

Rachel Mesa

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EDUCATION

School of Arts and Sciences Honors Program at Rutgers University

EXPECTED GRADUATION: May 2025

- Major in Psychology, Minor in Business Administration and Labor Studies Cumulative GPA: 3.916 / 4.0
- Relevant Coursework: Abnormal Psychology, Social Psychology, Quantitative Methods in Psychology, Intro to Management, Immigration Law

RESEARCH EXPERIENCE

David and Dorothy Cooper Research Fellowship

May 2024 – Present

- Design an online Qualtrics study with various surveys examining how Multiracial people cope with identity contestation and how it relates to their overall well-being
- Conduct various analyses on the thematically coded data and create a research paper based on my findings

Close Relationships, Identity, and Stigma (CRIS) Lab

August 2023 – Present

Research Assistant

New Brunswick, NJ

- Conduct 3 1-hour research studies per week regarding the conceptualization and reduction of racist essentialist beliefs
- Code data sets weekly on SPSS regarding how the ways white Americans believe racism can be addressed
- Aid in development of Zoom studies, including formulating scripts and protocol for research assistants and confederates

PROFESSIONAL MEMBERSHIPS & AWARDS

David and Dorothy Cooper Research Fellowship

May 2024 – Present

Phi Beta Kappa Honors Society

April 2024 – Present

Rutgers University Dean's List

August 2021 – Present

AP Scholar with Distinction

2021

CAMPUS INVOLVEMENT & LEADERSHIP

Rutgers University Student Centers & Activities

January 2024 - Present

Late Knight Intern

New Brunswick, NJ

- Aid in event planning, organization, volunteer recruitment, and preparation for biweekly campus events
- Attend office calls, emails, paperwork, and administrative duties for 15 hours per week

Rutgers Advancing Community Development Program

August 2023 – Present

Project Management Intern

New Brunswick, NJ

- Collaborate alongside 2 Johnson & Johnson mentors to coordinate efforts to better market non profit organizations
- Record and edit 3 podcast interviews in both video and audio formats for future social media dispersals

Rutgers Omega Phi Alpha Service Sorority

September 2022 – Present

Mental Health Coordinator

New Brunswick, NJ

- Participate in 2 fundraisers and spearhead and volunteer in 15+ community service projects per semester
- Host monthly educational workshops on mental health and distress activities and coordinate pen pal programs
- Organize annual American Foundation for Suicide Prevention campus walk to raise campus-wide suicide awareness

Rutgers SASHP Artists' Collective

May 2023 – Present

Performance Chair

New Brunswick, NJ

- Curate weekly graphics using Canva to post on Instagram in order to encourage participation and recruitment
- Plan and lead 2+ coffeehouse events per semester for performers in the Rutgers SAS Honors Program
- Aid in the conceptualization, set up, and hosting of biweekly art events, including the selection of catering and venues

PROFESSIONAL EXPERIENCE

New Brunswick Counseling Center **May 2024 – Present**
Case Management Intern New Brunswick, NJ

- Add to existing case management resources known to the agency by working with clinical staff and conducting research on resources local to each location.
- Schedule meetings with clients to assist them with identifying needs related to biopsychosocial wellness and communicate with clinical staff about any relevant updates.
- Make referrals to specific entities (higher level of care, housing, food needs, medical care) based on client needs
- Assist clients with tasks such as scheduling phone calls for appointments, resume building, locating jobs
- Curate infographics on Canva regarding client health to distribute onto various social media platforms

Amy Beth Acker Psychotherapy and Consulting, LLC **May 2023 – Present**
Administrative Assistant / Intern Remote

- Organize 10+ group therapy discussion outlines based in positive and clinical psychology research
- Transcribe and document critical information from 7+ psychological experiments on improving happiness
- Organize 20+ weekly automated emails to therapy patients demonstrating a mastery of written communication skills

Hollister Co. **May 2022 – January 2023**
Brand Ambassador Bridgewater, NJ

- Assisted 40+ customers per shift in finding their preferred pieces of inventory, sizes, and styles
- Aided customers in checkout, returns, price checks, discounts, rewards, and store pickups

Music for All Ears Inc. **December 2019 – June 2021**
Assistant Director / Volunteer Bridgewater, NJ

- Organized 25+ volunteer events to allow students to perform for retirement homes that cannot otherwise access live music
- Spearheaded the creation of a Youtube account with scheduled uploads in order to continue performances during the coronavirus pandemic and provide immunocompromised citizens with anticipated, safe events

SKILLS & INTERESTS

- **Hard Skills and Certification:** Microsoft Office Suite, Google Suite, Canva, Psychological First Aid, CITI Training: Social and Behavioral Research, SPSS, Qualtrics
- **Languages:** Native in English, biliterate in French, limited proficiency in Telugu
- **Interests:** Guitar, piano, vocal performance, community service, creative writing, activism, social justice, baking