Advice
Reach out to Chapman faculty and CUE! There are so many amazing opportunities for research and creative activities on campus. Decide what interests you! Although this can be daunting, reaching out to a professor about their research and experiences can guide you in the right direction. If you need more information or support, reach out to us and we are more than happy to help you! Research opens so many new doors of opportunity both academically and career wise. I highly recommend starting early. You won’t regret it!

Current Research
Asthma is the leading chronic condition for children in the United States. Research shows that emotions and social factors impact physical health, more specifically asthma management and control. I currently gather data at CHOC Children’s Hospital to further the understanding of emotion and its relationship physiologically to asthma. My hope is to improve the lives of these children suffering with asthma so that more treatments are available for them. The overall goal of my research is to show the importance that good mental health leads to positive health outcomes.

Involvements
- Co-President of AMSA (American Medical Student Association)
- Provost Student Advisory Board Member (PSAB)
- Promising Futures First-Generation College Student
- Student Scholar Ambassador

Awards & Distinctions
- Outstanding Junior Award
- CUE Scholarly/Creative Grant (2020)
- Summer Undergraduate Research Fellow (SURF) (2020)

Conferences
- Student Scholar Symposium
- American Psychosomatic Society (APS) Conference