

Avery Chahl, M.S.

The Pennsylvania State University | Department of Human Development and Family Studies
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Education

- 2025 (expected) **Ph.D., Human Development and Family Studies**
The Pennsylvania State University
Advisor: Gregory M Fosco, Ph.D.
- 2022 **M.S., Human Development and Family Studies**
Translational Science Certificate
The Pennsylvania State University
Thesis: *Examining the Effects of School Connectedness on SEL Technique Use in Middle Childhood*
Advisor: Sunhye Bai, Ph.D.
- 2020 **B.A., Psychology** with Special Honors
Minor in Health Communications
The University of Texas at Austin
Honors Thesis: *The Relationship Between Cross-Cultural Friendships and Psychological Resilience in Adolescents*
Advisor: Aprile D. Benner, Ph.D.

Research Interests

- Peer relationships in childhood and adolescence
- Social network analysis
- Translational research
- Science communication

Awards and Honors

The Prevention and Methodology Training Program T32 Predoctoral Fellow

July 2023 – Present

Prevention Research Center, The Pennsylvania State University

Bennett Pierce Prevention Research Center Fellowship for Caring and Compassion

Fall 2022 – July 2023

Prevention Research Center, The Pennsylvania State University

Edward R. and Helen Skade Hintz Graduate Educational Enhancement Fellowship

Spring 2023

Rapid Research Competition, 2nd place winner

April 2022

College of Health and Human Development, The Pennsylvania State University

Bunton-Waller Graduate Assistantship

Fall 2020 – Spring 2021

Council of College Multicultural Leadership, The Pennsylvania State University

RESEARCH

Publications

Rulison, K.L., **Chahl, A.**, Hoeben, E.M., (in press). The Role of Parenting in Shaping the Friendship Context of Adolescent Substance Use. In M.E. Feinberg (Ed.). *Teen Friendship Networks, Development, and Risky Behaviors*. New York, New York: Oxford University Press

Chahl, A., Bai, S., Rulison, K.L., Fosco, G.M. Examining the effects of school connectedness on use of self-regulation strategies in middle childhood. (in press)

Chahl, A., Fisher, Z., Bai, S., Fosco, G.M., Ji, L., Reliability of a Daily Negative Affect Measure & Associations with Feelings About Friends. (in prep)

Presentations

Coping with Academic Stress: Considering the Complex and Interdependent Influences of Relationships with Peers, Parents, and Teachers [Paper Symposium]. Society for Research on Adolescence, San Diego, CA. (Upcoming)

The Frederick Douglass Project [Community Panel], Center for the Performing Arts at Penn State

Internships and Graduate School [HDFS USO Panel] (2023, Mar 14)

Academia Won't Break My Soul: Exploring Refusal and Resistance as We Prepare to Navigate Graduate School [IMPACT Program Professional Development Program Panel] (2023, Jun 29)

Research Experience

The Pennsylvania State University

SAFE Lab (Strengthening Adolescents and Families Everyday)

Fall 2020 – Present

Graduate Research Assistant & Project Manager

Student Wellness Study, PIs: Gregory M. Fosco, Ph.D., Sunhye Bai, Ph.D.

- Coordinates and leads baseline and daily diary data collection efforts
- Maintains communicative partnership as a researcher-to-elementary school liaison
- Develops translational products (i.e., self-coded data feedback dashboard for teachers)
- Manages project data management and cleaning, developing codebook

Graduate Research Assistant

FAM Best (Families Being Supportive Together), PI: Sunhye Bai, Ph.D.

- Facilitated undergraduate research assistants' professional development
- Coordinated undergraduate research assistant tasks (i.e., data input, transcriptions)
- Conducted participant baseline interviews

The University of Texas at Austin

Undergraduate Research Assistant

Summer 2019 – Spring 2020

Discrimination in the Adolescent Development Context

PI: Aprile D. Benner, Ph.D.

Undergraduate Research Assistant

Spring 2018

Adolescent Development Research Group

Adolescent Growth Mindset Intervention

PI: David Yeager, Ph.D.

TEACHING

Guest Lectures

Chahl, A. (Upcoming, 2023 April). *Friendships in Childhood: Social Network Applications* [Guest Lecture]. HDFS 229, Infant and Child Development.

Chahl, A. (2022 Feb). *Peers, Cliques, and Crowds- Applications of Social Network Analysis* [Guest Lecture]. HDFS 239, Adolescent Development.

Chahl, A. (2023, Mar 2). *What the Girl Gang Has Learned: Being a woman of color in STEM* [Professional Development Lecture]. HDFS 496, Independent Studies

Chahl, A. (2023, Jan 19). *A Day in the Life of a Ph.D. Student* [Professional Development Lecture]. HDFS 496, Independent Studies

Chahl, A. (2022, Nov 10). *CV and Resume Building* [Professional Development Lecture]. HDFS 496, Independent Studies

Chahl, A. (2022, Apr 21). *How to Read a Journal Article* [Professional Development Lecture]. HDFS 496, Independent Studies

Chahl, A. (2022, Apr 7). *HARKing (Hypothesizing After Results are Known)* [Professional Development Lecture]. HDFS 496, Independent Studies

Chahl, A. (2022, Mar 28). *P-hacking* [Professional Development Lecture]. HDFS 496, Independent Studies

Chahl, A. (2023, Mar 17). *What the Girl Gang Has Learned: Being a woman of color in STEM* [Professional Development Lecture]. HDFS 496, Independent Studies

Chahl, A. (2022, Feb 24). *CV and Resume Building* [Professional Development Lecture]. HDFS 496, Independent Studies

TA-ships

Graduate Teaching Assistant

Course: HDFS 229 Infant and Child Development, Instructor: Dr. Sarah Kollat

Graduate Teaching Assistant

Course: HDFS 129 Introduction to Human Development and Family Studies, Instructor: Dr. Molly Countermeine

Mentorship

Schreyer Undergraduate Honors Thesis Mentor

Caroline Horn, (2032) The Home-to-School Connection: Family Cohesion and How it Impacts Connection to School

Skills and Expertise

Software:

- Proficient in R and R Shiny
- Competent in SAS, SPSS, Mplus, Qualtrics
- Familiar with Python

Workshops

Psychological Networks Amsterdam Winter School, University of Amsterdam, (2023, Feb), Psychosystems Group

- Weeklong lecture series taught by leading experts in the field of psychological network analysis

Professional Affiliations

Society for Research in Child Development

Society for Research in Child Development Asian Caucus

Society for Research on Adolescence

Department Service

College-Level Service

2023 – Present **Graduate Equity Ambassador**

Graduate Student Steering Committee

2023 – Present **Admissions Committee Graduate Representative**

2022 – 2023 **Co-Chair**

2022 – Present **BIPOC Affinity Group Coordinator and Founder**

2021 – 2022 **Program, Planning, Development, and Evaluation Graduate Representative**

2021 – 2022 **Newsletter Subcommittee Chair**

2020 – Present **Member**

- As co-chair, conducted frequent meetings with department leadership to advocate for graduate student needs
- As co-chair, successfully brought meetings back in person, with heightened attendance across the board
- As PPD&E representative, early advocate for graduate course review on DEIJ topics