

Sami Psych  
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## EDUCATION

**Bates College, Lewiston, ME** 2024  
Bachelor of Arts, Psychology Major; Religious Studies Minor  
Senior Thesis: Exploring the Relationships Between Mental Health Self-Stigma, Trait Mindfulness, and Help-Seeking Behaviors  
GPA: 3.6 Dean's List

## RESEARCH EXPERIENCES

**Senior Thesis, Bates College Psychology Department, Lewiston, ME** Fall 2023 – Present

- Developed a Qualtrics survey to study the associations between internalized mental health stigma, trait mindfulness, and intentions of seeking mental health services among 52 college students
- Performed quantitative data analysis using SPSS
- Advisor: Dr. Kathryn G. Low

**Independent Study, Bates College Psychology Department, Lewiston, ME** Fall 2022

- Designed and administered a survey to investigate the mental health self-stigma among international students at Bates
- Analyzed quantitative and qualitative data from 39 participants
- Shared findings with Bates College's Counseling & Psychological Services to help counselors improve relevant services

**Research Assistant, Bates College Psychology Department, Lewiston, ME** Summer 2022

- Coded 95 qualitative responses for a content analysis study on parents of sexual minority youth

## COMMUNITY ENGAGEMENT

**Tri-County Mental Health Services, Lewiston, ME** October 2020 – January 2023

- Built friendship and engaged in various activities with a mentally disabled client. Activities included playing board games, developing language skills, watching sports games, and practicing simple math
- Assisted staff members in delivering basic cognitive and social training for the client

**Beijing Stars and Rain Education Institute for Autism, Beijing, China** June 2022 – July 2022

- Received basic training in the Applied Behavioral Analysis treatment for Autism Spectrum Disorder (ASD)
- Delivered social and behavioral training to four adolescents diagnosed with ASD under the guidance of therapists

**Montello Elementary School Book Buddies, Lewiston, ME** September 2020 – April 2020

- Read to two first-grade elementary school students and taught them basic vocabulary during the school day twice a week

**Cambodian Orphans and the Disabled Organization, Siem Reap, Cambodia** January 2019

- Taught basic English and Mathematics courses to orphans in Assisting Cambodian Orphans and the Disabled Organization (ACODO) in Siem Reap, Cambodia for a week

**Song Tang Hospice, Beijing, China** November 2018 – March 2019

- Aided an 89-year-old patient in achieving her longstanding dream of writing an autobiography
- Transcribed the patient's autobiography in Chinese and English
- Gained an understanding of factors affecting individuals with physical disabilities, e.g. level of discrimination

## EXTRACURRICULAR ACTIVITIES

**Vice-President, Bates College Active Minds Club, Lewiston, ME** September 2020–April 2023

- Organized the "Share Your Story" event on campus to enable 10 Bates students to tell their stories regarding mental health to 50+ members of the Bates community
- Organized the self-care fair on campus to enable 60+ Bates students to de-stress before the finals week
- Administered the club's official social media accounts; publicized club events on Instagram and Facebook

## SKILLS & INTERESTS

**Computer:** SPSS, Microsoft Office, Qualtrics

**Languages:** Fluent in English and Mandarin Chinese