

**DESTYNI BROOKE CRAVENS**

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## EDUCATION

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- PhD** University of California, Riverside, Developmental Psychology Expected by June 2027  
Eugene Cota Robles Fellowship Award Recipient  
Advisor: Dr. Misaki Natsuaki
- MPH** University of Alabama at Birmingham, Health Behavior April 2022  
Accelerated Bachelor's/Master's Program (ABM)  
GPA: 4.0
- BS** University of Alabama at Birmingham, Psychology April 2022  
High Distinguished Honors  
Summa Cum Laude  
GPA: 3.97
- Honors Thesis: The Complex Understanding of the Motherhood Role and its Impact on the Child  
Advisor: Dr. Sylvie Mrug
- Undergraduate Certificate in Mental Health April 2022
- BA** University of Alabama at Birmingham, Sociology April 2022

## PRESENTATIONS

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**Cravens, D.,** Kamps, M. B., & Mrug, S. (2022, April). *The Intersection Between Child Gender and Race/Ethnicity: An Exploratory Analysis*. Poster presented at the UAB Spring Research EXPO, Birmingham, AL, United States.

**Cravens, D.,** Kamps, M. B., & Mrug, S. (2022, April). *The Moderating Role of Ethnicity: How Maternal Role Perceptions and Positive Maternal Behaviors Impact an Adolescents' Mood*. Poster presented at the UAB Ost Psychology Research Competition, Birmingham, AL, United States.

**Cravens, D.,** Kamps, M. B., & Mrug, S. (2022, April 4-8). *Differences in White and Black Mothers' Reports of Parental Role Perceptions and their Impact on Adolescents' Mood*. Poster presented at the National Conference on Undergraduate Research, Washington, D.C, United States.

**Cravens, D.,** Kamps, M. B., & Mrug, S. (2021, December). *The Moderating Role of Ethnicity: How Maternal Role Perceptions and Positive Maternal Behaviors Impact an Adolescents' Mood.* Poster presented at the UAB Fall Research EXPO, Birmingham, AL, United States.

**Cravens, D.,** Kamps, M. B., & Mrug, S. (2021, April). *Do Parental Role Perceptions Moderate the Effects of Maternal Depression and Parenting on Adolescents' Mood?* Poster presented at the UAB Ost Psychology Research Competition, Birmingham, AL, United States.

**Cravens, D.,** Kamps, M. B., & Mrug, S. (2021, April). *Do Parental Role Perceptions Moderate the Effects of Maternal Depression and Parenting on Adolescents' Mood?* Poster presented at the UAB Spring Research EXPO, Birmingham, AL, United States.

**Cravens, D.,** Kamps, M. B., & Mrug, S. (2021, April 12-14). *Perceived Parental Support: Does Maternal Depression and Motherhood Roles Matter?* Poster presented at the National Conference on Undergraduate Research, Washington, D.C, United States.

**Cravens, D.,** Smid, H., Aishah, D., Jaishankar, L., Agrawal, J., Wilkerson, H., Stowe, A., & Lanzi, R. (2021, April). *UAB Mental Health Ambassadors: A Peer-to-Peer Mental Health Promotion Program.* Poster presented at the UAB School of Public Health Virtual Research Poster Session, Birmingham, AL, United States.

**Cravens, D.,** Kamps, M. B., & Mrug, S. (2020, December). *Perceived Parental Support: Does Maternal Depression and Motherhood Roles Matter?* Poster presented at the UAB Fall Research EXPO, Birmingham, AL, United States.

**Cravens, D.,** Cook, M., & Samuel, C. (2020, April). *The Impact of the Arts on Mental Health.* Poster presented at the UAB Spring Research EXPO, Birmingham, AL, United States.

**Cravens, D.,** Kuba, I., Nwogu, U., Padilla, M., & Smith, J. (2019, August). *Weight and Vitality Explored in Samoa (WAVES).* Presentation presented at the Summer Health Professions Education Program, Los Angeles, CA, United States.

## RESEARCH EXPERIENCE

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**Research Assistant** June. 2022-Present  
**UCR Department of Psychology**  
Developmental Transitions Laboratory  
Principal Investigator: Dr. Misaki Natsuaki

**Research Assistant** Oct. 2020-Apr. 2022  
**UAB School of Public Health**  
COVID-19, Race, and Student/Postdoctoral Fellow Mental Health Study  
Principal Investigator: Dr. Robin Lanzi

- Scheduled interviews and conducted structured interviews with participants
- Coded in-depth qualitative interviews using NVivo
- Trained lab assistants on the process of cleaning and coding qualitative data
- Generated a qualitative coding instructional manual and schedule for research assistants
- Managed participant payments using ClinCards

**Research Assistant**

Jan. 2020- Apr. 2022

**UAB Department of Psychology**

Birmingham Youth Violence Study

Principal Investigator: Dr. Sylvie Mrug

- Recruited participants and administered structured interviews
- Interacted with diverse adults and children
- Inputted data using MediaLab
- Tracked participants using TransUnion
- Participated in weekly lab meetings
- Measured participants' height, weight, and blood pressure; collect saliva samples
- Formulated my own research projects and conduct data analyses

**TEACHING EXPERIENCE**

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**Teaching Assistant**

Aug. 2020- Apr. 2022

**UAB School of Public Health, Health Behavior**

PUH 204: Social and Behavioral Determinants (n=61)

PUH 492: Adolescent Mental Health Promotion Seminar (n=41)

PUH 499: Mental Health Promotion Seminar (n=34)

PUH 606: Public Health Leadership (n=303)

HB 613: Public Health Disabilities (n=35)

HB 624: Advanced Theory of Behavioral Sciences (n=18)

**Teaching Assistant**

Aug. 2020- Apr. 2022

**UAB Department of Psychology**

PY 216 & PY 216L: Elementary Statistics (n=490)

**Teaching Assistant**

Aug. 2020-Dec. 2020

**UAB Honors College**

HC 112: Mental Health Promotion Seminar (n=24)

**TA Duties:**

- Collaborated with other TAs on grading assignments
- Answered student questions
- Informed students of upcoming deadlines and assignments through Canvas and email

- Assisted with the production of videos and other instructional materials to support learning
- Employed one-on-one student teaching during in-class team practice sessions
- Helped coach students outside of class via Zoom
- Researched modern, applicable topics to incorporate into the course's framework
- Finalized course content with various partners and departments at UAB
- Taught various lectures and topics such as the *Impact of COVID-19 on Adolescent Mental Health and Language Sensitivity*

#### GRANTS, HONORS, AND SCHOLARSHIP AWARDS

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UAB McNair Ambassador Award	2022
UAB SCS Advisory Board Undergraduate Student Mental Health Champion	2022
American College Health Association's Lewis Barbato Award	2022
UAB College of Arts and Sciences Dean's Award	2022
UAB Department of Psychology Nominee for Dean's Award	2022
UAB Passey Prize for the Outstanding Student in Psychology Award	2022
3 <sup>rd</sup> Place in the Social/Behavioral Sciences Category at UAB Fall 2021 Research Expo	2021
UAB Women's Club House 3 <sup>rd</sup> District Scholarship	2021
3 <sup>rd</sup> Place in the Social/Behavioral Sciences Category at UAB Spring 2021 Research Expo	2021
Alabama Association of Educational Opportunity Program College Scholarship	2021
UAB Affinity Scholarship	2021
UAB Truman Scholarship Institutional Nominee	2021
CUR Health Sciences Division Award	2021
Linly Heflin Unit Scholarship	2020-2021
1 <sup>st</sup> Place in the Social/Behavioral Sciences Category at UAB Fall 2020 Research Expo	2020
McNair Scholar	2020
Alabama Association of Educational Opportunity Program Survivor Scholarship	2020
Aaron L. Lamar Jr. Student Leadership Scholarship	2020
Robert C. Chapmen Scholarship	2020
Tennant & Susan McWilliams Scholarship	2020
UAB Honors Endowed Scholarship	2019
UAB Emerging Leaders Scholarship	2019
UAB Peggy Jolly Best in Class Award	2019
Presidential Honors List, College of Arts and Sciences	2018-2022
Collegiate Honors Scholarship	2018-2022
Big D Motors Scholarship	2018
AP Scholar Award	2018

#### PROFESSIONAL EXPERIENCE/INTERNSHIPS

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***Intern, UAB Student Counseling Services***  
**University of Alabama at Birmingham, Birmingham, AL**

May 2021- Apr. 2022

- Acted as a liaison between UAB Student Counseling Services (SCS) and UAB departments
- Designed and developed social media content on topics such as boundary setting, self-care, and ways to support others
- Assisted SCS in planning and implementing mental health promotional content for UAB students

**Scholar, Summer Health Professions Education Program (SHPEP)** June 2019-Aug. 2019  
**University of California-Los Angeles, Los Angeles, CA**

- Participated in weekly grand rounds, case evaluations, and reading hours
- Demonstrated an understanding about the necessity for diversity and inclusivity in the medical field
- Evaluated and applied in-class learning material to the community of Los Angeles through excursion activities

**WORK EXPERIENCE**

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**Social Media Intern, CR Counseling** Aug. 2021- Present

- Create and develop social media content for CR Counseling
- Update CR Counseling's website through ongoing management
- Design a monthly News Blast with popular mental health related content and CR Counseling updates

**Office Assistant, UAB Department of Theatre** Aug. 2018- Apr. 2022

- Communicated with staff, employees, students, and guests to ensure a smooth-running department
- Organized departmental scripts, brochures, and recordings
- Guided visitors and prospective students through the department

**Student Assistant, UAB Mervyn Sterne Library** Jan. 2020-Apr. 2020

- Organized books, journals, and other educational materials
- Assisted students, faculty, staff, and visitors in finding materials throughout the library
- Aided library staff in maintaining clean environment throughout the library

**Shift Manager, Arby's Fast Food Restaurant** Jan. 2016-Jan. 2020

- Managed and coached employees on organizational rules of the restaurant to make certain they understood the job description and kept the team running smoothly
- Demonstrated a proper attitude both on and off the clock in order to inspire other employees to do the same
- Ensured guests were happy with their experience in order to promote Arby's Red Hat Service principles

**Opinion Columnist, UAB's The Kaleidoscope** Oct. 2018-Apr. 2019

- Interviewed sources throughout Birmingham to gain insight on local issues
- Wrote articles on current controversial topics happening in the world
- Revised articles to align with UAB's mission

## LEADERSHIP EXPERIENCE

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### ***Student Representative, Suicide Prevention and Implementation Team*** Aug. 2021- Apr. 2022

- Collaborated with faculty and peers on the UAB's Student Counseling Services (SCS) Suicide Prevention Leadership and Implementation Team (SPLIT)
- Shared UAB suicide prevention signage and events with UAB students
- Advocated for better suicide prevention resources on UAB's campus

### ***Communications Lead, UAB Mental Health Ambassador Program*** Aug. 2021- Apr. 2022

- Used effective communication skills with program's director to lead ambassadors in social media initiatives
- Communicated with general MHA members via email, GroupMe, text messaging, and Canvas
- Served as a bridge between campus partners such as UAB Student Counseling Services and UAB students

### ***Co-Founding President, It's On Us at UAB*** May 2021- Apr. 2022

- Collaborated with program's faculty advisor in leading program initiatives
- Communicated with general members via email, GroupMe, text messaging, and Canvas
- Partnered with Co-President in planning, developing, and implementing sexual violence prevention programs
- Conceptualized and composed social media content and initiatives

### ***Vice President, National Society of Leadership and Success*** Aug. 2020- Apr. 2022

- Hosted events and informed members of upcoming events/fundraisers
- Prepared society's pillars and turned in paperwork for organization
- Aided the president with administrative tasks related to the organization

### ***Outreach Chair, Active Minds at UAB*** Apr. 2020- Apr. 2022

- Assisted Active Minds Leadership Team in running on-campus chapter
- Created flyers and social media posts for events/updates throughout the semester
- Outreached to UAB students through tabling events and social media platforms

### ***Student Representative, UAB SCS Student Advisory Board*** Apr. 2020- Apr. 2022

- Collaborated with peers during UAB's Student Counseling Services (SCS) Student Advisory Board Committee meetings
- Assisted Dr. Stowe with outreach to UAB students
- Informed other members of updates for Mental Health Ambassador program/organization

**Ambassador, Summer Health Professions Education Program** Aug. 2019- Apr. 2022

- Hosted and participated in campus outreach activities
- Compiled program information with pre-health advisors and other influential college/university staff
- Shared own experience as a program participant with students

**Leadership Team, UAB Second Year Experience** Aug. 2019- Apr. 2022

- Assisted in the planning and development of Second Year Experience (SYE) programs, activities, and events
- Consolidated the data collection process by engaging UAB second-year students on an ongoing basis to capture their feedback relating to the SYE Program, resources on campus, and other related topics regarding their second year at UAB
- Participated in monthly leadership development with SYE Coordinator
- Utilized social media to help market SYE programs, activities, and events

**S.M.A.R.T. Leader, UAB Honors College** Aug. 2019- Apr. 2022

- Welcomed and mentored incoming freshman students to UAB
- Initiated monthly meetings with freshman students to acclimate students to campus
- Hosted a yearly retreat with activities such as volunteering, campus tours, and Q&A sessions

**Student Lead, UAB Mental Health Ambassador Program** Apr. 2020-Aug. 2021

- Collaborated with program's director to lead ambassadors in initiatives and events
- Served as a bridge between UAB Student Counseling Services, UAB School of Public Health, UAB Honors College, and students
- Facilitated monthly leadership and member meetings
- Developed and implemented on-campus and virtual programming
- Supervised the training of 587 students on several mental health promotional topics such as Mental Health Matters, QPR Suicide Prevention, Active Listening and Motivational Interviewing, and Presentation Design and Development
- Identified and coordinated alternative make-up assignments for students who were unable to attend live trainings
- Communicated with leadership team and general members via in-person, email, GroupMe, phone, and text messages

**Volunteer, UAB COVID-19 Peer Chat Program** Oct. 2020-Apr. 2021

- Communicated with students in isolation on a weekly basis
- Completed and turned in paperwork on student's well-being after each call
- Served as a bridge between students, UAB Student Counseling Services, and UAB Residence Life

**Ambassador, UAB Mental Health Ambassador Program** Aug. 2019-Apr. 2020

- Planned and developed outreach events for UAB's campus surrounding art therapy
- Initiated partnership between the program and UAB's Artists in Medicine program
- Supervised 20 partnered events with UAB's Artists in Medicine program

- Shared ways to improve mental health, promote resiliency, and encourage self-care through programming, events, and social media creations

**Outreach Chair, National Society of Leadership and Success** Jan. 2019-Aug. 2020

- Informed society members on updates regarding the organization
- Recruited prospective members at various campus wide events
- Assisted the president and vice president with administrative tasks

**8<sup>th</sup> Floor Representative, New Freshman Hall Council** Aug. 2018-Apr. 2019

- Represented residents and advocated concerns to the Hall Council to resolve issues
- Planned events for freshman residents to help relieve stress during difficult weeks
- Collaborated with other floor representatives to ensure all residents are content

**VOLUNTEER EXPERIENCE**

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UAB Honors College Day of Service at Jones Valley Teaching Farm	Aug. 2020
Into the Streets at Glen Iris Elementary School	Oct. 2019
Into the Streets at UAB Sustainability Gardens	Feb. 2019
Geriatric Psychiatry Unit at UAB Hospital	Jan. 2019-May 2019
UAB Habitat for Humanity Club	Jan. 2019
UAB Honors College Day of Service at Railroad Park	Aug. 2018

**CAMPUS ORGANIZATIONS**

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Graduate Resilience, Outreach, and Wellness (GROW)	Aug. 2020- Apr. 2022
McNair Scholars Program	Aug 2020- Apr. 2022
UAB TRIO (SSS)	Jan. 2019- Apr. 2022
UAB Honors College Leadership Council Service Committee	Aug. 2018- Apr. 2022

**PROFESSIONAL TRAININGS AND CERTIFICATIONS**

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Narcan (Naloxone) Training	Jan. 2022
UAB Health Promotion Officer Certification	Oct. 2021
UAB/UABHS HIPAA Privacy and Security Training	Oct. 2020
Family Educational Rights and Privacy Act (FERPA)	Aug. 2020
Trained Recovery Ally	Mar. 2020
Validate, Appreciate, Refer (VAR)	Feb. 2020
Kognito At-Risk Training for Students	Jan. 2020
IRB Human Subjects Training	Jan. 2020
Question, Persuade, Refer Gateway Training (QPR)	Oct. 2019
Microsoft Word 2013	May 2018
Microsoft PowerPoint 2013	May 2018



## PROFESSIONAL AFFILIATIONS

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The National Society of Leadership and Success

Jan. 2019-Present

## REFERENCES

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**Dr. Sylvie Mrug, Ph.D.**

*University of Alabama at Birmingham, Department of Psychology*

Professor

Phone: (205) 934-3850

Email: [sylva@uab.edu](mailto:sylva@uab.edu)

**Dr. Robin Lanzi, Ph.D., MPH**

*UAB School of Public Health, Department of Health Behavior*

Professor

Phone: (205) 975-8071

Email: [rlanzi@uab.edu](mailto:rlanzi@uab.edu)

**Dr. Angela Stowe, Ph.D., LPC-S, NCC, Board Certified Telemental Health Provider**

*UAB Student Counseling Services*

Director

Phone: (205) 934-5816

Email: [amstowe@uab.edu](mailto:amstowe@uab.edu)