

Avery Chahl, MS

The Pennsylvania State University | Department of Human Development and Family Studies
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Education

- 2026 (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, The Pennsylvania State University
Certificate in Translational Science
Thesis: Examining the effects of school connectedness on SEL technique use in middle childhood
- 2020 B.A. Psychology with Special Honors, The University of Texas at Austin
Minor in Health Communications
Honors Thesis: The relationship between cross-cultural friendships and psychological resilience in adolescents

Visiting Appointments & Fellowships

- Oct 2025 *Visiting Scholar*, Max Planck Institute for Demographic Research
Kinship Inequalities Research Group, PI: Diego Alburez-Gutierrez
Rostock, Germany
- 2023-2025 *Predoctoral Fellow*, The Prevention and Methodology NIDA T32 Training Program, Edna Bennett Pierce Prevention Research Center
The Pennsylvania State University, USA
- 2022-2023 *Predoctoral Fellow*, Bennet Pierce Prevention Research Fellowship in Caring and Compassion, Edna Bennett Pierce Prevention Research Center
The Pennsylvania State University, USA

Research Interests

- Peer relationships and peer influence
- Adolescent & child development
- Longitudinal methods
- Prevention and intervention science

Funding and Awards

Funding

- 2023 Edward R. and Helen Skade Hintz Graduate Educational Enhancement Fellowship
College of Health and Human Development, The Pennsylvania State University
- 2020-2021 Bunton-Waller Graduate Assistantship
Council of College Multicultural Leadership, The Pennsylvania State University
Awarded to students who exhibit commitment to diversity, equity, inclusion, and justice

Awards

2020-2026 Knoll Endowment Research & Professional Development Funds

2022 Rapid Research Competition, College of Health and Human Development, 2nd place

Publications

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

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

Under Review

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.

In Progress

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.

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

Chahl, A. & Figueroa, C. I. (April, 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*. Society for Research on Adolescence, Toronto, ON, Canada [Submitted]

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]

Statistical Consultation

Narayan, N. Let's Get Things Moving: Effect of Domperidone on Gastroparesis

Funding Applied For (not awarded)

Chahl, A., Bai, S., & Fosco, G. M. Student wellness dashboard to support social emotional learning in elementary school classrooms
Spencer Foundation

Research Experience

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

FAM Best (Families Being Supportive Together Study), PI: Sunhye Bai, PhD.
NIMH R21: R21MH125046

- 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
NICHD K01: K01HD087479, PI: Aprile D. Benner
Biopsychosocial Pathways Linking Discrimination and Adolescent Health
- 2018 **Undergraduate Research Assistant**
The University of Texas at Austin
NICHD R01: R01HD084772, PI: David S. Yeager
Estimating and Understanding Effects of Teaching Teens That People Can Change

Teaching and Mentoring Experience

Graduate Teaching Assistant

- Fa 2025 HDFS Internship Preparation
Sp 2023 HDFS Infant and Child Development
Fa 2022 HDFS Introduction to Human Development and Family Studies

Guest Lectures

- Sp 2025 *Technical Writing*
HDFS Quantitative Skills for Human Services
- Fa 2024 *Overview of Research Design*
HDFS Empirical Inquiry in Human Development
- Fa 2023 *Correlational Methods and Regression*
HDFS Empirical Inquiry in Human Development
- Fa 2023 *Inferential Statistics*
HDFS Lab for Empirical Inquiry in Human Development
- Sp 2023 *Friendships in Childhood: Social Network Applications*
HDFS Infant and Child Development
- Fa 2023 *Peers, Cliques, and Crowds- Applications of Social Network Analysis*
HDFS Adolescent Development

Honors Student Mentorship

- Fa 2022- Sp 2023 Caroline Horn
Undergraduate Honors Thesis
The Home-to-School Connection: Family Cohesion and How it Impacts Connection to School

Professional Development Lectures given at undergraduate research assistants weekly meeting

- 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
The Dangers of HARKing (Hypothesizing After Results are Known)
The Dangers of P-hacking
Skills and Expertise

Skills and Expertise

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

Methodological Trainings

Networks

- 2024 The analysis of longitudinal social network data using RSiena
SUNBELT (Social Network Analysis) Conference
Workshop by Viviana Amati Ph.D., and Marion Hoffman Ph.D.
- 2024 Introduction to Network Analysis Tools in R
SUNBELT (Social Network Analysis) Conference
Workshop by Michał Bojanowski Ph.D., Lorien Jasny Ph.D.
- 2024 Psychological Networks Amsterdam Winter School
Workshop by UvA Psychosystems Group

Other

- 2023 Introduction to Structural Equation Modeling
CenterStat by Patrick Curran Ph.D. and Daniel Bower Ph.D.
- 2022 Mplus from Scratch
QuantFish by Christian Geiser Ph.D.

Professional Affiliations

Society for Prevention Research

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

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

Service

University Service

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

Additional Service

Apr 2025 *Undergraduate Research Exhibition Judge*
The Pennsylvania State University

Mar 2024 *Graduate Research Exhibition Judge*
The Pennsylvania State University

Jun 2023 *Presentation Panel Member*
Academia Won't Break My Soul: Exploring Refusal and Resistance as We
Prepare to Navigate Graduate School
IMPACT Program Professional Development Program
The Pennsylvania State University

Mar 2023 *Presentation Panel Member*
Internships and Graduate School
Hosted by HDFS Undergraduate Student Organization
The Pennsylvania State University

Feb 2022 *Community Presentation Panel Member*
The Frederick Douglass Project
Center for the Performing Arts at The Pennsylvania State University