

# CURRICULUM VITAE

## Mallika S Sarma

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### RESEARCH

Human adaptation and acclimation to extreme/novel environments  
Stress & resilience  
Energetic physiology, neuroendocrine systems & behavior  
Human variation & plasticity  
Human biology in space

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### EDUCATION

Ph.D. University of Notre Dame (Jun 2020)  
Human Biology - Anthropology

M.A. University of Notre Dame (May 2018)  
Human Biology - Anthropology

B.S. University of Michigan, Ann Arbor (May 2014)  
Evolutionary Anthropology (Biological Anthropology/Biology) & Psychology

### APPOINTMENTS

Jun 2020 – present      NIH Ruth L. Kirschstein Institutional National Research Service Award Postdoctoral Research Fellow  
Human Spaceflight Lab  
Department of Otolaryngology  
Johns Hopkins Medical School

### FELLOWSHIPS & GRANTS

2019      American Association for University Women. AAUW Dissertation American Fellow, Acclimating to the Extreme: Relationships between Energy Expenditure, Social Support, and Neuroendocrine Systems - \$20,000  
  
PEO Sisterhood. Scholar Award, Acclimation, Adaptation, & Resilience in Extreme Environments - \$15,000  
  
National Science Foundation. Doctoral Dissertation Research Improvement Grant, Acclimating to the Extreme: Energy Expenditure, Neuroendocrine Systems, and Social Dynamics in Novel/Challenging Environments - \$20,488

2018      Human Biology Association. Student Travel Award - \$500  
  
Institute for Scholarship in the Liberal Arts, University of Notre Dame. Graduate Research Grant, Acclimating to the Extreme: Energy Expenditure, Neuroendocrine Systems, and Social Dynamics in Novel/Challenging Environments - \$4,000

2017      Institute for Scholarship in the Liberal Arts, University Notre Dame. Graduate Research Grant, Women's Work: Endocrine Physiology During Subsistence Labor in the Republic of the Congo - \$4,000  
  
National Science Foundation. NSF-American Association for Physical Anthropologists Committee on Diversity IDEAS Fellow.

# CURRICULUM VITAE

- 2016 National Science Foundation. NSF Graduate Research Fellowship, Living the High Life: Differential Acute Endocrine Changes in High Altitude (2016 – 2019)
- Eck Center for Global Health, University of Notre Dame. Travel, Research, and Training Grant, Living the High Life: Subsistence Farming in High Altitude and Long Term Health Effects - \$4,000
- Liu Institute for Asia and Asian Studies, University of Notre Dame. Summer Research Grant, Living the High Life: Subsistence Farming in High Altitude and Long Term Health Effects - \$2,000
- 2015 Office of Grants and Fellowships, University of Notre Dame. Graduate Grant Writing Training Grant - \$1000
- Office of the Dean, University of Notre Dame. Dean's Fellowship (2015-2020)
- 2013 Honors Program, University of Michigan. Honors Summer Fellowship Award, Mindfulness, Psychological Well Being, Emotion Regulation, and Creativity among South Asian Americans - \$4000
- 2012 Department of Psychology, University of Michigan. Student Travel Award - \$500
- Center for the Education of Women. Rieker Undergraduate Grant - \$2,000

## PEER-REVIEWED PUBLICATIONS

### UNDER REVIEW

Gettler, LT, Lew-Levy, S, Sarma, MS, Miegakanda, V, Meyer, J, Boyette, AH. Under Review. Children's cortisol among BaYaka foragers: Associations with fathers' roles and parental physiology. *Philosophical Transactions of the Royal Society B*.

### IN PRESS

Ocobock, C, Lynn, C, Sarma, MS, Gettler, LT. Under Review. Organized Adult Play and Stress Reduction: Testing the Absorption Hypothesis in a Comedy Improv Theatre. *Adaptive Human Behavior and Physiology*.

Gettler, LT, Lew-Levy, S, Sarma, MS, Boyette, AH. In Press. When sharing is caring: Testosterone, fathering, and generosity among BaYaka foragers of the Congo Basin. *Nature Scientific Reports*.

### 2020

Sarma, MS, Boyette, AH, Lew-Levy, S, Miegakanda, V, Samson, D, Kilius, E, Gettler, LT. Under Review. Sex differences in daily activity intensity and energy expenditure and their relationship to cortisol among BaYaka foragers from the Congo Basin. *American Journal of Physical Anthropology*.

### 2019

Boyette, AH, Lew-Levy, S, Sarma, MS, Miegakanda, V, Gettler, LT. 2019. Fatherhood, Egalitarianism, and Child Health in Two Small-Scale Societies in the Republic of the Congo. *American Journal of Human Biology*.

Gettler, LT, Sarma, MS, Lew-Levy, S, Bond, A, Trumble, BC, Boyette, AH. 2019. Mothers' and fathers' joint profiles for testosterone and oxytocin in a small-scale fishing-farming community: variation based on marital conflict and paternal contributions. *Brain and Behavior*.

Gettler, LT, Gengo, RG, Sarma, MS, Oka, RC, McKenna, JJ. 2019. Testosterone moderates the effects of social support on cardiovascular-disease risk factors among Older U.S. Men. *American Journal of Human Biology*.

## CURRICULUM VITAE

- 2018
- Boyette, A, Lew-Levy, S, Sarma, MS, Gettler, LT. 2018. Testosterone, fathers as providers are caregivers, and child health: Evidence from fisher-farmers in the Republic of the Congo. *Hormones and Behavior*.
- Sarma, MS, Gettler, LT, Childs, G, Quinn, EA. 2018. When women work: Endocrine reactivity in women during everyday physical activity at high altitude. *American Journal of Human Biology*.
- Kuo, PX, Braungart-Rieker, JM, Lefever, JEB, Sarma, MS, O'Neill, MS, Gettler, LT. 2018. Fathers' cortisol and testosterone in the days around infants' births predict later paternal involvement. *Hormones and Behavior*.
- Sarma, MS, Kuo, PX, Bechayda, SA, Kuzawa, CW, Gettler, LT. 2018. Exploring the links between early life and young adulthood social experiences and men's later life paternal psychobiology. *Physiology and Behavior*.
- 2017
- Gettler, LT, Sarma, MS, Gengo, RG, Oka, RC, McKenna, JJ. 2017. Adiposity, CVD risk factors, and testosterone: variation by partnering status and residence with children in U.S. men. *Evolution, Medicine, and Public Health*.

### PROFESSIONAL PRESENTATIONS

- 2020
- Yunkle, C, Sarma, MS, Boyette, A, Lew-Levy, S, Miegakanda, V, Gettler, LT. 2020. Time allocation differences by sex and age among egalitarian BaYaka foragers. Poster. *Am J Hum Biol. Human Biology Annual Meeting*. Los Angeles, CA. April, 2020. [Cancelled due to COVID-19]
- Kirgios, VS, Sarma, MS, Ocobock, CJ, Rochelle, S, Martin, S, Musema, JP, Gettler, LT. 2020. Sex differences in received social support and health outcomes in extreme conditions. Poster. *Am J Hum Biol. Human Biology Annual Meeting*. Los Angeles, CA. April, 2020. [Cancelled due to COVID-19]
- Musema, JP, Sarma, MS, Ocobock, CJ, Rochelle, S, Martin, S, Kirgios, VS, Gettler, LT. 2020. Minimal daily heart rate during acclimatization to extreme conditions: individual differences during a multi-month Rocky Mountain wilderness expedition. Poster. *Am J Hum Biol. Human Biology Annual Meeting*. Los Angeles, CA. April, 2020. [Cancelled due to COVID-19]
- Sarma, MS, Ocobock, CJ, Rochelle, S, Martin, S, Gettler, LT. 2020. Social support and cortisol response when acclimating to novel and challenging environments. Poster. *Am J Hum Biol. Human Biology Annual Meeting*. Los Angeles, CA. April, 2020. [Cancelled due to COVID-19]
- Sarma, MS, Ocobock, CJ, Rochelle, S, Martin, S, Gettler, LT. 2020. Changes in body composition during short-term acclimatization to highly challenging environments. Podium. *Am J Phys Anthropol. AAPA Annual Meeting*. Los Angeles, CA. April, 2020. [Cancelled due to COVID-19]
- Kilius, E, Samson, DR, Lew-Levy, S, Sarma, MS, Gettler, LT, Boyette, A. 2020. Shifting sleep ecologies among foragers: An intra-community comparison of village and forest sleep of BaYaka foragers from the Congo. *Am J Phys Anthropol. AAPA Annual Meeting*. Los Angeles, CA. April, 2020. [Cancelled due to COVID-19]
- Sarma, MS, Ocobock, CJ, Gettler, LT. 2020. Group dynamics, cortisol stress response, and resilience during extended expeditions in an analog environment. Poster. *NASA's Human Research Program Investigator's Workshop*. Galveston, TX. Jan, 2020.

## CURRICULUM VITAE

2019

Sarma, MS, Ocobock, CJ, Gettler, LT. 2019. Human Energy Expenditure, Physical Activity, and Cortisol Responsivity in Extreme Environments. Poster. American Society for Gravitational and Space Research. Denver, CO November, 2019.

Sarma, MS, Lew-Levy, S, Boyette, A, Miegakanda, V, Gettler, LT. 2019. MOLONGA: Social dynamics, physical activity, and hormone reactivity among BaYaka foragers. Poster. Am J Hum Biol. Human Biology Annual Meeting. Cleveland, OH. March, 2019.

Gettler, LT, Sarma, MS, Lew-Levy, S, Boyette, A. 2019. Mothers' and fathers' testosterone and oxytocin in a small-scale fishing farming community: Variation based on marital conflicts and parental contributions. Poster. Am J Hum Biol. Human Biology Annual Meeting. Cleveland, OH. March, 2019.

Boyette, AH, LeHanka, A, Sarma, MS, Lew-Levy, S, Miegakanda, V., Gettler, LT, 2019. BaYaka foragers' daily strength-requiring activities and physically intensive demands: variation by sex but few anthropometric correlates. Poster. Am J Hum Biol. Human Biology Annual Meeting. Cleveland, OH. March, 2019.

Ocobock, CJ, Sarma, MS, Lynn, C, Gettler, LT. "Yes, and..." How performing improvisational comedy reduces stress and promotes well-being. Flash Talk. Am J Hum Biol. Human Biology Annual Meeting. Cleveland, OH. March, 2019.

Kuo PX, Braungart-Rieker J, Lefever JB, Sarma MS, O'Neill M, Gettler LT. 2019. Fathers' cortisol and testosterone in the days following infants' births predict later paternal involvement. Poster. Society for Research on Child Development Biennial Meeting. March, 2019. Baltimore, MD.

Boyette AH, Lew-Levy S, Sarma MS, Meigakanda VB, Gettler LT. 2019. Fatherhood, egalitarianism, and child health in Republic of the Congo. Society for Cross-Cultural Research Annual Meeting. February, 2019. Jacksonville, FL.

Sarma, MS, Ocobock, CJ, Gettler, LT. 2019. Sex Differences in Body Composition, Physical Activity, and Total Energy Expenditure When in a Challenging and Novel Environment. Podium. Women In Space Con. Scottsdale, AZ. Feb, 2019.

Sarma, MS, Ocobock, CJ, Gettler, LT. 2019. Total Energy Expenditure and Social Context/Dynamics in Extreme Environments. Poster. NASA's Human Research Program Investigator's Workshop. Galveston, TX. Jan, 2019.

2018

Sarma, MS, Ocobock, CJ, Gettler, LT. 2018. Energy expenditure and social/group dynamics in extreme environments. Poster. American Society for Gravitational and Space Research. Washington D.C. November, 2018.

Puckett, T, Sarma, MS, Gettler LT, Lynn, C, Ocobock, C. 2018. Improvisational comedy performance as collective effervescence reduces anxiety and promotes well-being. Poster. American Anthropological Association. San Jose, CA. Nov, 2018.

Sarma, MS, Boyette, A, Lew-Levy, S, Miegakanda, V, Gettler, LT. 2018. Foragers Hard at Work: Sex differences in hormone production, physical activity, and energy expenditure among the Mbenjele. Podium. Am J Hum Biol. Human Biology Association Annual Meeting. Austin, TX. April, 2018.

Sarma, MS. 2018. "Physiology at the Final Frontier: The Role of Biological Anthropology in Human-Space Research" in IDEAS Alumni Symposium: Creating and Supporting Diverse Communities within the AAPA. Poster. Am J Phys Anthropol. AAPA Annual Meeting. Austin, TX. April, 2018.

## CURRICULUM VITAE

Gengo, RG, Oka, RC, Sarma, MS, McKenna, JJ, Gettler, LT. 2018. Social Support Moderates Testosterone's Health Effects in a Nationally Representative Sample of Aging US Men. Poster. Am J Hum Biol. Human Biology Association Annual Meeting. Austin, TX. April, 2018.

2017

Sarma, MS, Lew-Levy, S, Boyette, A, Gettler, LT. 2017. Measuring Movement: Method Validation for Collecting Human Activity Intensity and Energy Expenditure in Extreme Environments. Podium. American Society for Gravitational and Space Research Annual Meetings. Seattle, WA. October, 2017.

Sarma, MS, Bechayda, SA, Gettler, LT. 2017. Early life influences on dual-hormone output in fathers when playing with their children. Poster. Am J Phys Anthropol. AAPA Annual Meeting. New Orleans, LA. Aril, 2017.

Gettler, LT, Sarma, MS, Gengo, RG, Oka, RC, McKenna, JJ. 2017. "Dad Bod" as an evolutionary mismatch: testosterone, adiposity, and CVD-risk factors in a population-representative sample of U.S. men. Podium. Am J Hum Biol. Human Biology Association Annual Meeting. New Orleans, LA. April, 2017.

Sarma, MS, Gettler, LT, Childs, G, Quinn, EA. 2017. Women's work: the effect of altitude on energy expenditure and endocrine reactivity. Poster. Am J Hum Biol. Human Biology Association Annual Meeting. New Orleans, LA. April, 2017.

2016

Sarma MS, Gettler LT, Childs G, Quinn EA. 2016. Daily energy expenditure and activity intensity in populations adapted to highly challenging and harsh environments. Poster. American Society for Gravitational and Space Research Annual Meetings. Cleveland, OH, USA. October, 2016.

[https://www.openconf.org/asgsr2016/modules/request.php?module=oc\\_proceedings&action=summary.php&id=138&a=Accept+as+Poster](https://www.openconf.org/asgsr2016/modules/request.php?module=oc_proceedings&action=summary.php&id=138&a=Accept+as+Poster)

Sarma MS. 2016. Researching Across and Living With Differences: Interrogating positionalities and Anthropological knowledge production. Discussant. Feminist Epistemologies, Methodologies, Metaphysics, and Science Studies. Notre Dame, IN, USA. October, 2016.

Niklinska, EB, Tumminello, M, Sarma, MS, Braungart-Rieker, J, Cummings, EM, Burke, J, Gettler, LT. 2016. An exploratory analysis of the relationships between mothers' and fathers' testosterone, general well-being, and depression levels. Poster. Human Behavioral Evolution Society Annual Meetings. Vancouver, Canada. June, 2016.  
[http://www.hbes.com/wp-content/uploads/2016/02/HBES2016FullProgram\\_7.pdf](http://www.hbes.com/wp-content/uploads/2016/02/HBES2016FullProgram_7.pdf)

Tumminello, M, Niklinska, EB, Tumminello, M, Sarma, MS, Braungart-Rieker, J, Cummings, EM, Burke, J, Gettler, LT. 2016. Intersections between parental sleep quality, testosterone, individual well-being, and relationship happiness. Poster. Human Behavioral Evolution Society Annual Meetings. Vancouver, Canada. June, 2016. [http://www.hbes.com/wp-content/uploads/2016/02/HBES2016FullProgram\\_7.pdf](http://www.hbes.com/wp-content/uploads/2016/02/HBES2016FullProgram_7.pdf)

Sarma, MS, Gettler, LT. 2016. Early life and young adulthood predictors of fathers' hormonal reactivity during interactions with their toddlers. Poster. Human Biology and Evolution Society, Vancouver, BC, Canada. July, 2016.

Sarma, MS, Kuzawa, CW, Feranil, AB, Gettler, LT. 2016. "Early Life Social Influences on Men's Testosterone & Parenting Behavior" In Allomother - infant relationships across the Primate order: biomarkers, bonding, buffering, and other bidirectional effects. Podium. Am J Hum Biol. Human Biology Association Annual Meeting. Atlanta, GA. April, 2016.

## CURRICULUM VITAE

- Sarma, MS. 2016. Cyborg Dancers: Cross-Cultural Gurukulum Pedagogy in the Maintenance and Innovation the Ancient Arts. Podium. Second City Graduate Conference, Chicago, IL. March, 2016.
- 2014 Sarma, MS. 2014. Mindfulness, psychological well-being, emotion regulation, and creativity among South-Asian Americans, Honors Thesis
- 2013 Sarma, MS, Clerkin, C. 2013. Are you ideal? Examining cross-cultural desired characteristics in long-term ideal partners. Poster. Midwestern Psychological Association annual conference, Chicago, IL. May, 2013.
- Sarma, MS, Clerkin, C. 2013, May The Mr. Right misconception. Poster. Association for Psychological Science annual convention, Washington D.C. May, 2013.
- 2012 Sarma, MS, Clerkin, C., Hong, Y. 2012. Are engineers hot or not? Poster. Association for Psychological Science annual convention, Chicago, IL. May, 2013.
- 2011 Sarma, MS, Ng, J. 2011. ...How are you getting there? Relationship between cultural intelligence and creativity. Poster. Undergraduate Research Opportunity Program Symposium, UROP, Ann Arbor, MI. April, 2011.
- OUTREACH & INVITED TALKS
- 2020 Sarma, MS. 2020. Space Research in Analog Environments. Panelist. Women in Space Con, Canadian Space Agency, Quebec City, CA. May 2020. [Cancelled due to COVID-19]
- Sarma, MS. 2020. Human Biology at the Extremes. Invited Talk. K-12 Science Outreach. Tallwood Highschool Global Studies and World Languages Academy Anthropology Speaker Series, Virginia Beach, VA, Apr, 2020.
- 2019 Sarma, MS. 2019. Humans in Space: Adapting to the Final Frontier. Invited Talk. Public Lecture. Ethical Humanist Society, Skokie, IL. Nov, 2019
- Sarma, MS, American Society for Gravitational and Space Research Student Board. 2019. International Astronautical Congress Science Days – Targeted for DC area middle schoolers. K-12 Science Outreach. Space science educator and facilitator. International Astronautical Congress, Washington DC. Oct, 2019.
- Sarma, MS. 2019. Beyond Biological Anthropology: Bio-Behavioral Acclimation to Extreme Environment. Invited talk. Undergraduate Outreach. Grand Valley State University Anthropology of Space Senior Capstone, Grand Rapids, MI, Oct, 2019
- Sarma, MS. 2019. Bio-Behavioral Acclimation and Adaptation to Extreme Environments. Invited Talk. US Airforce Research Lab, Dayton, OH. Oct, 2019
- Sarma, MS. 2019. Humans in Space! Invited Talk. K-12 Science Outreach. University of Wyoming Astrocamp (9-12<sup>th</sup> graders). Laramie, WY. July, 2019.
- Sarma, MS. 2019. Acclimate2Extremes: Assessing Physiology & Behavior in NOLS Students Project Review & Updates. Invited Talk. Public Lecture. Convention of the Wyoming State Chapter, P.E.O. Worland, WY. June, 2019.
- Sarma, MS 2019. Acclimate2Extremes: Assessing Physiology & Behavior in NOLS Students Project Review & Updates. Invited Talk. The National Outdoor Leadership School Faculty Summit. Lander, WY. May, 2019.

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- Sarma, MS 2019. "Live Science Tweeter" Twitter correspondent. Human Biology Association Annual Meetings. Cleveland, OH. March, 2019.
- 2018
- Sarma, MS. 2018. Acclimate2Extremes: Changes in Physiology & Behavior in Novel/Challenging Environments. Invited Talk. Rotary Club. Lander, WY. Nov, 2018.
- Sarma, MS. 2018. Acclimate2Extremes: Changes in Physiology & Behavior in During NOLS Courses. Invited Talk. National Outdoor Leadership School, Headquarters. Lander, WY. Nov, 2018.
- Sarma, MS 2018. "Live Science Tweeter" Twitter correspondent. Human Biology Association Annual Meetings. Austin, TX. April, 2018.
- Sarma, MS, Ames, NP. 2018. Meta-point, beyond the Powerpoint: A Presentation on Presentations. Invited Talk and Workshop. University of Notre Dame Department of Anthropology. Notre Dame, IN. April, 2018.
- 2017
- Sarma, MS 2017. "Live Science Tweeter" Twitter correspondent. Human Biology Association Annual Meetings. New Orleans, LA. April, 2017.
- Sarma, MS, Chesson, M 2017. Educator. Expanding Your Horizons (EYH) STEM Outreach for Girls (6-12<sup>th</sup> graders). Notre Dame, IN. May, 2017.
- 2016
- Sarma, MS, Fuentes, A 2016. Educator. University of Notre Dame Center for Arts & Culture. South Bend, IN. February, 2016.
- Sarma, MS. 2016. Living the High Life: Using high altitude research to understand adaptations in extreme environments. Invited Talk. Reilly Center for Science, Technology, and Values External Advisory Board Meeting. March, 2016.
- Sarma, MS, Chesson, M 2017. Educator. Expanding Your Horizons (EYH) STEM Outreach for Girls (6-12<sup>th</sup> graders). Notre Dame, IN. May, 2016.
- 2015
- Sarma, MS, Chesson, M 2017. Educator. South Bend Elementary School Anthropology & Archaeology Workshop). South Bend, IN. September, 2015.
- Sarma, MS, Fuentes, A 2015. Educator. University of Notre Dame Center for Arts & Culture. South Bend, IN. November, 2015.

### SCIENTIFIC COMMUNICATION

- 2019
- Sarma, MS, Rivera, M. The Arch and Anth Podcast. How do humans adapt to extreme environments? Could humans live in space? Podcast. Ep 25. Retrieved from <https://archandanth.com/episode-25-interview-with-mallika-sarma/>
- Sarma, MS, Robins, J. WeMartians: Women in Space 2019 (ft Mallika Sarma and Jennifer Grier). Podcast. Ep 504. Retrieved from <https://www.wemartians.com/episode054/>
- 2018
- Sarma, MS, Ocobock, CJ, Lynn, C. Human Biology Association's Sausage of Science: Do it to the Extreme – A chat with Mallika Sarma. Podcast. Ep 22. Retrieved from <https://soundcloud.com/humanbiologyassociation/sos-episode-22-mallika-sarma>
- 2017
- Gettler, LT, Sarma, MS. 2017. On the Origins of Dad Bod. Oxford University Press Blog. Blogpost. Retrieved from <https://blog.oup.com/2017/04/origins-dad-bod/>

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- 2016 Cortez, A., D'Shaun, PI, Rokhideh, M, Sarma, MS. 2016. The Other Scholars: Thinking about knowledge reproduction in Anthropology. Anthropology News. Blogpost. <http://onlinelibrary.wiley.com/doi/10.1111/AN.266/abstract>
- 2014 Sarma, MS, Clerkin, C. 2014. Becoming superhuman: Is it all in your mind? Blogpost. Retrieved from <http://www.in-mind.org/blog/post/becoming-superhuman-is-it-all-in-your-mind>

## POPULAR PRESS FEATURES

- 2019 Smith, B. Women Astronauts may be better suited to space than men – but not by much. <https://www.abc.net.au/news/science/2019-04-08/why-women-may-be-slightly-better-suited-to-space-living-than-men/10941616>
- 2018 Gates, C. Anthropology Ph.D. student takes her research to new heights. <https://research.nd.edu/news/anthropology-ph-d-student-takes-her-research-to-new-heights/>

## HONORS & AWARDS

- 2019 3-Minute Thesis Notre Dame Finalist & 1<sup>st</sup> Runner Up- \$1,600  
NASA Human Research Program Student Poster Award
- 2017 Kaneb Center Outstanding Teaching Award
- 2014 Honors thesis with distinction  
Psi Chi Honor Society  
University of Michigan Honors
- 2013 Psi Chi Honor Society  
University of Michigan Honors  
Invitation for Mortar Board  
Invitation for Phi Kappa Pi Honors Society
- 2012 Undergraduate Research Opportunity Program “Best Poster” award  
Psi Chi Honor Society  
University of Michigan Honors
- 2011 Psi Chi Honor Society  
University of Michigan Honors

## RESEARCH & FIELDWORK EXPERIENCE

Hormones, Health, and Human Behavior Lab Researcher and Coordinator (2015-current)  
Department of Anthropology, University of Notre Dame  
Dr. Lee Gettler

Research project: Several projects considering human physiological plasticity; influences on life history trajectories (environmental pressures, psychosocial stressors), and endocrine output of testosterone and cortisol

Projects include:

- Biobehavioral Acclimation to Novel/Challenging Environments – Acclimate2Extremes (National Outdoor Leadership School, WY, USA)
- Endocrine Profiles and Changes as Men Become Fathers (Cebu, Philippines)
- Endocrine Profiles and Changes to Fathers During Childbirth (South Bend, IN, USA)
- Female Endocrine Reactivity and Energetic Expenditure during Daily Work at High Altitude (Nubri Valley, Nepal)
- Endocrine and Energetic Systems and Daily Physical Activity in Challenging Ecologies (Djoubé, Republic of the Congo)
- Improv and Stress (Albany, NY)
- Grad Student Stress and Coping (Notre Dame, IN)



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Skills & Methodologies: Saliva assays of testosterone and cortisol; STATA and R data analysis; managing undergraduate research; mentoring undergraduates

Undergraduate Research Assistant and Honors Thesis Student (2013-2014)

Department of Psychology, University of Michigan

Dr. Ram Mahalingam

Research project: Project examining mindfulness, creativity, emotional regulation and mental health. We specifically looked at the effects of mindfulness as a trait as well as a potential intervention tool on creativity and mental health.

Skills & Methodologies: Designed online self-report survey, conducted interviews, ran analysis on SPSS, and writing an Honors Thesis

Undergraduate Research Assistant (2013)

Department of Psychology, University of Michigan

Dr. Robin Edelstein and Dr. Brit Wardecker

Research project: Project examining attachment orientation, relationship satisfaction, and preferred communication medium. We are specifically looking at the effects of communication on the overall health of relationships between partners.

Skills & Methodologies: Assisted in study design and coded qualitative responses

Directed Research in Paleoanthropology (2013)

Paleo Anthropology Lab, University of Michigan

Dr. Milford Wolpoff and Dr. Caroline VanSickle

Research project: Project examining changes in childbirth anatomy in hominid evolution, specifically focusing on whether hip morphology differences between Neandertal and modern human females are the result of different birthing mechanisms.

Skills & Methodologies: Measured pelvises, searched and recorded indices of childbirth trauma and changes in pelvic morphology, digitized archival hand-written records

Undergraduate Research Assistant (2011-2013)

Department of Psychology, University of Michigan

Dr. Cathleen Clerkin & Dr. Fiona Lee

Research project: Project examining the relationship between women, stereotypes, and STEM fields. We are specifically looking at perceived attractiveness of potential romantic partners in both the long and short run and the varying effects of different majors.

Skills & Methodologies: Designed online self-report survey, coded open-ended survey data, ran analysis on SPSS, presented preliminary findings at APS conference, and manuscript in progress

Undergraduate Research Assistant (2011)

University of Connecticut Health Center

Dr. Minakshi Tikoo

Research project: Measured performance outcome, developed and implemented a system for reporting hospital performance outcome measures to federal, state, and local partners, and evaluated quality of care for health systems through out the state of Connecticut. Also conducted research on levels of common co-morbidities directly associated with Connecticut health systems.

Skills & Methodologies: Coded phone-survey responses to health system concerns on Excel, conducted extensive literature review regarding co-morbidities

Undergraduate Research Opportunity Program, Student Researcher (2010-2011)

University of Michigan

Dr. Fiona Lee & Dr. Cathleen Clerkin

Research project: Conducted one-year project examining the relationship between cultural intelligence, multicultural exposure, and individual creativity.

Skills & Methodologies: Coded open-ended survey data on creativity (based on Guilford's Unusual Uses coding system), conducted preliminary analysis in SPSS, presented findings at UROP conference.

SKILLS AND QUALIFICATIONS

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Proficient with STATA, R, SPSS, GIS, Microsoft Office, SQL, and Qualtrics  
ELISA Assays  
RIA Assays  
Proficient in Adobe Photoshop and Illustrator  
Advanced in Microsoft Excel  
Advanced budget management  
IRB Human Subject Training  
Translational Research Institute for Space Health (TRISH) Red Risk School Attendee

## LANGUAGES

English (first language)  
Spanish (conversant)  
French (intermediate)  
Hindi (intermediate)

## TEACHING EXPERIENCE

Instructor of Record/Teaching Assistant (SP 2018 & SP 2019)  
Department of Biology, University of Notre Dame  
Class: Gross Human Anatomy  
Skills & Methodologies: Tasks included lecturing, grading, and dissecting specimens.

Teaching Assistant (FA 2016)  
Department of Anthropology, University of Notre Dame  
Class: Introduction to Anthropology  
Skills & Methodologies: Tasks included lecturing, grading, developing a class project and encouraging leadership, autonomy, and innovation in students by assisting in student-led discussions.

Honors Primary Instructor (SP 2014)  
Honors Department, University of Michigan  
Class: Freshmen Honors Seminar "Just Another Jedi Mind Trick- The Effect of Mindfulness on Creativity, Health, and Discrimination"  
Skills & Methodologies: Designed core curriculum for the class including a syllabus, weekly lesson plans, and provided the necessary resources for introductory and interactive learning for first year students discussing the relationship psychological and methodological perspectives on mindfulness. Tasks included lecturing, grading, developing a class blog and encouraging leadership, autonomy, and innovation in students by organizing student-led discussions, and independent creative projects exploring the personal mindfulness experience

## AFFILIATIONS

Women in Aviation (WIA)  
Human Biology Association (HBA)  
American Society for Space and Gravitational Research (ASGSR)  
American Association for Physical Anthropologists (AAPA)

## SERVICE

2020	Evolutionary Anthropology Section News, co-editor
2019	ASGSR Student Board Member, Webmaster & Social Media Chair Notre Dame Anthropology Biological Anthropology Hiring Committee
2018	ASGSR Student Board Member, Webmaster
2017	ASGSR Student Board Member, Community Relations Committee Graduate Committee Representative
2016	ASGSR Student Board Member, Community Relations Committee Graduate Committee Representative
2014	Wolverine Fit Treasurer Indian American Student Association Cultural Show Coordinator & Executive Board Member
2013	Wolverine Fit Treasurer

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America Reads Volunteer Book Club leader  
Indian American Student Association Cultural Show Coordinator & Executive Board Member  
Wolverine Fit Social Chair  
Alternative Spring Break Site Leader  
2012 Wolverine Fit Social Chair  
Alternative Spring Break Site Leader  
2011 Indian American Student Association Cultural Show "Core" Committee member  
Indian American Student Association Cultural Show Choreographer

REFERENCES UPON REQUEST