

Jessica Balla

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Education

August 2020-2025
(Expected)

Ph.D. Psychological Sciences
University of California, Merced
Advisor: Dr. Martin Hagger

December 2019

**B.S. Psychology, Summa Cum Laude, Departmental Honors,
Honors Program Graduate**
University of La Verne
Major GPA: 3.94
Cumulative GPA: 3.88

Publications, Peer-Reviewed

Gamst, G., Arellano-Morales, L., Meyers, L.S., Serpas, D., **Balla, J.**, Diaz, A., Dobson, K., Feller, C., Rought, S., Salazar, S., Garcia, S., & Aldape, R. (2020). Shifting can be stressful for African American women: A structural mediation model. *Journal of Black Psychology*. <https://doi.org/10.1177/0095798420939721>

Poster Presentations, Peer-Reviewed

Balla, J., McCafferty, K., Verbarendse, K., Aldape, R., Awad, N., Bench, R., Vargas, V., Lawson, M., Hernandez, I., Aguilera, B., Olvera, V., Huffman, N., Arellano-Morales, L., Meyers, L. S., & Gamst, G. (2020, October). *Shifting mediates racism-related stress of Asian American women*. Accepted for presentation at Western Psychological Association 100th annual virtual conference.

Balla, J., McCafferty, K., Verbarendse, K., Huffman, N., Menendez, C., Chao, T., Serpas, D., Rojas, A., Ma-Kellams, C., Arellano-Morales, L., Meyers, L. S., & Gamst, G. (2020, October). *A confirmatory factor analysis of the Asian American Women's Shifting Scale (AsAWSS)*. Accepted for presentation at Western Psychological Association 100th annual virtual conference.

Balla, J., Vargas, V., Huffman, N., Hernandez, I., Lawson, M., Aguilera, B., Serpas, D., Rojas, A., Gordon, C., Kwon, R., Meyers, L.S., & Gamst, G. (2020, October). *Effects of type of Latinx American landscaper on assessment of petty bourgeois mentality: A field experiment*. Accepted for presentation at Western Psychological Association 100th annual virtual conference.

Balla, J., Blankenship, H., Calzada, C., Huffman, N., Camacho, J., Price, J., Lukacs, A., & Bui, N. (2019, April). *The effects of social media influencers on self-esteem among college students*. Poster presented at the Western Psychological Association 99th annual conference, Pasadena, CA.

Balla, J., Blankenship, H., Calzada, C., Smisek, W., Zhu, X., Dalton, J., Ontiveros, A., Gutierrez, A., & Bui, N. (2019, April). *The effects of social media influencers on life*

aspirations among college students. Poster presented at the Western Psychological Association 99th annual conference, Pasadena, CA.

Escobar, R., **Balla, J.**, Serpas, D., Rojas, A., Huffman, N., McCafferty, K., Verbarendse, K., Wang, V., Menendez, C., Ma-Kellams, C., Arellano-Morales, L., & Gamst, G. (2019, April). *A qualitative analysis of Asian American women's shifting attitudes in a community sample*. Poster presented at the Western Psychological Association 99th annual conference, Pasadena, CA.

Aldape, R., **Balla, J.**, Diaz, A., Dobson, K., Feller, C., Garcia, S., Rought, S., Salazar, B., Serpas, D., Arellano-Morales, L., Meyers, L.S., & Gamst, G. (2018, April). *A structural mediation model predicting race-related stress of African American women*. Poster presented at Western Psychological Association 98th annual conference, Portland, OR.

Research Experience

Apr. 2019-

Undergraduate Research Assistant

Dec. 2019

Psychology Department, University of La Verne

Advisors: Drs. Glenn Gamst and Roy Kwon

Responsibilities:

- Assisted in research project examining small business orientation of landscaping entrepreneurs and wage/salary-earning landscapers
- Facilitated communication between lab assistants and advisors through email
- Recruited participants through in-person interaction
- Performed data entry using SPSS

Aug. 2018-

Undergraduate Research Chair

May 2019

Psi Chi Honor Society, University of La Verne

Advisor: Dr. Ngoc Bui

Responsibilities:

- Developed and proposed annual research project involving social media influencer's effects on life aspirations and self-esteem in a college sample
- Directed literature review
- Managed online survey on Qualtrics
- Performed data entry and statistical analysis using SPSS
- Conducted poster writing and poster presentation

Jan. 2017-

Undergraduate Research Assistant

Dec. 2019

Multicultural Laboratory, Psychology Department, University of La Verne

Advisors: Drs. Glenn Gamst and Leticia Arellano-Morales

Responsibilities:

- Assisted in three separate research projects examining behavioral shifting strategies utilized among ethnic/racial minority women to cope with race-related stress
- Coordinated communication to research group through email

- Contributed articles to literature review
- Aided in poster formulation and poster presentation
- Transcribed focus group audio for shifting projects
- Formulated questions for scale development

Professional Experience

- Aug. 2020-
Dec. 2020 **Teaching Assistant, PSY180 - Physiological Psychology**
Psychology Department, University of California, Merced
Supervisor: Dr. Darrin Tracy
- May 2019 **Psychology Research Conference Coordinator**
9th Annual Psi Chi Student Research Conference, University of La Verne
Responsibilities:
- Recruited faculty speakers and graduate student panelists
 - Introduced speakers during conference
 - Organized student poster presentation session
 - Managed attendee registration
 - Oversaw catering, gifting, and cleaning committees
- Feb. 2019-
May 2019 **Assistant Teacher**
Fairplex Child Development Center, Pomona CA
Responsibilities:
- Assisted in general daily tasks of a three-year-old classroom
 - Conducted cognitive exercises with children through play
 - Resolved social conflicts between students
 - Supervised students during physical activity

Honors and Awards

- 2019 2nd Place Poster Award, Western Psychological Association Division 52:
International Psychology
- 2019 Psychology Departmental Award in Academic Recognition, University of
La Verne
- 2017-2019 Dean's List (Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018,
Spring 2019), University of La Verne
- 2016-2019 Presidential Scholarship, University of La Verne (\$112,000)

Professional Memberships

- 2018-present Psi Chi, International Honor Society in Psychology