Advice
Believe in yourself. While it can be daunting to approach a professor whose research you may be interested in, or even imagine yourself as a research assistant, research is something that you will learn and grow in as you go. No one is born knowing all the research skills they need to succeed but being willing to step out of your comfort zone and take the leap is sometimes all that it takes.

Current Research
My research is focused on health psychology and is centered around positive affect. I work as a research associate with Children’s Hospital of Orange County and the Division of Pulmonology to explore the issues that teens diagnosed with asthma face. The study consists of ecological momentary assessments over the span of the week that assess the teen’s emotions, asthma symptoms, and lung function. The aim of the study is to help improve the quality of life of children with asthma in the future. I am also studying the impact of loneliness on factors of sleep, particularly during the global coronavirus pandemic. While previous research has linked loneliness to depression and anxiety among older adults and the elderly, it is also important to consider the effects of the pandemic on younger populations. I am working with a data set obtained through surveys completed by Chapman University students over five time points during the pandemic beginning from April 2020 to December 2020 which assessed psychosocial and health measures. Future analyses will examine this relationship further with the addition of control variables.

Involvements
- Affect and Regulation Health Lab
- Promising Futures Program, Summer Bridge Leader (PFP)
- Mortar Board member
- Secretary for Sigma Delta Pi (Spanish Honor Society)