

# Avery Chahl

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## Education

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### The Pennsylvania State University

*Ph. D. Student*

Human Development and Family Studies

Supervisors: Jennifer L. Maggs, Ph.D., & Kelly L. Rulison, Ph.D.

### The Pennsylvania State University

2022

*Master of Science*

Human Development and Family Studies

Certificate in Translational Science

### The University of Texas at Austin

2020

*Bachelor of Arts*

Psychology with Special Honors

Minor in Health Communications

## Visiting Appointments & Fellowships

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*Predoctoral Fellow*, The Prevention and Methodology NIDA T32 Training Program, Edna Bennett Pierce Prevention Research Center  
The Pennsylvania State University, USA

2023 - 2025

*Predoctoral Fellow*, Bennet Pierce Prevention Research Fellowship in Caring and Compassion, Edna Bennett Pierce Prevention Research Center  
The Pennsylvania State University, USA

2022 - 2023

## Research Interests

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Peer relationships, peer influence, adolescent and child development, prevention and intervention science, longitudinal methods

## Funding and Awards

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### Funding

Edward R. and Helen Skade Hintz Graduate Educational Enhancement Fellowship  
College of Health and Human Development, The Pennsylvania State University

2023

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

### Awards

Knoll Endowment Research & Professional Development Funds 2020 -2026  
Rapid Research Competition, College of Health and Human Development, 2nd place 2022

### Publications

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**Chahl, A.,** Bai, S., Rulison, K. L., & Fosco, G. M. (2024). Examining the association between school connectedness and use of self-regulation strategies in middle childhood. *Applied Developmental Science*, 29(2), 161–170.  
<https://doi.org/10.1080/10888691.2024.2305343>

Rulison, K. L., **Chahl, A.,** & Hoeben, E. M. (2023). The role of parenting in shaping the friendship context of adolescent substance use. In M. E. Feinberg & D. W. Osgood (Eds.), *Teen friendship networks, development, and risky behavior* (pp. 190–210). Oxford University Press.

### Preprints

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**Chahl, A.** (2023, March 19). A Shiny app for teachers to track daily student wellbeing. PsyArXiv, <https://doi.org/10.31234/osf.io/9r6cb>.

### Working Papers

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#### Under Review

Figueroa, C.I., **Chahl, A.** Multi-informant childhood internalizing and externalizing symptoms and adolescent substance use.

**Chahl, A.,** Pojman, E. M., Santos-Lozada, A. Evidence of place-based heterogeneity in self-reported health trends among Asians in the United States.

#### In Progress

**Chahl, A.** Foundations of Coexistence: Norms and Religious Tolerance Among Youth in Bahrain. [dissertation proposal in progress]

**Chahl, A.,** Chen, L., Ngigi, K., Rist, J., Wang, D., Linden-Carmichael, A. Exploring adolescent strengths: Lasso regression and latent class analysis for healthy youth development.

Maiya, S., Maggs, J., **Chahl, A.** Parent permission to drink at home during COVID-19 and adolescent alcohol use: Longitudinal links and moderating roles of intent, expectancies, and birth order.

## Presentations

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**Chahl, A.\*** (August, 2026). With a Little Help from my Friends (& Family): Underage E-Cigarette Sourcing. European Association for Research in Adolescence. [Submitted Paper Presentation] Utrecht, NL.

Figueroa, C. I. **Chahl, A.\*** (August, 2026). Multi-Informant Childhood Internalizing & Externalizing and Later Adolescent Substance Use. European Association for Research in Adolescence. [Submitted Paper Presentation] Utrecht, NL.

**Chahl, A.\*** & Figueroa, C. I. (May, 2026). Early internalizing/externalizing and later substance use: The role of time with friends. In J Bigelow (Chair). Paper Symposium. *Peers, Places, and Pathways: Psychosocial Development in Friendship and School Contexts*. Association for Psychological Science [Submitted] Barcelona, Spain.

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

**Chahl, A.\*** (2024, July). 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]. Amsterdam, Netherlands.

**Chahl, A.,** Chen, L., Ngigi, K., Rist, J., Wang, D., Linden-Carmichael, A. (2024, May). Exploring adolescent strengths: lasso regression and latent class analysis for healthy youth development [Presentation in the SPR Cup Competition]. Society for Prevention Research, Washington, D.C.

**Chahl, A.\*,** Bai, S., Rulison, K.L., Fosco, G.M. (2023, April). 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: A dashboard to track daily student wellbeing (2022, November) [Presentation to elementary school staff during dashboard pilot]

\*presenting author

## Grant Writing Experience

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**Chahl, A.,** Bai, S., & Fosco, G. M. Student wellness dashboard to support social emotional learning in elementary school classrooms (not awarded)  
Spencer Foundation

## Research Experience

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2020 – 2024 **Project Coordinator & Graduate Research Assistant**  
The Pennsylvania State University

### Student Wellness Study

PIs: Gregory M. Fosco, Ph.D., Sunhye Bai, Ph.D.

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

### 2020 – 2024 **Graduate Research Assistant**

The Pennsylvania State University

Families Being Supportive Together Study

PI: Sunhye Bai, PhD.

- Ran undergraduate research assistant meetings
- Facilitated undergraduate research assistants' professional development
- Coordinated undergraduate research assistant tasks (i.e., data input, transcriptions)
- Conducted participant baseline interviews

### 2019 –2020 **Undergraduate Research Assistant**

The University of Texas at Austin

Biopsychosocial Pathways Linking Discrimination and Adolescent Health

PI: Aprile D. Benner, Ph.D.

### 2018 **Undergraduate Research Assistant**

The University of Texas at Austin

Estimating and Understanding Effects of Teaching Teens That People Can Change

PI: David S. Yeager, Ph.D.

## **Teaching and Mentoring Experience**

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### **Graduate Teaching Assistant**

HDFS Internship Preparation Fa 2025

HDFS Infant and Child Development Sp 2023

HDFS Introduction to Human Development and Family Studies Fa 2022

### **Guest Lectures**

*Technical Writing* Sp 2025

HDFS Quantitative Skills for Human Services

*Overview of Research Design* Fa 2024

HDFS Empirical Inquiry in Human Development

*Correlational Methods and Regression* Fa 2023

HDFS Empirical Inquiry in Human Development

<i>Inferential Statistics</i> HDFS Lab for Empirical Inquiry in Human Development	Fa 2023
<i>Friendships in Childhood: Social Network Applications</i> HDFS Infant and Child Development	Sp 2023
<i>Peers, Cliques, and Crowds- Applications of Social Network Analysis</i> HDFS Adolescent Development	Fa 2022

## Honors Student Mentorship

Caroline Horn Undergraduate Honors Thesis <i>The Home-to-School Connection: Family Cohesion and How it Impacts Connection to School</i>	Fa 2022- Sp 2023
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## Skills and Expertise

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### Software

Proficient in R, R Studio, Qualtrics  
Competent in SAS, SPSS, Mplus, Excel Power Query  
Familiar with Python

### Methods

Social network analysis  
Psychological network analysis (Graphical VAR)  
Multilevel modeling (Hierarchical linear modeling)  
Bayesian OLS  
Other models for intensive longitudinal data analysis

### Languages

English (native), Hindi (limited working), German (currently enrolled in A1)

## Professional Affiliations

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Society for Prevention Research

- The Early Career Preventionist Network
- Awards Committee, Webpage Committee

European Society for Prevention Research

Society for Research on Adolescence

European Association for Research on Adolescence

Society for Research in Child Development

- Society for Research in Child Development Asian Caucus

International Network for Social Network Analysis

## Service

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### University Service

College of Health and Human Development Graduate Equity Ambassador	2023 - 2025
Departmental Graduate Steering Committee	2024 -
Faculty Meeting Representative	2024 - 2025
Admissions Committee Representative	2023 - 2024
Co-Chair	2022 - 2023
BIPOC Affinity Group Coordinator and Founder	2021 - 2022
Program, Planning, Development, and Evaluation Graduate Representative	2021 - 2022
Newsletter Subcommittee Representative	2021 - 2022

### Additional Service

#### The Pennsylvania State University

<i>Undergraduate Research Exhibition Judge</i>	April 2025
<i>Graduate Research Exhibition Judge</i>	March 2024
<i>Presentation Panel Member</i>	June 2023
Academia Won't Break My Soul: Exploring Refusal and Resistance as We Prepare to Navigate Graduate School IMPACT Program Professional Development Program	
<i>Presentation Panel Member</i>	March 2023
Internships and Graduate School Hosted by HDFS Undergraduate Student Organization	
<b>Center for the Performing Arts</b> at The Pennsylvania State University	
<i>Community Presentation Panel Member</i>	Feb 2022
The Frederick Douglass Project	