

Sami Psych
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EDUCATION

Bates College, Lewiston, ME

Expected Graduation 2026

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 2025 – 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 2024

- 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 2024

- 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 2022 – January 2025

- 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

Summer 2024

- 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 2022 – April 2023

- 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 2022

- 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 2021 – March 2022

- 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 2024 – present

- 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