

Avery Chahl, M.S.

The Pennsylvania State University | Department of Human Development and Family Studies | 115 Health and Human Development Building, University Park, PA, 16802
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Education

- 2025 (expected) **Ph.D., Human Development and Family Studies**
The Pennsylvania State University
Advisors: Jennifer L. Maggs Ph.D., Kelly L. Rulison, Ph.D.
- 2022 **M.S., Human Development and Family Studies**
Translational Science Certificate
The Pennsylvania State University
Thesis: *Examining the Effects of School Connectedness on SEL Technique Use in Middle Childhood*
Thesis Advisors: Sunhye Bai, Ph.D., Kelly L. Rulison, Ph.D.
- 2020 **B.A., Psychology** with Special Honors
Minor in Health Communications
The University of Texas at Austin
Honors Thesis: *The Relationship Between Cross-Cultural Friendships and Psychological Resilience in Adolescents*
Thesis Advisor: Aprile D. Benner, Ph.D.

Research Interests

- Peer relationships in childhood and adolescence
- Social network analysis
- Translational research
- Science communication

Funding & Awards

The Prevention and Methodology Training Program Predoctoral Fellow

July 2023 – Present

NIH NIDA T32 Training Grant: DA017629, PIs: Jennifer L. Maggs & Stephanie T. Lanza
Edna Bennett Pierce Prevention Research Center, The Pennsylvania State University

Bennett Pierce Prevention Research Center Fellow for Caring and Compassion

Fall 2022 – July 2023

Edna Bennett Pierce Prevention Research Center, The Pennsylvania State University

Edward R. and Helen Skade Hintz Graduate Educational Enhancement Fellowship
Spring 2023
Professional Development Funds, The Pennsylvania State University

Bunton-Waller Graduate Assistantship
Fall 2020 – Spring 2021
Awarded to students who exhibit commitment to diversity, equity, inclusion, and justice
Council of College Multicultural Leadership, The Pennsylvania State University

Knoll Endowment
Fall 2020 - Present
Research & Professional Development Funds

Rapid Research Competition, 2nd place winner
April 2022
College of Health and Human Development, The Pennsylvania State University

RESEARCH

Publications

Rulison, K. L., **Chahl, A.**, & Hoeben, E. M. (2023). The role of parenting in shaping the friendship context of adolescent substance use. *Teen Friendship Networks, Development, and Risky Behavior*, 190.

Chahl, A., Bai, S., Rulison, K.L., Fosco, G.M. (2024). Examining the effects of school connectedness on use of self-regulation strategies in middle childhood. *Applied Developmental Science*.

Preprints

Chahl, A. (2023, March 19). A Shiny App for Teachers to Track Daily Student Wellbeing. PsyArXiv, <https://doi.org/10.31234/osf.io/9r6cb> [pre-print]

Papers in Preparation

Chahl, A., Fosco, G.M., Feinberg, M.E., Rulison, K.L., Fisher, Z., Peers' Parents Versus Our Own: Parental Monitoring and Differences in Longitudinal Drinking Behaviors Beginning in Adolescence (in prep)

Chahl, A., Santos-Lozada, A. Emerging evidence of contextual effects for Asian health in the United States (in prep)

Chahl, A., Fisher, Z., Bai, S., Fosco, G.M., Ji, L. Reliability of a Daily Negative Affect Measure & Associations with Feelings About Friends. (in prep)

Presentations

Chahl, A., Fosco, G.M., Feinberg, M.E., Rulison, K.L., Fisher, Z. (July, 18, 2024). *Peers' Parents Versus Our Own: Parental Monitoring and Differences in Longitudinal Drinking Behaviors Beginning in Adolescence* [Invited Talk at the Netherlands Institute for the Study of Crime and Law Enforcement]

Chahl, A. (July, 18, 2024). *Peer Relationships: my present and past work* [Invited Talk to Wouter van den Bos' Lab, at the University of Amsterdam]

Chahl, A., Chen, L., Ngigi, K., Rist, J., Wang, D., Linden-Carmichael, A. (May 2024). *Exploring Adolescent Strengths: Lasso Regression and Latent Class Analysis for Healthy Youth Development* [Presentation in the SPR Cup Competition]. Society for Prevention Research, D.C.

Chahl, A., Bai, S., Rulison, K.L., Fosco, G.M. (April, 2023). *Coping with Academic Stress: Considering the Complex and Interdependent Influences of Relationships with Peers, Parents, and Teachers* [Paper Symposium]. Society for Research on Adolescence, San Diego, CA.

Chahl, A. *Introduction to Piloting: Dashboard to Track Daily Student Wellbeing* (November, 2022) [Presentation to elementary school teachers and administrators where dashboard I created was piloted]

Research Experience

The Pennsylvania State University

Graduate Research Assistant & Project Manager Fall 2020 – Summer 2024

Student Wellness Study, PIs: Gregory M. Fosco, Ph.D., Sunhye Bai, Ph.D.

- Coordinates and leads baseline and daily diary data collection efforts
- Primary liaison for school-research partnership as a researcher-to-elementary school liaison
- Develops translational products (i.e., self-coded data feedback dashboard for teachers)
- Manages project data management and cleaning, developing codebook

Graduate Research Assistant

FAM Best (Families Being Supportive Together), PI: Sunhye Bai, Ph.D.

- Facilitated undergraduate research assistants' professional development

- Coordinated undergraduate research assistant tasks (i.e., data input, transcriptions)
- Conducted participant baseline interviews

The University of Texas at Austin

Undergraduate Research Assistant

Summer 2019 – Spring 2020

Discrimination in the Adolescent Development Context

PI: Aprile D. Benner, Ph.D.

Undergraduate Research Assistant

Adolescent Development Research Group

Spring 2018

Adolescent Growth Mindset Intervention

PI: David Yeager, Ph.D.

TEACHING

Teaching Assistantships & Guest Lectures

Graduate Teaching Assistant

Course: HDFS 229 Infant and Child Development, Instructor: Sarah Kollat, Ph.D., Spring 2023)

Course: HDFS 129 Introduction to Human Development and Family Studies, Instructor: Molly Countermeine, Ph.D., (Fall 2022)

Lectures

Correlational Methods and Regression

HDFS 312, Empirical Inquiry in Human Development (2023, Oct).

Inferential Statistics

HDFS 312 001L, Lab for Empirical Inquiry in Human Development (2023, Oct).

Friendships in Childhood: Social Network Applications

HDFS 229, Infant and Child Development. (2023, April).

Peers, Cliques, and Crowds- Applications of Social Network Analysis

HDFS 239, Adolescent Development. (2022, Feb).

Mentorship

Schreyer Undergraduate Honors Thesis Mentor

Caroline Horn, (2023) The Home-to-School Connection: Family Cohesion and How it Impacts Connection to School

Professional Development Lectures for Undergraduate Research Assistants (total: 8 hrs)

- *What the Girl Gang Has Learned: Being a woman of color in STEM* (x2)
- *A Day in the Life of a Ph.D. Student*
- *CV and Resume Building* (x2)
- *How to Read a Journal Article*
- *HARKing (Hypothesizing After Results are Known)*
- *P-hacking*

Other Relevant Experiences

Skills and Expertise

Software:

- Proficient in R and R Shiny
- Competent in SAS, SPSS, Mplus, Qualtrics
- Familiar with Python

Methods:

- Social network analysis
- Psychological network analysis (Graphical VAR)
- Intensive longitudinal data analysis methods
- Multilevel modeling
- Bayesian analysis

Trainings

The analysis of longitudinal social network data using RSiena, (2024, June)

SUNBELT (Social Network Analysis) Conference Workshop by Viviana Amati Ph.D., and Marion Hoffman Ph.D.

Introduction to Network Analysis Tools in R, (2024, June)

SUNBELT (Social Network Analysis) Conference Workshop by Michał Bojanowski Ph.D., Lorien Jasny Ph.D.

Psychological Networks Amsterdam Winter School, University of Amsterdam, (2023, Feb)
Psychosystems Group

- Weeklong lecture series taught by leading experts in the field of psychological network analysis

Introduction to Structural Equation Modeling, (2023, Dec)
CenterStat by Patrick Curran Ph.D. and Daniel Bower Ph.D.

Mplus from Scratch, (2022, July)
QuantFish by Christian Geiser Ph.D.

Professional Affiliations

International Network for Social Network Analysis
Society for Research in Child Development
Society for Research in Child Development Asian Caucus
Society for Research on Adolescence

Department Service

The Pennsylvania State University
College-Level Service, College of Health and Human Development

2023 – Present **Graduate Equity Ambassador**

Departmental Graduate Student Steering Committee

2024 – present **Faculty Meeting Representative**

2023 – 2024 **Admissions Committee Graduate Representative**

2022 – 2023 **Co-Chair**

2022 – 2023 **BIPOC Affinity Group Coordinator and Founder**

2021 – 2022 **Program, Planning, Development, and Evaluation**

Graduate Representative

2021 – 2022 **Newsletter Subcommittee Chair**

2020 – Present **Member**

- As co-chair, conducted frequent meetings with department leadership to advocate for graduate student needs
- As co-chair, successfully brought meetings back in person, with heightened attendance across the board
- As PPD&E representative, early advocate for graduate course review on DEIJ topics

Additional Service

March 2024 **Penn State Graduate Research Exhibition**
Judge

- Jun 2023 **Academia Won't Break My Soul: Exploring Refusal and Resistance as We Prepare to Navigate Graduate School**
Presentation Panel Member
IMPACT Program Professional Development Program at Penn State
(Improving Access to Research and Training, funded by the NIH National Heart, Lung, and Blood Institute)
- Mar 2023 **Internships and Graduate School**
Presentation Panel Member
Hosted by the HDFS Undergraduate Student Organization
- Feb 2022 **The Frederick Douglass Project**
Community Presentation Panel Member
Center for the Performing Arts at Penn State