Advice
As a freshman, I never really thought that research would be something that I enjoyed so deeply, but my biggest regret is not exploring earlier. Ask to shadow a professor’s research. Reach out to multiple professors for opportunities. Find projects or research studies that you’re truly passionate about. College is all about discovering yourself and your interests. Research isn’t for everyone, but it’s still important to explore your options and elevate yourself to uncover your hidden interests. You’ll be surprised what every window of opportunity holds in store, so put yourself out there and explore all that Chapman has to offer!

Current Research
The convergence of emotions, health, and stress levels is one of the main focuses of the Affect Regulation and Health Lab. As a research assistant, I have analyzed child postoperative pain data taken from children who underwent elective surgery at CHOC Children’s Hospital. I have also looked into effective emotion regulation strategies that could potentially help children and caregivers cope with stress. I am part of a study at CHOC that collects data from asthma patients. Specifically, I gather data that examines how a teen’s asthma symptoms change over the course of a week in order to assess health-related quality of life and emotions. The overarching goal of the study is to improve the quality of life of children with asthma.

Involvements
- Lab Manager/Research Assistant of the Affect Regulation & Health Lab
- Lead Research Assistant of a COVID-19 Study
- Student Scholar Ambassador

Awards & Distinctions
- SURF Fellow