

# Laura E. Ashlock

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## EDUCATION

- Expected 2026      **University of California, Riverside:** PhD Psychology | Area: Social and Personality | Mentor: Dr. Thomas Sy, Leadership and Group Dynamics
- 2019      **University of Southern California:** Master of Marriage and Family Therapy  
GPA: 3.98
- 2017      **Pepperdine University:** B.A. Psychology | Minor in Hispanic Studies  
GPA: 3.936; Psychology GPA: 3.94, *summa cum laude*
- International Experience: Studied at Pepperdine's Buenos Aires campus throughout Academic Year 2014-2015; Pepperdine London Internship Program Summer 2015
- 2013      **California State University, Fresno:** Concurrent High School enrollment: Psychology, Biology, Spanish, Calculus III, Dance, Geology  
GPA: 4.0

## PUBLICATIONS AND PRESENTATIONS

### Scholarly Publications

**Ashlock, L.E.**, Miller-Perrin, C., & Krumrei-Mancuso, E. (2019). The effectiveness of structured coloring activities for anxiety reduction. *Art Therapy: The Journal of the American Art Therapy Association*, 35(4), 195-201. doi: 10.1080/07421656.2018.1540823

### Poster Presentations

Ahuja, R., Gomez, M., **Ashlock, L.**, & Sy, T. (2023, April). *Mindset training application impact on self-efficacy and job interview performance*. Poster session at the UCR Undergraduate Research Symposium, Riverside, CA.

Pi, C., Rodriguez, K., **Ashlock, L.**, Gomez, M., & Sy, T. (2023, April). *The impact of follower personality traits on perceived trust and power of social media influencers*. Poster session at the UCR Undergraduate Research Symposium, Riverside, CA.

Vasquez, B., Gomez, M., **Ashlock, L.**, & Sy, T. (2023, April). *Social media intensity and trust in social media influencers*. Poster session at the UCR Undergraduate Research Symposium, Riverside, CA.

Stein, K., **Ashlock, L.**, Gomez, M., & Sy, T. (2023, April). *Enhancing goal achievement with a mobile app: Role of gender*. Poster session presented at the Annual Convention of the Society for Industrial and Organizational Psychology (SIOP), Boston, MA.

- Ashlock, L., & Sy, T.** (2023, February). *You are what you speak: Self-talk, self-efficacy, and goal progress while using a mobile mindset training application.* Poster session presented at The Society for Personality and Social Psychology Annual Convention (SPSP), Atlanta, GA.
- Chen, L., Nguyen, K., **Ashlock, L.**, Gomez, M., Stein, K., & Sy, T. (2022, May). *The role of self-efficacy in achieving different goals.* Poster session at the UCR Psi Chi R'PSYC Conference, Riverside, CA.
- Kieta, A., Claar, T., Gomez, M., **Ashlock, L.**, Stein, K., & Sy, T. (2022, April). *A mobile application intervention for improving life satisfaction, gratitude, and optimism.* Poster session at the UCR Undergraduate Research Symposium, Riverside, CA.
- Leung, A., **Ashlock, L.**, Gomez, M., Stein, K., & Sy, T. (2022, April). *The conditioned follower: Enhancing followership expectations via self-directed galatea intervention.* Poster session presented at the Annual Convention of the Society for Industrial and Organizational Psychology (SIOP), Seattle, WA.
- Ashlock, L.**, Miler-Perrin, C., & Krumrei-Mancuso, E. (2017, August). *The effectiveness of coloring methods for anxiety reduction.* Poster session presented at the Annual Convention of the American Psychological Association (APA), Washington, D.C.
- Ashlock, L.**, Miller-Perrin, C., & Thompson, D. (2016, May). *The impact of studying abroad on identity, spirituality, and vocational calling.* Poster session presented at the Annual Convention of the Association for Psychological Science (APS), Chicago, IL.

## RESEARCH EXPERIENCE

- Nov 2021 – Present                      Research Specialist  
Riverside County Department of Social Services | Riverside, CA
- Design and implement an annual workplace satisfaction survey for all DPSS employees.
  - Analyse results and synthesize findings to develop research-based recommendations.
  - Translate scientific findings for presentation to professionals with varying levels of research understanding.
  - Consult with divisional leadership to drive organizational culture shift, job satisfaction, engagement, and retention.
- Oct 2020 – Nov 2021                      Research Specialist  
PI: Dr. Rachel Castaneda  
Azusa Pacific University | Azusa, CA
- Supported lab operations and develop implementation protocol for multiple mental and behavioral health-related research and evaluation projects.
    - o SAMHSA-funded Provider Clinical Support System Training project in conjunction with School of Nursing.
    - o SAMHSA-funded community-based intervention for HIV risk among racial/ethnic youth ages 13-24 using a peer navigator approach.
    - o LA County Substance Abuse Prevention and Control

Youth Provider Network training and at-risk youth curriculum development for substance use disorder prevention.

- Conducted data management, reported results to funding sources, and created newsletters to communicate lab updates to the community.
- Coordinated with other research faculty and staff to organize supplemental training opportunities for healthcare providers.

Jan 2016 – April 2017

Pepperdine Undergraduate Honors Research Symposium  
Mentors: Dr. Cindy Miller-Perrin and Dr. Elizabeth Krumrei-Mancuso  
Pepperdine University | Malibu, CA

- Created and conducted an original research study on coloring methods as an anxiety reduction technique
- Presented final results to faculty panel and prepared poster for presentation at Pepperdine Undergraduate Research Symposium as well as at the Annual Convention of the American Psychological Association
- Crafted manuscript, which was published in a peer reviewed journal.

Jan 2017 – April 2017

Research Assistant  
Dr. Jennifer Harriger, Professor of Psychology  
Pepperdine University | Malibu, CA

- Supported research projects regarding body image and development in children and young adults.
- Conducted verbal interviews with children ages 5-11, administered surveys, and recorded data for Principal Investigator
- Collaborated with team of research assistants to administer pre- and post- surveys to assess outcomes of an on-campus body image program.

Aug 2015 – May 2016

Research Assistant  
Dr. Cindy Miller-Perrin, Distinguished Professor of Psychology  
Pepperdine University | Malibu, CA

- Independently researched current literature to develop a research question related to existing longitudinal data concerning the University's International Programs and various outcomes
- Managed large existing data-set to examine the relationships between study abroad participation and identity development, Spirituality, and vocational calling
- Identified errors, cleaned and re-coded data to ensure accuracy of results, and analyzed in SPSS
- Prepared and presented poster at the Annual Convention of the Association of Psychological Science

## **SERVICE, LEADERSHIP, AND MENTORSHIP**

2023

University of California, Riverside Psi Chi R'PSYC Conference  
*Abstract Reviewer*

- 2021 – Present
- University of California, Riverside Leadership and Group Dynamics Lab  
*Mentor to Undergraduate Research Assistants*
- Provide guidance and advice on careers and graduate school in psychology
  - Lead quarterly R programming workshops to teach statistical skills to undergraduate RAs
  - Co-authored poster presentations with: Connor Schofield, Taylor Claar, Rina Ahuja, Brandon Vasquez, Camryn Pi & Kiara Rodriguez, Rosario Lopez, Kathy Nguyen & Limin Chen, Jennifer Amador, Kaixin Liu & Shrutisri Sonekar
- 2013 – Present
- Gamma Phi Beta Sorority  
*Recruitment Advisor | August 2019 – Present*
- Advise chapter leaders on planning and executing successful recruitment activities, growing and retaining membership
  - Design and facilitate workshops pertaining to interpersonal skills, chapter values, brand and marketing
  - Fall 2019: chapter size increased by 58%, Fall 2020: chapter size increased by 62%
- Program Facilitator | November 2019 – Present*
- Facilitate small (20-30 attendee) and large (250-300 attendee) workshops for collegiate members at leadership conferences, executive council retreats, and belonging, equity, diversity, and inclusion (BEDI) summit.
- Chapter Advisor | July 2017 – August 2019*
- Advised all areas of the collegiate chapter, oversaw advisory board, and trained collegiate members in team-building, problem solving, and crisis management
  - Empower leaders to fulfill duties in alignment with the organization's values
- Collegiate Leadership Roles (2013 – 2017): Chapter President, Philanthropy Chair, Academics Committee Member*
- 2015 - 2017
- Girls on the Run International  
*Volunteer*
- Supported Los Angeles Girls on the Run chapters
  - Developed rapport with local leaders to create volunteer opportunities for college students
  - Completed training on teaching young girls social skills, confidence, and self-worth through training to run a 5k race
- 2013 - 2015
- Hand in Hand  
*Peer Buddy, Volunteer Coordinator*
- Engaged with young adults with special needs, practicing social and life skills
  - Promoted to coordinator for Pepperdine's volunteer center and recruited volunteers, organized weekly transportation, and served as liaison between Hand in Hand Pepperdine
  - Completed qualitative research paper on the psychosocial needs of parents of children with disabilities

**CLINICAL/APPLIED EXPERIENCE**

- May 2019 – October 2020
- Employment Consultant  
Best Buddies International | Los Angeles, CA
- Enacted organization’s mission by job coaching individuals with Intellectual and Developmental Disabilities (IDD)
  - Trained program participants in interpersonal and professional skills, emotion regulation, and self-advocacy
  - Took initiative in all areas of nonprofit management and operations including event planning, development, and community advocacy
  - Member of Diversity Dialogues Employee Resource Group, California Diversity and Inclusion and Communications Committees
  - Implemented creation of task forces for diversity and inclusion within the organization. Coordinated diversity and inclusion culture survey for Los Angeles office and presented results and implications to state leadership
- April 2018 – May 2019
- Marriage and Family Therapy Trainee  
USC Kortschak Center for Learning and Creativity | Los Angeles, CA  
140 clinical hours earned toward MFT licensure
- Empowered students with ADHD, learning disabilities, and other mental health diagnoses to reach their academic goals and potential in individual and group therapy setting
  - Utilized client-centered, solution-focused strategies to identify clients’ goals relating to mental and physical health, interpersonal and academic wellbeing and facilitate change towards those goals
  - Trained in developmental and identity theories, assessment techniques, and diagnostic criteria in educational psychology through weekly meetings, readings, seminars, and supervision.
- October 2016 – April 2017
- Peer Leader (Volunteer)  
The Body Project | Pepperdine University | Malibu, CA
- Co-facilitated CBT-oriented group sessions with college students regarding body image
  - Recruited participants, challenged group members’ current ideas about body image, and promoted body positivity on campus
  - Conducted pre- and post- session surveys and recorded data to examine program effectiveness
- May 2015 – July 2015
- Intern  
Parayhouse School | London, England, UK
- Supervised and taught children and young adults with intellectual and developmental disabilities in the classroom (math, reading, social skills, music, physical exercise, and art) and on field trip/community excursions
  - Gained knowledge about educational systems and multicultural views on disability
  - Sought out and requested opportunities to shadow/observe music, art, and play therapies

## **HONORS AND AFFILIATIONS**

2022-Present	Society for Personality and Social Psychology Graduate Student Member
2021-Present	Society for Industrial Organizational Psychology Graduate Student Member
2021-Present	University of California, Riverside - Chancellor's Distinguished Fellowship
2017 – 2021	American Psychological Association Student Affiliate/Member
2018 – 2019	California Association of Marriage and Family Therapists Student Affiliate
2016 - 2017	Psi Chi Psychology Honors Society
2016	Seaver College Social Science Departmental Scholarship
2013 – 2017	Pepperdine University Dean's Scholarship of Academic Achievement

## **SKILLS AND INTERESTS**

Spanish: Limited Working Proficiency; Computer Skills: SPSS, R, Microsoft Suite, Google Suite; Social Media and Newsletter content creation; Cello