

Kayla M. Osman
Curriculum Vitae

Human Development and Family Science
Norton School of Human Ecology
University of Arizona, Tucson, AZ
kaylaosman@arizona.edu

Education

Ph.D., Human Development and Family Science, Mexican American Studies Minor (Expected 2025)

Dissertation: *Shades of Identity: Unveiling Manifestations of Racism and Colorism within Latinx Adolescents and Young Adults*

Major Advisor: Katharine H. Zeiders, PhD

Minor Advisor: Michelle Téllez, PhD

University of Arizona

M.S., Family and Consumer Science, Family Studies and Human Development Emphasis (2022)

Thesis: *Understanding the Co-Occurrence of Colorism and Ethnic-Racial Identity among Latinx Adolescents*

Advisor: Katharine H. Zeiders, PhD

University of Arizona

B.A., Psychological Science, Women's Studies Minor (2020)

Summa Cum Laude

California State University San Marcos

Honors and Awards

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| 2024 | Osburn Dissertation Fellowship
Frances McClelland Institute for Children, Youth and Families, University of Arizona |
| 2024 | Lang Summer Fellowship
Frances McClelland Institute for Children, Youth and Families, University of Arizona |
| 2023 | Research and Project Grant Awardee
Graduate and Professional Student Council, University of Arizona |
| 2022 | Chancellor's Doctoral Incentive Program (CDIP) Fellow
Office of the Chancellor, California State University |
| 2022 | Honorable Mention
Ford Foundation |

- 2021 – 2023 **Ruth Reed Cowden Scholarship**
University of Arizona
- 2021 – 2025 **Bartley P. Cardon Scholarship**
University of Arizona
- 2021 **Strategic Plan Poster Award**
Society for Research in Child Development (SRCD)
- 2019 **Summer Research Scholar**
University of Missouri
- 2019 **Finalist at the CSU Student Research Competition**
California State University San Marcos
- 2018 **American Psychological Association (APA) Summer Research Program Scholar**
California State University San Marcos
- 2015 – 2020 **Dean’s List**
California State University San Marcos

Research Experience

University of Arizona

- May 2020 – Present **Principal Investigator, The Shades of Identity Study**, GPSC Reap Grant-Funded Project
Co-PI: Dr. Katharine H. Zeiders
University of Arizona
- January 2021 – Present **Graduate Research Assistant, The Tucson Sons Project (El Proyecto Hijos de Tucson)**, NSF RAPID Grant-Funded Project
Co-PI's: Dr. Katharine H. Zeiders, University of Arizona; Dr. Ada Wilkinson-Lee, University of Arizona; Dr. Lindsay Hoyt, Fordham University, Dr. Antoinette M. Landor, University of Missouri, Columbia.
- September 2021- August 2022 **COVID-19 Impacts Project**, CIHR and MITACS funded project
Volunteer Graduate Research Assistant for Dr. Michelle Téllez

University of Missouri, Columbia

- May – July 2019 **Summer Research Scholar, University of Missouri Alcohol Research Training Summer School (MU-ARTSS)**
Faculty Mentor: Kenneth Sher, PhD
Project title: Acculturative stress: Deriving a short form and predicting alcohol consumption among Latino college students.

California State University, San Marcos

- June 2018 – July 2020 **Cultural Perinatal Mental Health Laboratory**
Department of Psychological Science, California State University San Marcos
Undergraduate Research Assistant for Dr. Kimberly D’Anna Hernandez

June 2018 – August 2018 **American Psychological Association (APA) Summer Research Program Scholar**

Department of Psychological Science, California State University San Marcos

Faculty Mentor: Kimberly D’Anna Hernandez, PhD.

Project title: Acculturation, Social Support, and the Pregnancy Experience of Women of Mexican Descent.

Scholarly Publications

Refereed Journal Articles

- Osman, K. M.**, Berkley, S., Zeiders, K. H., & Landor, A. M. (2024). Ethnic–racial discrimination and socialization: Short-term longitudinal effects on Black and Latinx young adults' ethnic–racial identity. *Journal of Research on Adolescence*, *00*, 1-14, <https://doi.org/10.1111/jora.13028>.
- Matina, N. M., Block Ngaybe, M. G., Zeiders, K. M., **Osman, K. M.**, Wilkinson-Lee, A. M., Landor, A. M., & Hoyt, L. T. (2024). Latinx youth’s and parents’ covid-19 beliefs, vaccine hesitancy and vaccination rates: Longitudinal associations in a community sample. *PLOS ONE*.
- Wang, J. Yan, J., **Osman, K. M.**, Zeiders, K. H., Shen, Y., Victory, M., & Kim, S. Y. (2021). The phenotypic, psychological, and social interplays of skin color and developmental outcomes among Mexican-origin adolescents. *Journal of Research on Adolescence*, <https://doi.org/10.1111/jora.12709>
- Osman, K. M.**, Lara-Cinisomo, S., & D’Anna Hernandez, K. L. (2021). Associations between religiosity and perinatal anxiety symptoms among women of Mexican descent. *Journal of Affective Disorders*, <https://doi.org/10.1016/j.jad.2021.06.066>

Refereed Journal Articles Under Review

- Wilkinson-Lee, A. M., Martinez-Fuentes, S., Zeiders, K. H., Landor, A. M., **Osman, K. M.**, Carbajal, S., Sarsar, E. D., & Hoyt, L. T. (*under review*). FSM in the Context of the COVID-19 Pandemic: Family Cohesion-Source of Resilience among Latinx Families. *Submitted for review in Journal of Family Psychology*.

Manuscripts in Progress

- Osman, K. M.**, Zeiders, K. H., Wilkinson-Lee, A. M., Landor, A. M., Hoyt, L. T., & Martinez-Fuentes, S. (*in preparation*). Understanding the co-occurrence of colorism and ethnic-racial identity among Latinx adolescents.
- Osman, K. M.**, Zeiders, K. H., Landor, A. M., Wilkinson-Lee, A. M., Hoyt, L. T. (*in preparation*). Racial Discrimination and Skin Tone Self-Concept on the Skin Tone Satisfaction of Latinx Youth.
- Osman, K. M.**, Yazdani, N., Forbes, N., Romero, E., Rosario, V., Uribe, J., Hoyt, L.T., Wilkinson-Lee, A.M., Landor, A.M., & Zeiders, K.H. (*in preparation*). Black Lives Matter movement attitudes and experiences among Latinx families: A mixed method approach.
- Landor, A. M., Zeiders, K. H., **Osman, K. M.**, Sarsar, E., Brown, A., & Goodwin, J. (*in preparation*). How colorism gets “under the skin”: The role of discrimination and cortisol on health of African American and Latinx young adults.

- Berkeley, S., **Osman, K. M.**, Zeiders, K. H., & Hoyt, L. T. (*in preparation*). Ethnic-racial socialization and civic engagement among emerging adults of color.
- Zeiders, K. H., Pace, T. W. W., Cook, S., Sarsar, E. D., Hoyt, L. T., Ramella, K., **Osman, K. M.** (*in preparation*). COVID-19 work Stress and work-family conflict: Two studies of firefighters on the frontlines of a public health emergency.

Scholarly Presentations

Peer-Reviewed Presentations

- Osman, K. M.**, Zeiders, K. H., Landor, A. M., Wilkinson-Lee, A. M., Hoyt, L. T., Martinez-Fuentes, S., & Rueda, V. (2024, April). Racial Discrimination and Skin Tone Self-Concept on the Skin Tone Satisfaction of Latinx Youth [Poster Blitz]. Society for Research on Adolescence (SRA) 2024 Annual Meeting, Chicago, IL.
- Berkeley, S., **Osman, K. M.**, Zeiders, K. H., & Hoyt, L. T. (2023, June). Ethnic-racial socialization and civic engagement among emerging adults of color [Paper Symposium]. Society for the Study of Emerging Adulthood (SSEA) 2023, San Diego, CA.
- Osman, K. M.**, Zeiders, K. H., Wilkinson-Lee, A. M., Landor, A. M., & Hoyt, L. T. (2023, April). Understanding the co-occurrence of colorism and ethnic-racial identity among Latinx adolescents. In “Connecting Young People’s Identity Content and Process in the Context of Systemic Inequality” [Paper Symposium]. Society for Research on Adolescence (SRA) 2023 Annual Meeting, San Diego, CA.
- Osman, K. M.**, Yazdani, N., Forbes, N., Romero, E., Rosario, V., Uribe, J., Hoyt, L. T., Wilkinson-Lee, A. M., Landor, A. M., & Zeiders, K. H. (2022, May). Black Lives Matter movement attitudes and experiences among Latinx families: A mixed method approach [Poster]. Society for Research in Childhood Development (SRCD) 2022 Special Topic Meeting, Rio Grande, Puerto Rico.
- Osman, K. M.**, Berkeley, S., Zeiders, K. H., & Landor, A. M. (2021, November). Racial discrimination, ethnic-racial socialization, and ethnic-racial identity among Black and Latinx emerging adults [Poster]. Society for the Study of Emerging Adulthood (SSEA) 10th Conference on Emerging Adulthood, virtual.
- Idowu, E., **Osman, K. M.**, Zeiders, K. H., Hoyt, L. T., & Shane, J. (2021, November). Examining the relationship between community engagement and mental health in white college students and students of color [Poster]. Society for the Study of Emerging Adulthood (SSEA) 10th Conference on Emerging Adulthood, virtual.
- Osman, K. M.**, Zeiders, K. H., Landor, A. M., & Sarsar, E. (2021, April). Racial microaggressions and alcohol consumption among African American and Latinx emerging adults [Poster]. Society for Research in Childhood Development (SRCD) 2021 Biennial Meeting, virtual.

- Sarsar, E., Zeiders, K. H., Landor, A. M., & **Osman, K. M.** (2021, April). Within-person associations between racial microaggressions and mental health among emerging adults [Poster]. Society for Research in Childhood Development (SRCD) 2021 Biennial Meeting, virtual.
- Osman, K. M.** and D'Anna Hernandez, K. L. (2019, October). The role of perceived discrimination, acculturative stress, and acculturation on somatic symptoms of depression among pregnant Mexican American women [Poster]. Marcé of North America (MONA) Perinatal Mental Health Conference, Chapel Hill, NC.
- Osman, K. M.** and D'Anna Hernandez, K. L. (2019, April). The role of ethnic identity and discrimination on the mental health and pregnancy experience of Mexican American women [Poster]. Western Psychological Association (WPA) Conference, Pasadena, CA.
- Osman, K. M.** and D'Anna Hernandez, K. L. (2019, March). The role of biculturalism on the mental health and pregnancy experience Mexican American women [Poster]. Anxiety and Depression Association of America (ADAA) Conference, Chicago, IL.
- Osman, K. M.** and D'Anna Hernandez, K. L. (2018, October). Acculturation, Social Support, and the Pregnancy Experience of Women of Mexican Descent [Poster]. Society for the Advancement of Chicano and Native American Scientists (SACNAS) National Conference, San Antonio, TX.

Other, Non Peer-Reviewed Presentations

- Osman, K. M.**, Zeiders, K. H., Landor, A. M., Wilkinson-Lee, A. M., Hoyt, L. T., Martinez-Fuentes, S., & Rueda, V. (2024, April). Racial Discrimination and Skin Tone Self-Concept on the Skin Tone Satisfaction of Latinx Youth [Poster]. Frances McClelland Institute (FMI) Spring 2021 Student Poster Showcase, Tucson, Arizona.
- Rueda, V., **Osman, K. M.**, Zeiders, K. H., Landor, A. M., & Martinez-Fuentes, S. (2024, April). Microaggressions, Romantic Relationships, and Ethnic-Racial Identity among Black and Latine Young Adults [Poster]. Frances McClelland Institute (FMI) Spring 2021 Student Poster Showcase, Tucson, Arizona.
- Perez, R., Toomey, R. B., Anhalt, K., **Osman, K. M.**, & Zeiders, K. H. (2021, April). The roles of preparation for bias and network support on internalized homonegativity among Latinx sexual minority youth [Poster]. Frances McClelland Institute (FMI) Spring 2021 Student Poster Showcase, virtual.
- Carbajal, S., Castorena, D. C., Forbes, N., Idow, E., Levario, B., **Osman, K. M.**, Perez, R., Rosario, V., Sarsar, E., Wilkinson-Lee, A. M., & 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.
- Osman, K. M.**, Armenta, B., Stevens, B., Watts, A. L., and Sher, K. J. Acculturative stress: Deriving a short form and predicting alcohol consumption among Latino college students [Poster].

- Southern California Conferences for Undergraduate Research (SCCUR), San Marcos, CA. (2019, November).
- University of Missouri Summer Forum, Columbia, MO. (2019, July).

Osman, K. M. and D’Anna Hernandez, K. L. (2019, May). Biculturalism, Discrimination, and the Mental Health of Mexican American Women [Oral Presentation]. CSU Statewide Student Research Competition, Fullerton, CA.

Osman, K. M. and D’Anna Hernandez, K. L. (2019, March). Biculturalism, Discrimination, and the Mental Health of Mexican American Women [Oral Presentation]. California State University, San Marcos Symposium on Student Research, Creative Activities, and Innovation.

Osman, K. M. and D’Anna Hernandez, K. L. (2018, November). Acculturation, Social Support, and the Pregnancy Experience of Women of Mexican Descent [Poster]. CSUSM Student Poster Showcase, San Marcos, CA.

Osman, K. M. and D’Anna Hernandez, K. L. (2018, July). Acculturation, Social Support, and the Pregnancy Experience of Women of Mexican Descent [Oral Presentation]. American Psychological Association (APA) Summer Psychology Research Symposium at California State University, San Marcos, San Marcos, CA.

Teaching Experience

Courses Taught

Summer 2024 **HDFS 117: lifespan Human Development**
Human Development and Family Science, University of Arizona
Co-instructor with Priscila Gamez-Hernandez

Summer 2023 **HECL 301: Applying Critical Thinking**
Human Ecology, University of Arizona
Co-Instructor with Grace Aroz

Summer 2023 **HECL 202: Research Methods**
Human Ecology, University of Arizona
Co-Instructor with Kealie Walker

Graduate Teaching Assistantships

Spring 2023 **FCSC 301: Applying Critical Thinking**
Family and Consumer Sciences, University of Arizona
Graduate Teaching Assistant for Dr. Lance Erickson

Spring 2021 **FSHD 447A: Sociocultural Context of Development (Live Online)**
Family Studies and Human Development, University of Arizona
Graduate Teaching Assistant for Dr. Linda Pallock

Fall 2020 **FSHD 377: Adolescence (Live Online)**

Family Studies and Human Development, University of Arizona
Graduate Teaching Assistant for Dr. Timothy Ottusch

Fall 2020

FCSC 202: Research Methods (Live Online)
Family and Consumer Sciences, University of Arizona
Graduate Teaching Assistant for Dr. Timothy Ottusch

Fall 2020

FSHD 427C: Mental Health & the Family: Childhood & Adolescence (Live Online)
Family Studies and Human Development, University of Arizona
Graduate Teaching Assistant for Dr. Darin Knapp

Fall 2020

RCSC 150B: Money, Consumers, and the Family (Live Online)
Retailing and Consumer Science, University of Arizona
Graduate Teaching Assistant for Dr. Victoria Ligon

Invited Lectures

Spring 2022

Invited Lecture for FSHD 447A: Sociocultural Contexts of Development
Topic: Development of ethnic racial identity in the context of racial discrimination

Fall 2021

Invited Lecture for FSHD 447A: Sociocultural Contexts of Development
Topic: Development of ethnic racial identity in the context of racial discrimination

Spring 2021

Invited Lecture for FSHD 447A: Sociocultural Contexts of Development
Topic: Development of ethnic racial identity in the context of racial discrimination

Spring 2021

Invited Lecture for COMM 117: Culture and Communication
Topic: Racial discrimination, cultural socialization, and ethnic racial identity among Black and Latinx college students

Undergraduate Teaching

Spring 2020

Supplemental Instructor, California State University San Marcos
PSYC 360: Biopsychology

Service and Outreach

Departmental and University Service

Fall 2023

Graduate Student Panelist
HDFS 384: Professional Development
University of Arizona

2023 – 2024

Family Studies Student Round Table (FSSRT): Social Liaison

2021 – 2022 College of Agricultural and Life Sciences (CALs) Graduate Student Council:
Family Studies and Human Development Representative

2021 – 2022 Family Studies Student Round Table (FSSRT): Treasurer

Spring 2021 Graduate Student Panelist
FSHD 384: Professional Development
University of Arizona

Professional Service

July 2022 **Ad Hoc Reviewer**
Journal of Social and Personal Relationships

June 2021 **Ad Hoc Reviewer**
Journal of Research on Adolescence

Community Outreach

July – August 2023 Water Drop LA Volunteer
- Assisted in mutual aid by distributing water and other resources to
unhoused neighbors in Los Angeles

November 2021 Bio4Community project panelist: Rutgers Graduate School of Education
- Discussed topics of stress and resilience among youth in an interview to
be used for designing Biology curriculum for New Brunswick youth and
as a free resource for students and teachers

September 2019 Psi Chi club meeting at California State University San Marcos
- Talked to undergraduates from psychology about getting involved in
research labs on campus

March 2019 Super STEM Saturday at California State University San Marcos SACNAS
chapter booth
- Inspired kids about the STEM field through demonstrating the science
of making slime

November 2018 Research Information event at the California State University San Marcos
Latin@ center
- Spoke to and helped recruit students from underrepresented
backgrounds about getting involved in STEM and research

Select Professional Development and Coursework

Spring 2024 **MAS 537: Equity, Schools, and Society**
Julio Cammarota, PhD, University of Arizona

Fall 2023 **HDFS 617C: Multilevel Modeling**
Norma Perez-Brena, PhD, University of Arizona

Fall 2022	FSHD 607: Latinx Youth and Families Melissa Y. Delgado, PhD, University of Arizona
Spring 2022	FSHD 606: Mixed Methods Research Melissa Delgado, PhD, University of Arizona
Fall 2021	HED 605: Qualitative Methods in Higher Education Gary Rhoades, PhD, University of Arizona
Fall 2021	Latent Class and Profile Analysis Workshop Katharine H. Zeiders, PhD, University of Arizona
Summer 2021	Summer Fellowship Application Development Program (SFADP) Graduate College Office of Fellowships and Community Engagement, Honors College Office of Nationally Competitive Scholarships
Spring 2021	MAS 566: Chicana Decolonial Theory Michelle Téllez, PhD, University of Arizona
Spring 2021	Advancing Culturally Responsive Research and Researchers Ohio State University, Advanced Methods Institute (AMI)

Professional Memberships

2023 – Present	Society for research on Adolescence (SRA) Student Member
2021 – Present	Society for Research in Childhood Development (SRCD) Student Member
2021 – 2022	Society for the Study of Emerging Adulthood (SSEA) Student Member
2020 – 2021	American Psychology Association, Division 50 Student Member
2018 – 2020	Psi Chi International Honor Society in Psychology Student Member
2018 – 2019	Western Psychological Association (WPA) Student Member
2018 – 2019	Anxiety and Depression Association of America (ADAA) Student Member
2018 – 2019	Society for Advancement of Chicanos/Hispanics and Native Americans in Science (SACNAS) Student Member

Relevant Skills

Software	Qualtrics XM; SPSS Statistics 28; Mplus 8.2
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