**Rachel Leah Altholz**

**CONTACT**

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**EDUCATION**

2012-2014 Master’s of Science in Psychology, Arizona State University, West Campus (pending completion of thesis, Spring 2014)

2010-2012 Bachelor of Arts in Psychology, California State University, Sacramento

2007-2010 Associate in Arts, American River College, Sacramento, CA.

* Received separate degrees in Psychology, Social Sciences, and Liberal Arts

2002-2005 Paramedic, Great Lakes EMS Academy, Jenison, MI.

* Nationally licensed and Michigan state certified

**HONORS AND AWARDS**

2012 Magna Cum Laude Honors, California State University, Sacramento

2011-present Psi Chi International Psychology Honor Society, California State University,

 Sacramento

2010-present Dean’s Honor List, California State University, Sacramento

* Spring 2011 and Fall 2011

2009-present Phi Theta Kappa International Honor Society, American River College,

 Sacramento, CA.

2009-2010 Highest Honors, American River College, Sacramento, CA.

* Fall 2009 and Spring 2010

**RESEARCH EXPERIENCE**

12/2013-5/2014 **Research Assistant**

New College of Interdisciplinary Sciences, Arizona State University

 Supervisor: Jessica Salerno, Ph.D.

* Involved in collecting data for active research in faculties lab
* Examined collected data concerning religious identities, homosexuality, and juror decision-making.
* Participated in weekly lab meetings

9/2012-11/2013 **Research Assistant**

New College of Interdisciplinary Sciences, Arizona State University

 Supervisor: Perla Vargas, Ph.D.

* Involved in cleaning data for multi-year, international large sample data set
* Examined collected data concerning cultural differences in physical activity, physical health, risky behaviors, and mental health.
* First author and co-conceptualist of research topics and poster submissions for conferences

9/2011-5/2012 **Research Assistant**

 Department of Psychology, California State University, Sacramento

 Supervisor: Phillip Akutsu, Ph.D.

* Involved in collection and processing for a multi-year, large sample data set
* Examined collected data concerning intimate partner violence, family abuse, attitudes towards seeking mental health services, and personality traits as they relate to culture
* Provided input into conceptualization of research paper/poster submissions for national conferences

9/2011-5/2012 **Research Assistant**

 Department of Psychology, California State University, Sacramento

 Supervisor: Kelly Cotter, Ph.D.

* Examined social and personal factors related to the acquisition and maintenance of physical activity behavior across the lifespan
* Assisted in creation of research paper/poster submissions for national conferences using professor’s existing data set and created actual poster for conference presentation
* Created public website for professor’s lab using www.weebly.com
* Converted paper survey packet to online survey using SurveyMonkey.com

**PROFESSIONAL AND COMMUNITY EXPERIENCE**

8/2013-12/2013 **OLEg Center Technician**

 Online Technology Support Center, Arizona State University

 Supervisor: Kathy Grimes

* Assisted students face-to-face with statistics and psychology tutoring
* Provided technical support to faculty and students in the online program
* Revised and maintained school-hosted website for the center

8/2013-12/2013 **Course Assistant**

 New College of Interdisciplinary Sciences, Arizona State University

 Supervisor: Lori Hermosillo

* PSY 366 Abnormal Psychology
* Graded assignments delegated by faculty member
* Responded to students emails and provided guidance with homework
* Assisted faculty member with website maintenance

7/2013-8/2013 **Course Assistant**

New College of Interdisciplinary Sciences, Arizona State University

 Supervisor: Jessica Rohlfing-Pryor, Ph.D.

* PSY 230 Introduction to Statistics
* Graded assignments delegated by faculty member
* Responded to students emails and provided guidance with homework
* Held office hour to provide students with further assistance and extra credit

3/2013-5/2013 **Course Assistant**

 New College of Interdisciplinary Sciences, Arizona State University

 Supervisor: Peggy Morrison, Ph.D.

* PSY 453 Organizational Psychology
* Graded assignments delegated by faculty member
* Created grading rubric for all class assignments

8/2012-2/2013 **Course Assistant**

New College of Interdisciplinary Sciences, Arizona State University

 Supervisor: Elizabeth Valenti, Ph.D.

* ASB 346 Marriage and Family Diversity
* PGS 385 Psychology of Gender
* PGS 101 Introduction to Psychology
* Graded assignments delegated by faculty member
* Responded to students emails and answered questions
* Trained additional course assistants to use online forum and grade book

10/2011-5/2012 **Private Statistics Tutor**

* Assisted students in one-on-one and small group settings to review homework and prepare for exams
* Used visual, verbal, and kinesthetic teaching methods to explain concepts to students dependent on their preferences

9/2011-10/2011 **Member**

 Conference Committee, Annual Research Conference,

 Department of Psychology, California State University, Sacramento

* Developed graphics and prototypes for conference programs, fliers, posters, and invitations using Microsoft Publisher
* Collaborated with other conference committee members to promote, set-up, clean-up, and recruit participants for the event

9/2011-12/2011 **Teaching Assistant**

 Department of Psychology, California State University, Sacramento

 Supervisor: Liat Sayfan, Ph.D.

* PSYC 101: Foundations of Psychological Research I
* Led two weekly lab sessions without professor in attendance
* Aided students in proper narration creation for results reporting of SPSS output
* Assisted students with understanding and analyzing SPSS exercises

5/2011-8/2011 **Orientation Leader (summer staff)**

 New Student Orientation Office, California State University, Sacramento

 Supervisor: Mary Shepherd

* Facilitated initial academic advising, course selection, and registration for students admitted for the fall semester
* Provided comprehensive information about academic and campus regulations and expectations
* Prepared parents of first-semester college students for the personal and academic responsibilities they would incur during their child’s education experience
* Conducted campus tours and oral presentations to groups ranging from 7-500 people

10/2010-5/2012 **Student Assistant**

Office of the Associate Dean for Faculty, College of Business Administration, California State University, Sacramento

 Supervisor: Tamara Dunn

* Prepared, filed, and sorted confidential forms for the Senior Associate Dean, the Assistants to the Senior Associate Dean, and faculty
* Created, modified, and formatted online exams for faculty using Blackboard and WebCt
* Graded exams using scantron machine and hand-scoring, and input scores into faculty’s personal online grade books
* Used computer programs that include Microsoft Office (Word, Excel, Publisher, and Outlook), PaperPort, Adobe Acrobat, and Digital Measures for processing, editing, and inputting data for faculty and staff

9/2003-9/2005 **Paramedic Intern**

 American Medical Response, Holland and Grand Rapids, MI.

 Supervisor: Steve Huisman

* Started IV’s and gave medications orally, sublingually, intravenously, and topically
* Worked with licensed paramedics to create primary care plans for patients
* Proficient in reading heart rhythms on an EKG monitor, as well as monitoring vital signs (blood pressure, heart rate, respirations, level of consciousness)

**PRESENTATIONS**

Flores, M., **Altholz, R.L.**, Kozhevnisova, O., & Vargas, P.A. (2014, April). *Buddy systems for better health: culture, physical activity, and health.* Poster submitted for the annual meeting of the Western Psychologcial Association, Portland, OR.

**Altholz, R.L.**, Lara, G., Flores, M., Jackson, S., & Vargas, P. (2013, April). *Riding the wave of mood disorders: surfing for social support*. Poster accepted for the annual meeting of the Western Psychological Association, Reno, NV.

Akutsu, P. D., Cheung, H. M., Lee, E., Virden, T., & **Altholz, R. L.** (2012, August). *Differential approach-avoidance help-seeking attitudes among Filipino, Hmong, and White Americans*. Poster accepted for the annual meeting of the American Psychological Association, Orlando, FL.

Cheung, H. M., Akutsu, P. D., Lee, E.,Virden, T., & **Altholz, R.** (2012, April). *Ethnicity and service use effects on approach and avoidance help-seeking attitudes.* Poster accepted for the annual meeting of the Western Psychological Association, San Francisco, CA.

Lee, E., Akutsu, P. D., Cheung, H. M, **Altholz, R.**, & Virden, T. (2012, April). *Ethnic and gender differences on attitudes towards male dating violence*. Poster accepted for the annual meeting of the Western Psychological Association, San Francisco, CA.

Cotter, K. A., Lancaster, N., Rodda, D., Padilla, C., Lee, S., Filipowski, A., Painter, K., **Altholz, R.L.**, & Garbato, M. (2012, April). *Motivation for physical activity: what makes us move?*  Poster accepted for the annual meeting of the Western Psychological Association, San Francisco, CA.

Cotter, K. A., Javaid, S., Painter, K. M., & **Altholz, R.** (2011, October). *Social relations and physical activity: interactions with age.* Poster session at the Annual Research Conference, Department of Psychology, California State University, Sacramento, CA.

**PROFESSIONAL MEMBERSHIPS**

2011–present Student Affiliate, American Psychological Association

2011–present Student Member, Western Psychological Association

**REFERENCES**

Dr. Jessica Salerno

Assistant Professor

Arizona State University

jessica.salerno@asu.edu

Dr. Elizabeth Valenti

Instructional Professor

Arizona State University

elizabeth.valenti1@asu.edu

Kathy Grimes

Manager of Instructional Design

Arizona State University

kathy.grimes@asu.edu