

# MEGYN JASMAN

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## EDUCATION

**M.A. Community Psychology** (in progress)

Central Connecticut State University (CCSU), New Britain, CT

**B.A. Psychology, Minor: Sociology**

Central Connecticut State University (CCSU), New Britain, CT

*Highlighted Coursework:*

PSY 136: Life-Span Development

PSY 221: Research Methods in Psychology I

PSY 222: Research Methods in Psychology II

PSY 330: Abnormal Psychology

PSY 451: Psychological Evaluation

PSY 234: Industrial and Organizational Psychology

PSY 372: Social Psychology

PSY 430: Intergroup Relations

PSY 512: Seminar in Developmental Psychology

PSY 520: Global Psychology

PSY 541: Health Psychology

PSY 550: Community Psychology

PSY 551: Prevention and Community-Based Research

PSY 596: Psychological Research: Design and Analysis I

PSY 597: Psychological Research: Design and Analysis II

STATS 215: Statistics for the Behavioral Sciences I

STATS 216: Statistics for the Behavioral Sciences II

Expected: 2024

Current GPA: 4.0

2021

Major GPA: 4.0/4.0

Minor GPA: 4.0/4.0

Cumulative GPA: 3.94/4.0

## PEER-REVIEWED JOURNAL ARTICLES

Werntz, A., Amado, S., **Jasman, M.**, Ervin, A., & Rhodes, J. E. (2023). Providing human support for use of digital mental health interventions: A systematic meta-review. *Journal of Medical Internet Research*, 25. <https://doi.org/10.2196/42864>

Werntz, A. **Jasman, M.**, Simeon, K., Gunasekaran, H., Yowell, C., & Rhodes, J. E. (2023). Implementation of a technology-enhanced peer mentor referral system for first-year university students. *Journal of Technology in Behavioral Science*. <https://doi.org/10.1007/s41347-023-00303-8>

## MANUSCRIPTS IN PREPARATION

Werntz, A., Deng, Y., **Jasman, M.**, Yowell, C., & Rhodes, J. E. (under review). Effects of a technology-enhanced university peer mentoring program on first semester academic and wellbeing outcomes: A propensity score matching analysis.

Werntz, A., **Jasman, M.**, Cherry, J., Borer, A., Johnston, A., Meany, M., Stettin, J., McCarron, T., & Rhodes, J. E. (under review). Beyond the mentor-youth dyad: The role of parents and mentoring program staff in predicting volunteer persistence.

**Jasman, M., & DiPlacido, J.** (in preparation). The relationship between post-traumatic stress symptoms from campus mass shootings & physical health: The role of catastrophizing & resilience among university students.

## CONFERENCE PRESENTATIONS

- Jasman, M.,** Werntz, A., & Rhodes, J. E. (2023, May 28). *Implementation of a technology-enhanced peer mentor referral system for first-year university students* [Symposium]. Association for Psychological Science, Washington DC, United States. <https://www.psychologicalscience.org/conventions/2023-aps-annual-convention>
- Soni, S., **Jasman, M.,** Werntz, A., & Rhodes, J. (2023, May 11). *Bridging the gap: Technology-enhanced peer mentoring programs* [Presentation]. University Conference on Teaching and Learning (UCTLT), Boston, MA, United States.
- Jasman, M.,** Werntz, A., & Rhodes, J. E. (2023, January 25-27). *Innovative strategies for technology-enhanced peer mentoring programs at the university level* [Workshop]. National Mentoring Summit, Washington DC, United States. <https://www.mentoring.org/national-mentoring-summit/>
- Jasman, M.** Amado, S., Poon, C., Aier, B., Cherry, J., Werntz, A., & Rhodes, J. (2022, November 17-20). *Caregivers with children in mentoring organizations: Attitudes on mentor involvement in child mental health and digital mental health interventions* [Poster]. Association for Behavioral and Cognitive Therapies, New York, NY, United States. <https://www.abct.org/2022-convention/>
- Amado, S., **Jasman, M.,** Poon, C., Cherry, J., Aier, B., Werntz, A., & Rhodes, J. (2022, November 17-20). *Caregivers' attitudes towards youth digital mental health interventions during the COVID-19 pandemic* [Poster]. Association for Behavioral and Cognitive Therapies, New York, NY, United States. <https://www.abct.org/2022-convention/>
- Aier, B., Amado, S., **Jasman, M.,** Cherry, J., Poon, C., Werntz, A., & Rhodes, J. (2022, November 17-20). *Caregiver attitudes toward digital mental health interventions and therapy: Exploring support systems for children impacted by caregiver substance use* [Poster]. Association for Behavioral and Cognitive Therapies, New York, NY, United States. <https://www.abct.org/2022-convention/>
- Cherry, J., Aier, B., Amado, S., **Jasman, M.,** Rhodes, J., & Werntz, A. (2022, November 17-20). *Caregiver experiences and the impacts on children's engagement with mental health treatments in a global pandemic* [Poster]. Association for Behavioral and Cognitive Therapies, New York, NY, United States. <https://www.abct.org/2022-convention/>
- Aier\*, B., Cherry\*, J., **Jasman\*, M.,** Amado, S., Poon, C., Werntz, A., & Rhodes, J. (2022, June 13-14). *Addressing cultural differences for parental concerns of child digital mental health use* [Poster]. Society for Digital Mental Health, virtual. <https://www.societydmh.org/annual-meeting/>  
**\*Authors contributed equally**
- Jasman, M.,** Joanne DiPlacido (2021, August 12-14). *PTSS from Campus Mass Shootings & Physical Health: Catastrophizing & Resilience* [Poster]. American Psychological Virtual Association, San Diego, CA, United States. <https://convention.apa.org/agenda>
- Jasman, M.,** Prestwich, C., Swanson, H., & Bragg, C. (2020, June 17-18). *Helping those that help themselves: Investigated trends of a 4-year university's psychological science peer tutoring program* [Poster]. Eastern Psychological Association Virtual Conference, Boston, MA, United States.

[https://www.easternpsychological.org/files/DOCUMENTLIBRARY/Program\\_Final\\_Virtual\\_with\\_Calendar\\_060720.pdf](https://www.easternpsychological.org/files/DOCUMENTLIBRARY/Program_Final_Virtual_with_Calendar_060720.pdf)

**Jasman, M., & Bragg, C.** (2019, February 28-March 2). *Alcohol consumption and sleep quality's relationships with social anxiety in college students* [Poster]. Eastern Psychological Association Annual Conference, New York, NY, United States.

[https://www.easternpsychological.org/files/DOCUMENTLIBRARY/EPA%20Program%202019\\_6.pdf](https://www.easternpsychological.org/files/DOCUMENTLIBRARY/EPA%20Program%202019_6.pdf)

## RESEARCH POSITIONS

Summer 2023-Present

### **Graduate Student Intern**

Northeastern University

Faculty Advisor: Dr. Nghi Thai

On-Site Supervisor: Jeremy Astesano

*Primary Responsibilities:*

- Assistant in conducting focus groups with mentees and mentors in a technology-enhanced college peer mentoring program
- Taking detailed notes of responses during focus groups and organizing notes
- Drafting questions in preparation for focus groups
- Making User Persona descriptive templates for users of an associated mentoring app platform, MentorHub NU
- Conduct qualitative coding on survey responses as informed by grounded theory

Summer 2022-Present

### **Master's Thesis**

Central Connecticut State University

Project Title: College Peer Mentors: Indirect Effects of Motives to Apply on Job Satisfaction and Intention to Return

Faculty Advisor: Dr. James Conway

Committee Members: Dr. Caleb Bragg and Dr. Alexandra Wertz

*Primary Responsibilities:*

- Meet regularly with thesis advisor
- Conduct a comprehensive literature review on peer mentoring in college spaces and experiences and job outcomes from the mentors' perspective
- Request secondary data from a university peer mentoring program in accordance with the CCSU Institutional Review Board
- Collaborate with the University partner to learn about the mentoring program
- Design study models and hypotheses based on previous research and Functional Approach and Self-Determination Theoretical Frameworks
- Learn Structural Equation Modeling analyses through R's Lavaan package
- Depend proposal to thesis committee
- Write up a thesis paper in accordance with CCSU Graduate Studies Program
- Defend thesis project

Summer 2021-Present

### **Research Coordinator, Research Assistant, Lab Manager**

University of Massachusetts Boston

Research Mentors: Dr. Jean Rhodes and Dr. Alexandra Werntz

*Primary Responsibilities:*

- Coordinate several studies being conducted through the lab
- Schedule meetings to discuss research activities for all members of the lab
- Complete in submit Institutional Review Board protocols
- Act as a liaison between parties, such as Institutional Reviews Boards, community partners, partner labs, etc
- Work closely with community and university partners on research design and analysis, as well as program evaluation
- Conduct literature reviews
- Coding for qualitative studies, meta-reviews, and meta-analyses
- Co-author manuscripts
- Presenting at research conferences (posters, workshops, and symposiums)

Spring 2020- Present

**Independent Researcher**

Central Connecticut State University

Project: The Relationship Between Post-Traumatic Stress Symptoms from Campus Mass Shootings & Physical Health: The Role of Catastrophizing & Resilience among University Students

Faculty Advisor: Dr. Joanne DiPlacido

*Primary Responsibilities:*

- Literature review
- Design a study examining catastrophizing and resilience as mediators and moderators for the relationship between post-traumatic stress symptoms from campus mass shootings and physical health
- Responsible for all analyses, including mediation and moderation regression analyses under the supervision of Dr. Joanne DiPlacido
- First author on the manuscript currently in preparation
- Presented a poster at the American Psychological Association's Annual Conference (virtual) in 2021
- Awarded a Psi Chi APA Convention Society Research Award

Fall 2019-Spring 2020

**Independent Researcher**

Central Connecticut State University

Project: Helping Those that Help Themselves: Investigated Trends of a 4-Year University's Psychological Science Peer Tutoring Program

Faculty Advisor: Dr. Caleb Bragg

*Primary Responsibilities:*

- Management of the database
- Coding (in excel) hard copy documents for analysis
- Ran statistical analyses examining student trends of those who seek peer tutoring
- Interpreted analyses and recommended improvements for the future of the program
- Communicated with co-authors on analyses and presentation of results at the Eastern Psychological Association's Annual Conference

- Presented a poster at the Eastern Psychological Association’s Annual Conference (virtual) in 2020

2019

**Lab Research Assistant**

Central Connecticut State University

Project: Physiological Responses to Infant Crying

Faculty Advisor: Dr. Rebecca Wood

*Primary Responsibilities:*

- Trained in the use of physiological equipment and protocol
- Data collection to examine physiological responses to infant crying
- Collected articles for literature reviews
- Database management
- Trained upcoming research interns on the protocol and use of equipment

**EMPLOYMENT**

August 2022-Present

**Program Success Manager, MentorPRO**

*Primary Responsibilities:*

- Assist in coordinating MentorPRO administrative and organizational tasks
- Delegate tasks to appropriate team members
- Assist in coordinating marketing materials, including helping with email campaigns and managing all social media platforms
- Attending conferences for higher education and student success
- Assist with onboarding new clients, including creating onboarding materials and resources
- Attend team meetings
- Meet with new clients to discuss their needs

August 2022 – Present

**Assistant Director, Center for Evidence-Based Mentoring, University of Massachusetts Boston**

*Primary Responsibilities:*

- Coordinate all research projects being conducted through the Center, supervised by the Executive Director
- Complete and manage Institutional Review Board (IRB) forms and communications
- Work closely with external research collaborators and community partners
- Work closely with all research coordinators and research assistants working with the Center
- Conduct participant recruitment, onboarding, and randomization for research trials
- Assist in the design and implementation of a variety of quantitative research projects, including survey designs, longitudinal designs, and randomized controlled trials
- Act as a research assistant for higher-level research designs, including meta-analyses and meta-reviews
- Present research at relevant conferences
- Contribute to manuscripts submitted to relevant journals

- Oversee and manage all purchases made on the Center’s procurement card through Grant-funded work
- Manage finances and preparation for Center-related conference trips
- Manage and create content for all the Center’s social media platforms (including Instagram, Twitter, and LinkedIn)
- Design and manage the Center’s website using WordPress System Software
- Assistant Editor for the Chronicle of Evidence-Based Mentoring
- Schedule meetings with the internal team and/or external partnerships
- Delegate tasks to research assistants when needed
- Contact person for all Center-related inquiries through the website

June 2021- March 2022

**Lab Manager, Rhodes Lab, University of Massachusetts Boston**

*Primary Responsibilities:*

- Assist in the coordination of the Rhodes Lab
- Schedule meetings between lab members and faculty
- Collaborate with students on research projects being conducted through the Rhodes Lab
- Act as a research assistant for research being conducted through the lab

June 2021- March 2022

**Project Coordinator, MentorHub**

*Primary Responsibilities:*

- Manage partnerships with third-party applications
- Meet with potential third-party application partners and mentoring program partners
- Assist the product team in the product development of MentorHub
- Conduct usability testing of the MentorHub product
- Assist in the coordination of focus groups to gather feedback regarding the MentorHub product
- Act as a public relations officer by creating and managing social media platforms, as well as staffing booths at MENTOR National’s Virtual 2022 National Mentoring Summit
- Collaborate with Northeastern University’s Student Support Initiative to coordinate the implementation MentorHub at Northeastern University
- Coordinate and co-host weekly podcasts to provide support to mentors using MentorHub at Northeastern University
- Clean and analyze data on MentorHub pilot programs
- Act as a research assistant in UX/UI design research to inform the design of the MentorHub platform
- Update MentorHub website and app content as needed
- Review the most recent literature on the best evidence-based and research-informed practices informing MentorHub

**TEACHING & MENTORING EXPERIENCE**

Summer 2022

**Training Presenter: Messaging your Learners, Northeastern University**

*Primary responsibilities:*

- Help administer training to about 300 university peer mentors on how to communicate appropriately and effectively to their mentees via a mentoring app platform
- Assist in creating content for training slides regarding best practices for mentor-mentee communication, such as demonstrating empathy to mentees, appropriate message tone, and when to escalate questions to higher administrative staff
- Co-lead a brief workshop during the training to practice the learned skills
- Co-present at the training session to about 300 university peer mentors under the supervision of Dr. Alexandra Werntz

Summer 2022

**Supportive Accountability Coach, University of Massachusetts Boston**

Associated Research Study: Leveraging Social Capital for Incoming University Students: Examining the Impact of a Supportive Accountability Coach

*Primary responsibilities:*

- Received training on best practices for providing supportive accountability coaching to support engagement with digital mental health interventions
- Provide supportive accountability coaching to assigned participants in the study to support engagement with a social capital intervention
- Coaching included: monitoring participants' level of engagement and progress with the intervention, and sending regular individually targeted messages to participants based upon their current intervention engagement status

Fall 2019- Spring 2021

**Psychological Science Peer Tutor Intern and Coordinator, Central Connecticut State University**

*Primary responsibilities:*

- Assist faculty advisor in running the CCSU psychological science peer tutoring program
- Problem solve for tutor/tutee complications
- Create tutoring schedules
- Create tutor documentation for records
- Provide resources for tutors to assist with tutoring
- Evaluate tutors' work
- Communicate systematic program updates with tutors
- Assist in conducting tutoring workshops
- Promote tutoring via social media and through the Psychology Department at CCSU
- Assist faculty advisor in the transition from on-ground peer tutoring to virtual peer tutoring during the COVID-19 pandemic
- Train tutors in the use of Webex and Microsoft Teams for the purpose of virtual tutoring
- Help with all technical problems for tutor/tutee conflicts

Fall 2018- Spring 2021

**Psychological Science Peer Tutor: Certified (Level 2: >50 hours), Central Connecticut State University**

*Primary responsibilities:*

- Tutor weekly

- Attend tutor training workshops
- Complete tutoring assignments
- 2023 Invited panelist for a Professional Development Roundtable at the University of Virginia’s virtual Diversifying Scholarship Research Conference (April 2023)
- Assist peers with questions on assignments and studying for exams
- Assist students with feeling confident about their abilities to succeed at school
- Act as a mentor to tutees

**HONORS & AWARDS**

- 2021 Psi Chi APA Convention Society Research Award
- Project: “The Relationship Between Post-Traumatic Stress Symptoms from Campus Mass Shootings & Physical Health: The Role of Catastrophizing & Resilience among University Students”
- 2021 Virginia Vollenweider Scholarship Recipient, School of Graduate Studies, Central Connecticut State University
- 2021 Valedictorian in the Department of Psychological Science Class of 2021, CCSU
- 2021 Henry Barnard Distinguished Student Award, CCSU
- Annual award recognizing 12 graduating seniors from the Connecticut State Universities who have a GPA of at least 3.7 and have demonstrated outstanding participation at the university and/or in the community
- 2021 Academic Excellence in Psychological Science, CCSU
- 2020 Outstanding Research Award in Psychological Science, CCSU
- Awarded for an independent study research project examining post-traumatic stress symptoms and physical health symptoms, supervised by Dr. Joanne DiPlacido
- 2020 NHSDA, National Honor Society for Dance Arts
- 2020, 2021 Shanette Washington Distinguished Service to the Department Award for work as a virtual Peer Tutor, CCSU
- 2020, 2021 Shanette Washington Distinguished Service to the Department Award for work on the Psychology Club Executive Board, CCSU
- 2020 Shanette Washington Distinguished Service to the Department Award for work as a Psi Chi Officer, CCSU
- 2019, 2020 Shanette Washington Distinguished Service to the Department Award for work as a peer tutor, CCSU
- 2019, 2020 Psychological Science Achievement Award for Participation at the Eastern Psychological Association Conference, CCSU
- 2019 Miano Memorial Fund Scholarship Recipient and Invited Speech, CCSU
- The Miano Memorial Fund Scholarship is awarded to a junior-level student from a science, mathematics, or arts and humanities major
  - Gave a speech at the opening of the Scholar and Donor Reception
- 2019 Psi Chi, International Honor Society in Psychology
- 2018, 2019, 2020 President’s List (GPA = 4.0), CCSU
- 2017, 2018, 2021 CCSU Dean’s List (GPA > 3.5), CCSU

**AD HOC PEER REVIEWER**



Ad Hoc Peer Reviewer - Journal of American College Health

## INVITED SPEECHES AND PRESENTATIONS

- 2023 Invited presentation on Digital Mental Health Graduate Student Open House: Center For Evidence-Based Mentoring for the Society for Digital Mental Health Annual Conference, Virtual (June 2023)
- 2023 Invited panelist for a Professional Development Roundtable at the University of Virginia's virtual Diversifying Scholarship Research Conference (April 2023)
- 2019 Undergraduate Scholarship Recipient Speaker for the Carol A. Ammon College of Liberal Arts & Social Sciences and School of Education & Professional Studies Scholar and Donor Reception (November 2019)

## VOLUNTEER LEADERSHIP POSITIONS

- 2020-2021 **President, CCSU Psychology Club**  
*Primary Responsibilities:*
  - Plan events and coordinate activities for the club
  - Delegate and oversee tasks of Executive Board members
  - Write agendas for meetings
  - Prepare for and conduct weekly meetings with club members
  - Assist the treasurer in handling finances
  - Represent the club at meetings with the faculty advisor, Student Government Association, and Student Activities and Leadership Development
  - Contact other organizations for collaborations
  - Invite guest speakers
  - Assist in the attendance of members to the annual Eastern Psychological Association conference
  - Coordinate funding for students to attend the annual Eastern Psychological Association conference
- 2019-2020 **Public Relations Officer, CCSU Psychology Club**  
*Primary Responsibilities:*
  - Recruit new members
  - Promoted club events through various platforms
  - Updated social media pages and website
  - Created flyers to advertise events
- 2019-2020 **Student-Faculty Liaison, CCSU Psi Chi Chapter**  
*Primary Responsibilities:*
  - Represent Psi Chi with the CCSU Psychological Science Department
  - Attend weekly Psi Chi meetings
  - Create agenda for monthly meetings with the CCSU Psychological Science Department's Faculty Committee
  - Attend monthly meetings with the faculty
  - Report back to the Psi Chi officer team regarding faculty meetings
  - Advocate for student needs to the department faculty on behalf of the student body

- 2019
  - Participate in decisions for both departmental- and student-run events

**Therapeutic Camp Group Leader**

*Primary Responsibilities:*

  - Run a weekly group with a Therapeutic Summer Camp with children who experience developmental and other forms of physical or mental disabilities
  - Activities include dance, yoga, mindfulness, and group games
  - Work on skills, such as movement, communication, friendship, and social skills
- 2019
  - **OneLove** Gala for Domestic Violence
  - Gala in an effort to raise awareness for domestic violence
  - Sponsored by CCSU Dancentral Dance Company
  - Performed a moving contemporary piece at the Gala to raise awareness
- 2018
  - **Children's Miracle Network**
  - Participated with CCSU Dancentral Dance Company to raise money for the Children's Miracle Network fundraiser
  - Performed a contemporary dance piece at the fundraising event to raise awareness
- 2014- 2017
  - **Best Buddies**
  - Established friendships with peers who experience developmental and other forms of physical or mental disabilities
  - Acted as a companion, role model, and mentor for peers
- 2013-2014
  - **Counselor in Training**
  - Guided children during their stay at summer camp
  - Responsibilities involved acting as a companion and mentor to camp members
  - Responsible for the safety of the children while at camp
- 2012-2014
  - **Therapeutic Camp Mentor**
  - Acted as a mentor at a summer camp for children who experience developmental and other forms of physical or mental disabilities

**CONTINUED LEARNING/TRAINING**

- 2021
  - **Annual Data Privacy and Training at MentorHub**
  - Training on how to maintain data privacy through work with MentorHub, an app and web platform for mentoring relationships
- 2019
  - **QPR Suicide Prevention Gatekeeper Training/Certificate**
  - Trains individuals on how to Question, Persuade, and Refer individuals who are considering suicide to receive help
- 2019
  - **Social Skills In-Service Training**
  - Training on how to interact with children who struggle with social interactions

**MEMBERSHIPS**

- 2022-Present
  - Association for Behavioral and Cognitive Therapies (ABCT), Student Membership
- 2022-Present
  - Society for Community Research and Action (SCRA), Student Membership

2020-Present American Psychological Association (APA), Student Membership  
2020-Present National Dance Education Organization (NDEO), Undergraduate Student  
Membership  
2019-present EPA, Eastern Psychological Association, Associate Member  
2019-present Psi Chi, International Honor Society in Psychology, Student Membership

## SKILLS

Proficient in the use of Microsoft products (Microsoft Word, Microsoft PowerPoint, Microsoft Excel, Microsoft Outlook, and Microsoft Teams)  
Experience in IBM SPSS Statistics  
Experience in online survey creation (Qualtrics, Survey Monkey, Select Survey)  
Data analysis (correlation, reliability, ANOVA, regression, SPSS macro PROCESS mediation and moderation)  
Experience with building websites and courses using WordPress system software and Articulate training software  
Proficient in the use of online meeting spaces (WebEx, Microsoft Teams, Zoom)

## REFERENCES

### **Alexandra Werntz, Ph.D.**

*Clinical Psychologist*  
*Associate Director, Center for Evidence-Based Mentoring*  
University of Massachusetts Boston  
Email: [ajw3x@virginia.edu](mailto:ajw3x@virginia.edu)

### **Jean Rhodes, Ph.D.**

*Executive Director, Center for Evidence-Based Mentoring*  
*Co-Founder, MentorHub*  
*Frank L. Boyden Professor of Psychology*  
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University of Massachusetts Boston  
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### **James Conway, Ph.D.**

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*Professor, Health Psychology*  
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### **Caleb B. Bragg, Ph.D.**

*Associate Professor, I/O Psychology*  
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**Jason F. Sikorski, Ph.D.**

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*~Additional references available upon request~*