of Arizona |
| 2019 | Graduate Access Fellowship University of Arizona |
| 2018 – 2019 | Ronald E. McNair Post-Baccalaureate Achievement Program ScholarCalifornia State University San Marcos |
| 2018  | Finalist at the CSU Student Research CompetitionCalifornia State University San Marcos |
| 2017  | American Psychological Association (APA) Summer Research Program ScholarCalifornia State University San Marcos  |
| 2017  | Travel Award Society for Advancement of Chicanos/Hispanics and Native Americans in Science (SACNAS) |
| 2015 – 2019 | Dean’s ListCalifornia State University San Marcos |

**RESEARCH EXPERIENCE**

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| ***University of Arizona*** |
| August 2019 – present | **The Tucson Sons Project (El Proyecto Hijos de Tucson)**NSF Grant-Funded Project: *Collaborative Research: Puberty and Sociocultural Experiences in Mexican-Origin Boys* *Co-Principal Investigators:* Dr. Katharine H. Zeiders, University of Arizona; Dr. Ada Wilkinson-Lee, University of Arizona; Dr. Lindsay Hoyt, Fordham University |
| May 2020 – August 2020 | **The Firefighter Mindfulness Project (FFmind)** *Co-Principle Investigators:* Dr. Katharine H. Zeiders, University of Arizona; Dr. Thaddeus Pace, University of Arizona; Dr. Lindsay Hoyt, Fordham University; Dr. Stephanie Cook, New York University |
| ***California State University San Marcos*** |  |
| June 2017 – June 2019 | **Research Assistant, Cultural Perinatal Mental Health Laboratory***Principal Investigator:* Kimberly D’Anna Hernandez, PhD*Research focus*: To investigate the relationship between cultural adaptation stressors such as acculturative stress and discrimination on mental health of pregnant women and their offspring. |
| June – August 2017 | **American Psychological Association (APA) Summer Research Program Scholar***Faculty Mentor:* Kimberly D’Anna Hernandez, PhD. *Project title*: The Potential Role of Fetal Exposure to Maternal Acculturative Stress and Caffeine Intake on Early Infant Brain Development. |
| **GRADUATE TEACHING EXPERIENCE** **Teaching Assistantships*****University of Arizona*** |
| August – December 2021 | *Research Methods,* FCSC 202 – Dr. Joel Muraco *Hybrid, 40 students*  |
| August – December 2020 | Adolescence, FSHD 377 – Dr. Timothy Ottusch*Live-Online, 104 students*  |
| August – December 2020 | Men, Fatherhood, & Families, FSHD 150 – Dr. Melissa Barnett*Live-Online, 100 students*  |
| January – May 2020 | Infancy and Child Development, FSHD 323 – Dr. Melissa Delgado*In-person, 72 students*  |
| August – December 2019 | Infancy and Child Development, FSHD 323 – Dr. Shannon M. Warren*In-person, 74 students*  |
| **Guest Lectures** |  |
| Fall 2021 | *Research Methods,* FCSC 202Family Studies and Human Development, The University of Arizona |

**PUBLICATIONS**

**Published**

Davenport, M., Landor, A. M., Zeiders, K. H., **Sarsar, E**. & Flores, M. (2020). Within-person associations between racial microaggressions and sleep among African American and Latinx young adults, *Journal of Sleep Research,* e13226.

**Under Review/ In-preparation**

Pace, T. W. W., Zeiders, K. H., Cook, S., **Sarsar, E.,** Hoyt, L. T., Mirin, N., Wood, E. P., Tater, R. & Davidson, R. (*under review*). Feasibility, acceptability, and preliminary efficacy of an app-based meditation intervention to improve firefighter well-being during and after the COVID-19 pandemic.

Brown, A., Zeiders, K. H., **Sarsar, E**., Hoyt, L. T., & Nair, R. (*under review*). Election distress and young adults’ psychosocial well-being in the Trump era.

**Sarsar, E.,** Zeiders, K.H., & Landor, A.M. (*in preparation*). The role of racial microaggressions and ethnic racial identity affirmation on academic belonging among Black and Latinx college students.

Chaku, N., Curtis, C.A., Hoyt, L. T., Zeiders, K. H., Niu, L., **Sarsar, E**., & Nair, R. (*in preparation*). Civic engagement, discrimination, and sleep health among Black, indigenous, and youth of color.

**REFEREED PRESENTATIONS**

**Sarsar, E.**, Zeiders, K. H., & Landor, A. (2022, May). The role of racial microaggressions on academic belonging among African American and Latino/a college students. Accepted to present at the Special Topics Meeting: Society for Research in Child Development Conference, Rio Grande, Puerto Rico.

**Sarsar, E.** & Toro, R. (2021, November).Perpetual Foreigner Objectification and Well-Being Among Latinx Young Adults: The Moderating Role of Ethnic Racial Identity. Submitted to the 2021 Society for the Study of Emerging Adults conference, *virtual meeting.*

**Sarsar, E.,** Zeiders, K. H., Pace, T.W.W., Cook, S.H., & Hoyt, L.T. (2021, September). Pilot Testing an App-Based Meditation Intervention Among Firefighters During the COVID-19 Pandemic. Submitted to the 2021 International Society of Psychoneuroendocrinology conference, *virtual meeting.*

**Sarsar, E.**, Zeiders, K. H., Landor, A., & Osman, K. (2021, April). Within-person associations between racial microaggressions and mental health among emerging adults. Submitted to the 2020 Society for Research in Child Development Biennial Conference, *virtual meeting*.

Osman, K., Zeiders, K. H., Landor, A., & **Sarsar, E.** (2021, April). Racial Microaggressions and Alcohol Consumption Among African American and Latinx Emerging Adults. Submitted to the 2020 Society for Research in Child Development Biennial Conference, *virtual meeting*.

**Sarsar, E.**, Pace, T.W., Zeiders, K.H., Cook, S., Hoyt, L.T. (2020, November**).** Pilot Testing an App-Based Meditation Intervention Among Firefighters During the COVID-19 Pandemic. The University of Arizona Health Sciences Center COVID-19 Symposium, Tucson, AZ.

Castorena, D.C., **Sarsar, E**., Carbajal, S., Zeiders, K.H., & Landor, A.M. (2020, May). The role of friendship quality and romantic relationship satisfaction on mental health and academic aspirations.Francis McClelland Institute Spring 2020 Student Poster Showcase, Tucson, AZ.

Kubela, A**., Sarsar, E**., Carbajal, S., Zeiders, K.H., & Landor, A.M. (2020, May). Traumatic life events and quality of romantic relationships.Francis McClelland Institute Spring 2020 Student Poster Showcase, Tucson, AZ.

Molina, K.A., **Sarsar, E**., Carbajal, S., Zeiders, K.H., & Landor, A.M. (2020, May). Traditional gender role attitudes and mental health among Latinx and African American young adults.Francis McClelland Institute Spring 2020 Student Poster Showcase, Tucson, AZ.

**Sarsar, E.**, Zeiders, K. H., & Landor, A. (2020, January). The role of racial microaggressions on academic belonging among African American and Latino/a college students. University of Arizona, Graduate Association 28th Annual Student Showcase, Tucson, AZ.

**Sarsar, E**. & D’Anna Hernandez, K. (2018, September). The association between childbirth delivery method and maternal emotional wellbeing within the Mexican population. Future Faces of STEM, Society for the Advancement of Chicano and Native American Scientists (SACNAS) Regional Conference, San Diego, CA.

**Sarsar, E**. and D’Anna Hernandez, K. (2018, November). The association between childbirth delivery method and maternal emotional wellbeing within the Mexican population.California State University San Marcos Student Poster Showcase.

**Sarsar, E** (2018, June). The association between household income and water quality*.* Ronald E. McNair Symposium, California State University, San Marcos, San Marcos, CA.

**Sarsar, E.** & D’Anna Hernandez, K. (2018, May). The Association Between Cultural Adaptation Factors and Infant Birth Outcomes in Mother/Child Dyads of Mexican Descent*.* CSU Statewide Student Research Competition, Sacramento, CA.

**Sarsar, E.** and D’Anna Hernandez, K. (2018, April). The role of acculturative stress on gestational age and birth weight in infants of Mexican American women. Western Psychological Association Conference, Portland, OR.

**Sarsar, E.** & D’Anna Hernandez, K. (2018, March). The Association Between Cultural Adaptation Factors and Infant Birth Outcomes in Mother/Child Dyads of Mexican Descent*.* California State University, San Marcos Symposium on Student Research, Creative Activities, and Innovation.

**Sarsar, E.** & D’Anna Hernandez, K. (2017, November). Psychosocial and cultural factors that may influence central nervous system functioning of infants of Mexican descent. Student Poster Showcase, San Marcos, CA.

**Sarsar, E.** & D’Anna Hernandez, K. (2017, October). Psychosocial and cultural factors that may influence central nervous system functioning of infants of Mexican descent. Society for the Advancement of Chicano and Native American Scientists (SACNAS) National Conference, Salt Lake City, UT.

**Sarsar, E.** & D’Anna Hernandez, K. (2017, August). The potential role of fetal exposure to maternal acculturative stress and caffeine intake on early infant brain development. Summer Scholars Research Showcase, San Marcos, CA.

**Sarsar, E.** & D’Anna Hernandez, K. (2017, August). The potential role of fetal exposure to maternal acculturative stress and caffeine intake on early infant brain development. American Psychological Association (APA) Summer Psychology Research Symposium at California State University, San Marcos, San Marcos, CA.

**INVITED PRESENTATIONS**

**Sarsar, E.**, Pace, T.W., Zeiders, K.H., Cook, S., Hoyt, L.T. (2021, March**)** Pilot Testing an App-Based Meditation Intervention Among Firefighters During the COVID-19 Pandemic. Frances McClelland Institute Turbeville Speaker Series, Tucson, AZ.

Carbajal, S.**,** Castorena, D.C., Forbes, N., Idow, E., Levario, B., Osman, K., Perez, R., Rosario, V., **Sarsar, E**., Wilkinson-Lee, A., & Zeiders., K. H. (2021, January). The COVID-19 Hijos Project: Community Advisory Board Meeting. Tucson, AZ. \*\*the first 9 authors are in alphabetical order and contributed equally to the presentation.

**Sarsar, E.**, Pace, T.W., Zeiders, K.H., Cook, S., Hoyt, L.T. (2020, November)**.** Pilot Testing an App-Based Meditation Intervention Among Firefighters During the COVID-19 Pandemic. UArizona’s COVID-19 Research Coordination Group (RCG) Meeting, Tucson, AZ.

**SERVICE**

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| **Departmental**  |
| 2021 | Graduate Admissions and Recruitment Representative**,** Family Studies Student Round Table (FSSRT)Family Studies and Human Development, University of Arizona  |
| 2021 | Family Studies and Human Development Graduate Student Council RepresentativeCollege of Agriculture & Life Sciences, University of Arizona  |
| 2020 | Graduate Student PanelistFamily Studies and Human Development Department |
| **Professional**  |
| 2021 | Ad Hoc ReviewerJournal of Research on Adolescence  |

**PROFESSIONAL AFFILIATIONS**

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| 2021 – present | International Society of Psychoneuroendocrinology (ISPNE) |
| 2020 – present | Society for Research in Child Development (SRCD) |
| 2017 – 2019 | Western Psychological Association (WPA) Scholar  |
| 2017 – 2020 | Society for Advancement of Chicanos/Hispanics and Native Americans in Science (SACNAS) |

**RELEVANT SKILLS**

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| Languages: | Fluent in English and Spanish |
| Software: | Microsoft Excel, SPSS Statistics, Ripple Science software, Qualtrics XM |