

# Agnes M. Varghese

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## EDUCATION

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### University of California, Riverside

Ph.D. Developmental Psychology (2021)  
M.A. Developmental Psychology (2018)  
*Graduate Advisor: Misaki Natsuaki*

### University of Maryland, College Park

B.S. Psychology (2015)  
B.A. Broadcast Journalism (2015)  
Gemstone Honors Program Citation (2015)  
*Undergraduate Advisors: Rama Chellappa, Tracy Riggins*

## PUBLICATIONS (\*policy-relevant work)

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### Peer Reviewed

\***Varghese, A.M.**, Delany, D.E., & Dundon, M.L. (2020). Beyond gun control: Implementing mental health interventions in the school shooting crisis. Special issue of *Journal of Science Policy and Governance*, 17(2). <https://www.doi.org/10.38126/JSPG170212>.

### Under Review

\***Varghese, A.M.** & Natsuaki, M.N. (in preparation; invited special issue in the Federation of Associations in Behavioral & Brain Sciences journal, *Policy Insights from Behavioral and Brain Sciences*). The importance of implementing online social-emotional learning (SEL) in California amidst the COVID-19 pandemic.

### In Preparation

**Varghese, A.M.**, Stepanyan, S.T., Natsuaki, M.N., Neiderhiser, J.M., Shaw, D.S., Ganiban, J.M., Reiss, D., & Leve, L.D. (in preparation). The moderating effect of genetic inheritance on the association between child shyness & parental competence.

**Varghese, A.M.**, Natsuaki, M.N., & Dimler, L.M., (in preparation). Emotionally empty, romantically filled: An exploration of the association between callous-unemotional (CU) traits and romantic relationship quality.

**Varghese, A.M.**, Perez, E., Natsuaki, M.N., Neiderhiser, J.M., Shaw, D.S., Ganiban, J.M., Reiss, D., & Leve, L.D. (in preparation). The impact of spirituality and knowledge about adoptive parents on birth parents' perinatal grief.

Kyeong, Y., Seol, K.O., Park, J.E., & **Varghese, A.M.** (under review). South Korean mother's child based self-worth and children's psychological adjustment.

### Op-Ed/Commentary

\***Varghese, A.M.** (2021). [Social-emotional learning can help prevent school shootings](#). EdSource.

### Reports

**Varghese, A.M.** & Uhls, Y.T. (2021). [The rise and fall of fame: Tracking the landscape of values on tween television from 1967 to 2017](#). University of California, Los Angeles Center for Scholars and Storytellers.

## PRESENTATIONS

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### **Oral Presentations**

- \***Varghese, A.M.** (2020, November). [Data collection across domains: A cross-evaluation of survey design and distribution in academia vs political office](#). Report accepted at National Science Policy Network (NSPN) Annual Science Policy Symposium. Virtual.
- \***Varghese, A.M.** (2020, September). The path to dismantling systemic racism in San Bernardino. Science policy fellowship presented at National Science Policy Network (NSPN) Science Policy Scholars Day. Virtual.
- Varghese, A.M.**, Perez, E., Natsuaki, M.N., Neiderhiser, J.M., Shaw, D.S., Ganiban, J.M., Reiss, D., & Leve, L.D. (2020, July). Faith can get you through it: Investigating the impact of spirituality and knowledge about adoptive parents on birth parents' perinatal grief. Paper accepted at International Conference on Adoption Research (ICAR). Milan, Italy [Conference postponed to July 2021 due to COVID-19].
- \***Varghese, A.M.** & Delany, D.E. (2020, April). Tackling the school shooting crisis: The push to implement social-emotional interventions as a preventative measure. Paper accepted as part of a panel on Integrating Science and Policy at University of California, Riverside at Association for Public Policy Analysis & Management (APPAM) Regional Student Conference. Riverside, CA [Conference cancelled due to COVID-19].
- \*Delany, D.E., Ota, W., Carter-House, D., Piper, S., **Varghese, A.M.**, & Samudrala, K. (2019, November). Interactive science policy event guides. Interactive workshop presented at the National Science Policy Network (NSPN) Annual Science Policy Symposium. Madison, WI.
- Natsuaki, M.N., Stepanyan, S.T., & **Varghese, A.M.** (2018, July). Breast development is welcomed here but not there: How culture shapes youths' attitudes toward their bodily changes during puberty. Paper presented at International Society for the Study of Behavioral Development (ISSBD) meeting. Gold Coast, Queensland, Australia.
- Varghese, A.M.** & Natsuaki, M.N. (2018, April). How the cold-hearted can still love: Linking callous-unemotional traits, romantic relationships, and adolescent social connectedness. Paper presented at Developmental Psychology Colloquium at University of California, Riverside. Riverside, CA.
- Varghese, A.M.**, Purtilo, J., True, E., & Rossomando, N. (2015, April). [A Kinect based indoor navigation system for the blind](#). Paper presented at University of Maryland, College Park's Gemstone Program Senior Thesis Conference. College Park, MD.

### **Poster Presentations**

- Varghese, A.M.**, Stepanyan, S.T., Natsuaki, M.N., Neiderhiser, J.M., Shaw, D.S., Ganiban, J.M., Reiss, D., & Leve, L.D. (2021, March). How adoptive parents' views on genetic inheritance impact the association between child shyness & parental competence. Poster accepted at Society for Research on Adolescence (SRA) meeting. Virtual.
- Wang, J., Perez, E., **Varghese, A.M.**, Weichold, K., & Natsuaki, M.N. (2020, March). A mixed methods study of how culture shapes youths' understanding of puberty and attitudes toward pubertal timing. Poster accepted at Society for Research on Adolescence (SRA) meeting. Louisville, KY [Conference postponed to March 2021 due to COVID-19].
- Varghese, A.M.** & Natsuaki, M.N. (2019, March). Callous – unemotional traits moderating the association between adolescent social connectedness and adult romantic relationships. Poster presented at Society for Research in Child Development (SRCD) meeting. Baltimore, MD.
- Stepanyan, S.T., **Varghese, A.M.**, Weichold, K., & Natsuaki, M.N. (2018, August). Early maturation and behavioral problems: A cross-cultural investigation. Poster presented at American Psychological Association (APA) convention. San Francisco, CA.
- Varghese, A.M.** & Natsuaki, M.N. (2018, April). The impact of callous – unemotional traits on romantic relationship quality. Poster presented at Society for Research on Adolescence (SRA) meeting. Minneapolis, MN.

**Varghese, A.M.**, Purtilo, J., True, E., Rossomando, N., Belov, A., Fu, G., Gururam, J., Hackenburg, F., Osman Y., Sawyer, R., Shih, R., Zhang, Y. (2014, April). Obstacle avoidance and object classification for the blind using the Microsoft Kinect. Poster presented at University of Maryland, College Park's Undergraduate Research Day. College Park, MD.

## **TEACHING EXPERIENCE**

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*Course evaluations available upon request*

### ***Instructor***

Psychological Methods: Statistical Procedures (Summer 2019, Summer 2020),

### ***Teaching Assistant***

Psychological Methods: Statistical Procedures (Summer 2017, Winter 2019)

Psychological Methods: Research Procedures (Winter 2020, Spring 2020)

Lifespan Development (Fall 2020)

Clinical Psychology (Spring 2019)

Abnormal Psychology (Fall 2017)

Personality Psychology (Fall 2018)

Introduction to Psychology: Developmental and Social Psychology (Winter 2018, Spring 2018, Summer 2018, Fall 2019, Winter 2021, Spring 2021)

### ***Guest Lecturer***

Science policy fellowships: Past, present, and future – Science to Policy Program (2021, April), University of California, Riverside.

The path to science policy – General Psychology Course (2021, March), Monterey Peninsula College.

From science to society: The importance of translating research for a broader audience – Growing Up Asian American: The Asian Immigrant Family and Second Generation Course (2021, March), University of Maryland, College Park.

[Careers in Psychology](#) – Kerala Association of Kansas City Meeting (2020, June).

Repeated Measures ANOVAs – Psychological Methods: Statistical Procedures Course (2019, March), University of California, Riverside.

Personality Disorders –Abnormal Psychology Course (2017, December), University of California, Riverside.

## **SCIENCE COMMUNICATION**

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### ***Podcasts***

\*Sankovitz, M. & **Varghese, A.M.** (2020, October). [Speaking science policy with University of California, Riverside's Center for Science to Policy \(S2P\)](#). Beyond the Bench Podcast by Science Communication at University of California, Riverside.

**Varghese, A.M.** & Sankovitz, M. (2020, August). [Socially isolated in the pandemic: Exploring the mental health implications of COVID-19 with Dr. Erin Berman](#). Beyond the Bench Podcast by Science Communication at University of California, Riverside.

### ***Video***

\***Varghese, A.M.**, Carter-House, D., & Warlick-Short, C.A. (2020, September). [National Science Policy Network \(NSPN\) – Project Dandelion](#). Equality Can't Wait Grant Application Video.

### ***Social Media***

**Varghese, A.M.** (2020-Present). Science communication with Agnes Mary Varghese ([#SCwAMV](#)). Twitter.

## **ADVANCED STATISTICS COURSES**

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Multivariate Statistics, Fall 2018

Multilevel Modeling, Spring 2018  
 Applied Longitudinal Data Analysis, Winter 2018  
 Structural Equation Modeling, Fall 2017  
 Multiple Regression and Correlation Analysis, Spring 2017  
 Experimental Design and Analysis of Variance, Winter 2017

### **CERTIFICATES**

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\*National Science Policy Network (NSPN) Science Policy Scholars Bootcamp, Summer 2020  
 \*Science to Policy Certificate Course, University of California, Riverside, Winter 2019

### **WORKSHOPS**

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\*American Association for the Advancement of Science (AAAS) Catalyzing Advocacy in Science and Engineering (CASE) 2020 Workshop. Accepted as University of California, Riverside Representative. Washington, D.C. March 2020 [In-person workshop cancelled due to COVID-19].

### **EXCHANGE PROGRAMS**

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Japan Trans Pacific Collaborative Online International Learning (COIL) Program. Tokyo, Japan. November 2019.

### **FELLOWSHIPS AND SCHOLARSHIPS**

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Center for Scholars and Storytellers (CSS) Junior Fellowship, University of California, Los Angeles, 2020-Present  
 \*National Science Policy Network (NSPN) Science Policy Scholar-In-Residence Program, Office of Assemblymember Eloise Reyes, 2020-2021  
 \*University of California, Riverside Center for Science to Policy Fellowship, Office of Assemblymember Eloise Reyes, 2020  
 Japan Student Services Organization (JASSO) Student Exchange Support Program Scholarship, 2019  
 Chancellor's Distinguished Fellowship, University of California, Riverside, 2016-2017  
 Maryland Delegates Scholarship, Maryland House of Delegates, 2012-2015  
 Maryland Senatorial Scholarship, The Senate of Maryland, 2012-2015  
 Izzy Cohen Memorial Scholarship, Giant Foods, 2011-2015

### **HONORS AND AWARDS**

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\*[Flash Talk Competition](#) – Second Place, National Science Policy Network (NSPN) Annual Science Policy Symposium, 2020  
 \*[Policy Hackathon Policy Memo Competition](#) – First Place, University of California, Riverside Center for Science to Policy, 2019  
 Graduate Student Association Travel Grant, University of California, Riverside, 2018, 2019  
[Award for Excellence in Student Leadership](#), University of Maryland Department of Psychology, 2015  
 Mortar Board Honor Society, University of Maryland, College Park, 2014-2015  
 Psi Chi Honor Society, University of Maryland, College Park, 2013-2015

### **MEDIA RECOGNITION**

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Elber, L. (2021, March). [Study: Tween TV viewers get new message about value of fame](#). AP News. Featured in outlets such as [ABC News](#), [USA Today](#), [U.S. News & World Report](#), [Yahoo](#), [MSN](#), and [Science Daily](#).  
 Wolpert, S. (2021, March). [Twins and TV: UCLA's 50-year survey reveals the values kids learn from popular shows](#). University of California, Los Angeles Newsroom.  
 \*Dundon, M. (2021, January). [Featured Science Policy Fellowship](#). The S2P brief: The quarterly newsletter of University of California, Riverside Science to Policy.

- Fu, L. (2021, January). [Featured Gemstone Alumni of the Week](#). Gemstone Honors Research Program at the University of Maryland, College Park.
- \*Bankston, A. (2020, December). [Mental Health Policies: Improving Access and Education](#). SciPol SoundBites Podcast by the Journal of Science Policy and Governance.
- \*Croft, H. (2020, September). [Hacking humanities: From psychology to neuroscience, graduate students use science to revolutionize public policy](#). University of California, Riverside CHASS Marketing & Communications.

## **MENTORING EXPERIENCE**

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### **University of California, Riverside**

- Kamille Roesse – Exploring television portrayals of Autism Spectrum Disorder (ASD)  
 Andrew Choe – Exploring television portrayals of Autism Spectrum Disorder (ASD)  
 Seerat Kang – Exploring television portrayals of Autism Spectrum Disorder (ASD)  
 Giselle Gallegos – Exploring television portrayals of Autism Spectrum Disorder (ASD)  
 Jessica Schager – Exploring television portrayals of Autism Spectrum Disorder (ASD)  
 Travis Perales – Further examining the etiology of internalizing behaviors: An adoption study  
 Kosuke Karita – Puberty x culture: Study in the United States and Japan  
 Joyce Koh – Puberty x culture: Study in the United States and Japan

### **University of California, Los Angeles**

- Selena Yu – Exploring television portrayals of Autism Spectrum Disorder (ASD)  
 Nenita Alexa Mugol – Exploring television portrayals of Autism Spectrum Disorder (ASD)  
 Elise Tsai – The rise and fall of fame: Tracking the landscape of values on tween television from 1967 to 2017

## **SERVICE EXPERIENCE**

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### **Department**

- University of California, Riverside Department of Psychology Diversity and Inclusion Graduate Student Committee, Member, 2020-Present  
 University of California, Riverside Department of Psychology's Ross D. Parke Lecture Series, Planning Committee Member, 2018-Present  
 University of California, Riverside Department of Psychology, Graduate Student Peer Mentor, 2018-2019  
 University of Maryland, College Park Undergraduate Psychology Committee, Undergraduate Student Representative, 2014-2015

### **University**

- University of California, Riverside Undergraduate Research Symposium, Reviewer, 2020  
 Science Communication at University of California, Riverside, Podcast & Training/Development Committee Member, 2019-2020  
 \*University of California, Riverside Science Policy Graduate Student Association, Member, 2019-Present  
 \*University of California, Riverside Science to Policy Cabinet, External Affairs Committee Chair, 2019-Present; Diversity, Equity, and Inclusion Liaison, 2020-Present  
 University of Maryland, College Park Psi Chi Honor Society, Vice President, 2014-2015, President, 2013-2014  
 University of Maryland, College Park Gemstone Honors Research Program Student Council, Student Representative, 2011-2014

### **Community Outreach**

- \*Federation of American Scientists, Volunteer, 2020-Present  
 Big Brothers Big Sisters of the Inland Empire, Big Sister, 2017-Present  
 Mar Gregorios Orthodox Christian Students Movement (MGOCSM) Missions, Chennai, India Prathyasha Orphanage Team Member, 2012

Mar Gregorios Orthodox Christian Students Movement (MGOCSM) Missions, New Orleans Team  
Member, 2011

## **SKILLS**

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Statistical Software: SPSS, Mplus, HLM, R, SAS  
Microsoft: Word, Excel, PowerPoint  
Adobe Creative Cloud: Premiere, Audition, Photoshop

## **MEMBERSHIPS**

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\*Society for the Psychological Study of Social Issues (SPSSI), 2021-Present  
\*National Science Policy Network (NSPN), 2019-Present  
\*American Association for the Advancement of Science (AAAS), 2019-Present  
Society for Research in Child Development (SRCD), 2019-Present  
Society for Research on Adolescence (SRA), 2017-Present  
Association for Psychological Science (APS), 2016-Present

## **REFERENCES**

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### **Misaki Natsuaki, Ph.D.**

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Department of Psychology  
University of California, Riverside  
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### **Susan Hackwood, Ph.D.**

Professor Emerita; Director  
Bourns College of Engineering; Center for Science to Policy  
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### **Doug Brown**

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### **Maha Rizvi**

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