

# Ariana Cervantes

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## EDUCATION

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<b>2021-2026 (EXPECTED)</b>	<b>PHD HEALTH PSYCHOLOGY</b> University of Texas at El Paso
<b>2019- 2021</b>	<b>MA SCHOOL COUNSELING</b> University of Redlands
<b>2018 - 2019</b>	<b>BA PSYCHOLOGY</b> University of California, Riverside
<b>2013 - 2018</b>	<b>AA SOCIAL SCIENCES AND BEHAVIORAL STUDIES</b> Riverside City College

## WORK HISTORY

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**2020- 2021**

University of Redlands

### GRADUATE ASSISTANT

Assisted faculty with research on youth perceived barriers to accessing mental health care. Served as a facilitator in the management of the Active Minds club to help support student wellbeing on campus. Recorded board meetings for the Alliance of Community Transformation and Wellness organization to brainstorm organization direction for 2020/2021 in addition to seeking out mental health focused grants to fund events. Developed and maintained ACTW webpage with current mental health resources for both students and the community.

**2019-2020**

University of Redlands

### STUDENT AIDE

Security maintenance of documents, campus classrooms, and troubleshooting campus computers. Informed students on mandatory events, upcoming deadlines and scholarships. Prepared informational folders for prospective School of Education and School of Business students. Adorned classroom spaces and common areas to promote a fun and engaging learning environment.

**2019**

University of California, Riverside

### VETERAN'S CENTER STUDENT AIDE

Assisted veterans in obtaining educational benefits and troubleshooting problems with their benefits. Co-organized events and workshops in the veteran's center. Maintained book rental database for veteran's to obtain free textbooks. Answered phone calls pertaining to educational benefits. Met with senators to establish connections for the veteran's center.

**2018**

**Camp Whittle**

**ROPES COURSE COORDINATOR**

Worked with children of all ages and demographics to have a positive camp experience. Conducted risk management procedures for high ropes equipment on a daily basis. Organized and led groups of children and adults in team building activities. Identified and reported socioemotional or physical problems that campers were having. Worked in teams with fellow staff to promote a fun and safe atmosphere. Helped campers through tough and anxiety provoking high ropes obstacles.

**2016 - 2017**

**Riverside City College**

**STUDENT AIDE**

Maintained student cohort database of over 450 students. Utilized customer service strategies to recruit and inform students about campus programs and the transfer process. Assisted students with career exploration and data pertaining to specific schools. Participated in student success discussions on faculty committees. Managed staff time sheets and worked on statewide mandates and initiatives.

**2015- 2016**

**U.S. ARMY**

**PETROLEUM SUPPLY SPECIALIST**

Handled restricted information of over 42 soldiers and supervisors while maintaining strict confidentiality measures. In charge of office maintenance and updating restricted information. Composed memorandums, and created spreadsheets to track soldier missions. Worked with minimal supervision to complete most tasks.

**2013-2015**

**Riverside City College**

**STUDENT AMBASSADOR**

Organized and conducted tours of the campus and resources on a daily basis. Assisted in the creating of visuals to promote programs and helped about 300 students a month with financial aid, school applications, and inquiries about school programs. Maintained knowledge about the campus including memorization of various facts, topography, and special programs on campus.

**TEACHING ACTIVITIES**

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**FALL 2021**

**TEACHING ASSISTANT**

PSYC 1301 Introduction to Psychology, Dr. Theodore V. Cooper  
Department of Psychology, University of Texas at El Paso

**SPRING 2021**

**TEACHING ASSISTANT**

CMHC 699B Clinical Mental Health Supervision, Dr. Janee Both Gragg  
CMHC 695 Introduction to Substance Abuse Counseling, Dr. Janee Both Gragg  
Department of Counseling and Human Services, University of Redlands

**FALL 2020**

**TEACHING ASSISTANT**

CMHC 610 Sociocultural Counseling, Dr. Janee Both Gragg  
EDUC 680 Human Development, Dr. Janee Both Gragg  
Department of Counseling and Human Services, University of Redlands

## COUNSELING EXPERIENCE

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**2021**

### **NEW VISION MIDDLE SCHOOL**

- Created and facilitated Girl's Wellness/ Empowerment Group
- Co-Facilitated Grief Group
- Presented classroom SEL lessons in English and Spanish
- Supported students socially and emotionally through office hours and outreach
- Presented time management skills at Women's Conference
- Supported student relationships and engagement with the school staff through weekly social hours

**2020**

### **ENTREPRENUER HIGH SCHOOL**

- Planned curriculum and facilitated student counseling groups on building and maintaining friendships
- Hosted college information sessions on financial aid and college systems
- Facilitated classroom lessons on dual enrollment and assisted in the registration process
- Created anti-drug engagement activities for parents and students.
- Reviewed student educational plans to ensure students were on track to graduate and were A-G eligible

**2020**

### **CALIFORNIA STATE UNIVERSITY, SAN BERNARDINO**

- Assisted in the socioemotional and academic adjustment to online learning due to COVID-19
- Created and presented community building activities to promote mental health
- Created presentations for campus leaders training days
- Promoted program events
- Tracked student progress
- Interviewed students for leadership positions
- Worked with staff to create educational and engaging presentations
- Assisted in the organization and implementation of leadership trainings

## RESEARCH EXPERIENCE

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**AUGUST 2021-  
PRESENT**

Prevention & Treatment in Clinical Health Lab – University of Texas at El Paso El Paso, TX

Collect and analyze cross-sectional data from a predominantly Hispanic college student population regarding mental health (e.g., depression, substance use, sexual risk) and sociocultural constructs (e.g., social support, adverse childhood experiences). Research assistant duties include mentoring undergraduate lab members and assisting with creating and conducting research studies.

## PROFESSIONAL DEVELOPMENT

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**Languages:** English, Spanish

**Certifications:** Crisis Responder, Bounce back, CITI Trained, Episerver Trained, CBITS, ASCA U Mental Health Specialist.

**Programming:** Excel, SPSS, Qualtrics

**System Knowledge:** Aeries, EAB, Blackboard, Canvas, Moodle and Navigate systems

## CONFERENCES AND PRESENTATIONS

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- 2021**
- Women's Conference- Real Journey Academy
- 2020**
- Women's Leadership Conference at California State University San Bernardino 2020
  - Attended parent child interaction workshop
  - Time Management Presentation
  - Emotion Regulation Presentation Co-facilitator
- 2016**
- Riverside City College Reading Comprehension Poster for Research Methods Course
  - Intramural Speech Competition (2016)

## PHILANTHROPY AND MEMBERSHIP

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School Counselor Professor Search Committee

Student Veteran's Organization

Volunteer at Youth Hope

Member of ASCA

Surrogate

Organization of the Young Green's Coalition's Jill Stein presidential candidate event