

Elizabeth B. Raposa

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EDUCATION

- Ph.D.** (2015) **University of California-Los Angeles**, Los Angeles, CA
Major: Clinical Psychology
Minors: Health Psychology, Quantitative Psychology
- M.A.** (2010) **University of California-Los Angeles**, Los Angeles, CA
- B.A.** (2009) **University of Pennsylvania**, Philadelphia, PA
Majors: Psychology, Comparative Literature and Theory
Certificate in Spanish

ACADEMIC POSITIONS

- 2019-present Assistant Professor
Department of Psychology
Fordham University
- 2018-2019 Faculty Affiliate
Neuroscience Program
College of William and Mary
- 2016-2019 Assistant Professor
Department of Psychology
College of William and Mary
- 2015-2016 John D. and Catherine T. MacArthur Foundation Postdoctoral Fellow
University of Massachusetts, Boston

HONORS AND AWARDS

- 2015 Michael J. Goldstein Distinguished Dissertation Award (UCLA Clinical Psychology Area)
- 2013 Society for a Science of Clinical Psychology (SSCP) Student Poster Distinguished Contribution Award
- 2013 American Psychological Association (APA) Student Travel Award

GRANT FUNDING

External Research Grants

Current and previous funding:

“Healthy Families Evaluation 2019”

Role: Principal Investigator

Source: Families Forward, Virginia

Award amount: \$61,230

Funding period: 7/1/18 -- 6/30/19

“Healthy Families Virginia Evaluation 2018”

Role: Salaried researcher

Source: Prevent Child Abuse, Virginia

Award amount: \$10,765 (\$64,097 total funding)

Funding period: 7/1/17 – 6/30/18

“Biobehavioral Issues in Physical and Mental Health” (MH15750)

Role: Graduate student trainee (PIs: Drs. Christine Dunkel-Schetter and Annette Stanton)

Source: National Institute of Mental Health

Award amount: \$42,360, plus tuition and fees

Funding period: 9/15/11 – 9/15/13

Internal Research Funding

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| 2017 | Faculty Summer Research Award (College of William and Mary; \$5,000) |
| 2013-2014 | Dissertation Year Fellowship (UCLA Graduate Division; \$20,000) |
| 2013 | Psi Chi Graduate Research Grant (\$1,491) |
| 2011-2012 | Graduate Research Mentorship Grant (UCLA Graduate Division; \$18,000) |
| 2010, 2011 | Graduate Summer Research Mentorship Grant (UCLA Graduate Division; \$4,700) |
| 2009 | Edwin W. Pauley Fellowship (UCLA College of Letters and Science and Department of Psychology; \$15,000) |

Teaching Funding and Support

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| 2018-2019 | W&M Scholars Undergraduate Research Experience (WMSURE) Mellon Faculty Fellow. Funds of \$5,000 provided for each of two years to support mentorship of undergraduate research with students from under-represented backgrounds. |
| 2017 | Center for the Liberal Arts (CLA) Innovation Grant for Faculty (College of William and Mary; \$1,300) |

PUBLICATIONS

Note: *denotes a graduate student mentee; +denotes an undergraduate student mentee

- +Preston, E. G. & **Raposa, E. B.** (*in press*). A two-way street: How mentor stress and depression influence youth mentoring relationships. *American Journal of Community Psychology*
- Christensen, K. M., **Raposa, E. B.**, Hagler, M. A., Rhodes, J. E. (*in press*). The role of athletic coach mentors in promoting youth academic success: Evidence from the Add Health National Longitudinal Study. *Applied Developmental Science*.
- Raposa, E. B.** & Hurd, N. M. (*in press*). Understanding networks of natural mentoring support among underrepresented college students. *Applied Developmental Science*.
- Hagler, M., **Raposa, E. B.**, & Rhodes, J. (2019). Psychosocial profiles of youth who acquire a natural mentor during a school year. *Applied Developmental Science, 23*(2), 144-152.
- Raposa, E. B.**, Rhodes, J. E., Stams, G. J. J. M., Card, N., Burton, S., Schwartz, S., Yoviene Sykes, L., Kanchewa, S., Kupersmidt, J., & Hussain, S. (2019). The effects of youth mentoring programs: A meta-analysis of outcome studies. *Journal of Youth and Adolescence, 48*(3), 423-443.
- +Le, T. P. & **Raposa E. B.** (2019). The role of enculturation and acculturation in Asian and European American college students' daily social stress and support. *Asian American Journal of Psychology, 10*(1), 11-21.
- Raposa, E. B.**, Ben-Eliyahu, A., Olsho, L. E. W., Rhodes, J. (2018). Birds of a feather: Is matching based on shared interests and characteristics associated with longer youth mentoring relationships? *Journal of Community Psychology, 47*(2), 385-397.
- Conway, C. C., **Raposa, E. B.**, Hammen, C. L., & Brennan, P. A. (2018). Transdiagnostic pathways from early life stress to psychopathology: A 20-year prospective study. *Journal of Child Psychology and Psychiatry, 59*(8), 855-862.
- Raposa, E. B.** & Hammen, C. (2018). A daily diary investigation of the influence of early family adversity on social functioning during the transition to adulthood. *Social Development, 27*(2), 431-446.
- Raposa, E. B.**, Erickson, L. D., Hagler, M., & Rhodes, J. E. (2018). How economic disadvantage affects the availability and nature of mentoring relationships during the transition to adulthood. *American Journal of Community Psychology, 61*(1-2), 191-203.
- Crosswell, A.D., Moreno, P.I., **Raposa, E. B.**, Motivala, S.J., Stanton, A.L., Ganz, P.A., Bower, J.E. (2017). Effects of mindfulness training on emotional and physiologic recovery from induced negative affect. *Psychoneuroendocrinology, 86*, 78-86.
- Raposa, E. B.**, Dietz, N. L., & Rhodes, J. (2017). Trends in volunteer mentoring in the United States: Analysis of a decade of census survey data. *American Journal of Community Psychology, 59*, 3-14.
- Raposa, E. B.**, Rhodes, J., & Herrera, C. (2016). The impact of youth risk on mentoring relationship quality: Do mentor characteristics matter?" *American Journal of Community Psychology, 57*, 320-329.
- Reidy, B. L., **Raposa, E. B.**, Brennan, P. A., Hammen, C. L., Najman, J. M., & Johnson, K. C.

- (2016). Prospective associations between chronic youth sleep problems and young adult health. *Sleep Health*, 2(1), 69-74.
- Raposa, E. B.,** Laws, H. B., & Ansell, E. B. (2015). Prosocial behavior mitigates the negative effects of stress in everyday life. *Clinical Psychological Science*, 4(4), 691-698.
- Raposa, E. B.,** Hammen, C., Brennan, P., & Najman, J. (2015). Characteristics of close friendships in young adulthood as a pathway from early adversity to depressive symptoms. *Journal of Clinical Child and Adolescent Psychology*, 44(5), 742-750.
- Starr, L. R., Hammen, C., Conway, C. C., **Raposa, E.,** & Brennan, P. A. (2014). Sensitizing effect of early adversity on depressive reactions to later proximal stress: Moderation by polymorphisms in serotonin transporter and corticotropin releasing hormone receptor genes in a 20-year longitudinal study. *Development and Psychopathology*, 26(4pt2), 1241-1254.
- Raposa, E. B.,** Hammen, C., Bower, J., Brennan, P., & Najman, J. (2014). A developmental pathway from early adversity to inflammation: The role of negative health behaviors. *Psychological Science*, 25(6), 1268-1274.
- Raposa, E. B.,** Hammen, C., Brennan, P., & Najman, J. (2014). The long-term effects of maternal depression: Early childhood physical health as a pathway to offspring depression. *Journal of Adolescent Health*, 54, 88-93.
- Raposa, E. B.,** Hammen, C. L., Brennan, P. A., O'Callaghan, F., & Najman, J. M. (2013). Early adversity and health outcomes in young adulthood: The role of ongoing stress. *Health Psychology*, 33(5), 410-418.
- Raposa, E. B.,** Hammen, C., & Brennan, P. (2011). Effects of child psychopathology on maternal depression: The mediating role of child-related acute and chronic stressors. *Journal of Abnormal Child Psychology*, 39, 1177-1186.

Non peer-reviewed publications

- 2018 **Raposa, E.** “Youth with high stress need mentors carefully chosen to match with them” *Youth Today*. September 21, 2018.
- 2017 Rhodes, J. & **Raposa, E.** “Mentoring by the numbers: Some surprising trends in volunteer efforts.” *Chronicle of Evidence-based Mentoring*. January 31, 2017.
- 2016 Rhodes, J. & **Raposa, E.** “Two new findings (and a surprise) about working with more challenging mentees.” *Chronicle of Evidence-based Mentoring*. June 3, 2016.

Publication-related media coverage

- Alcorn, T. (2019, December 13). Reporting for work where you once reported for probation. *The Atlantic*. <https://www.theatlantic.com/politics/archive/2019/12/credible-messengers-reform-criminal-justice-system/603514/>
- Vann, M. (2019, April 1). Empowering high school students to reach their goals. *W&M School of Education News*. <https://education.wm.edu/news/news-archive/2019/empowering-high-school-students-to-reach-their-goals.php>
- Rhodes, J. (2019, March 7). Five key takeaways from a comprehensive new meta-analysis of

youth mentoring. *The Chronicle of Evidence-Based Mentoring*.

<https://www.evidencebasedmentoring.org/five-key-takeaways-from-a-comprehensive-new-meta-analysis-of-youth-mentoring/>

Rancano, V. (2015, December 17). Be kind, unwind: How helping others can help keep stress in check. *NPR Health*. <https://www.npr.org/sections/health-shots/2015/12/17/460030338/be-kind-unwind-how-helping-others-can-help-keep-stress-in-check>

Herbert, W. (2014, May 12). Under the skin: How childhood adversity takes its toll. *Huffington Post*. https://www.huffpost.com/entry/under-the-skin-how-childh_b_4950530

SELECTED SCHOLARLY PRESENTATIONS

Raposa, E. B., *Hsu, T., & +Preston, E. G. (2020). Expanding the reach of youth mentoring: New evidence on informal mentoring relationships. Research panel presentation at the National Mentoring Summit, Washington, DC.

Raposa, E. B., Mullen, P., & Schwartz, S.E.O. (2019). *Empowered Learners*: Implementation of a low-cost intervention for high school students with emerging mental health concerns. Poster presented at the Annual Convention of the Association of Behavioral & Cognitive Therapies (ABCT), Atlanta, GA.

+Sorid, S. D., +Preston, E. G., & **Raposa, E. B.** (2019). College students' beliefs about evidence-based and non-evidence-based approaches to treating depression. Poster presented at the Annual Convention of the Association of Behavioral & Cognitive Therapies (ABCT), Atlanta, GA.

Raposa, E. B., Parnes, M., *Robey, N., Wittrup, A. (2019). Social support and risk versus resilience for college students from underrepresented backgrounds. Chair and Discussant for symposium presentation at the Biennial Meeting for the Society of Community Research and Action (SCRA), Chicago, IL.

Jackson, B. M., *Robey, N., **Raposa, E. B.**, & Conway, C. C. (2019). How do first-generation students' experiences with early life stress vary as a function of different background characteristics? Poster presented at Association for Psychological Science (APS) Annual Convention, Washington, D.C.

*Hsu, T. & **Raposa, E. B.** (2019). Stress and the eating behaviors of adolescents: A daily diary study. Poster presented at the biennial meeting of the International Convention for Psychological Science, Paris, France.

Raposa, E. B., +Preston, E. G., & *Robey, N. (2019). Finding the right match: Mentor and youth characteristics that influence mentoring outcomes. Research panel presentation at the National Mentoring Summit, Washington, DC.

+Kook, Y., +Le, T. P., **Raposa, E. B.** (2018). Mental health and resource utilization among underrepresented college students. Poster presented at Association for Behavioral and Cognitive Therapies (ABCT) Annual Convention, Washington, D.C.

+Preston, E. G. & **Raposa, E. B.** (2018). Predicting the effectiveness of youth mentoring interventions: The role of mentors' depressive symptoms and stress exposure. Poster presented at Association for Behavioral and Cognitive Therapies (ABCT) Annual Convention, Washington, D.C.

+Bottari, S. A., *Hahn, S. E., & **Raposa, E. B.** (2018). Parental influences on behavioral and

- emotional stress reactivity as a pathway to poor health in adolescence. Poster presented at the Association for Psychological Science (APS) National Convention, San Francisco, CA. [Awarded a *Distinguished Contribution Award in the Society for a Clinical Science (SSCP) Student Poster Competition*].
- Raposa, E. B., Hagler, M., & Rhodes, J. (2018).** On-campus connections: Factors that predict naturally-occurring relationships between college students and faculty. Symposium talk at the Biennial Meeting of the Society for Research on Adolescence, Minneapolis, MN.
- +Le, T. P. & **Raposa, E. B. (2017).** The impact of acculturation on Asian and European American college students' daily social experiences. Poster presentation at the Annual Convention of the Asian American Psychological Association, Las Vegas, NV.
- Raposa E. B. & Hurd, N. (2017).** Predictors of closeness in natural mentoring: Does support type matter? Symposium talk at the Biennial Meeting of the Society for Community Research and Action, Ottawa, ON, Canada.
- Raposa, E. B., Erickson, L. D., & Rhodes, J. (2017).** The socioeconomic context of relationships with caring adults: The effects of poverty on natural mentoring. Symposium talk presented at the Annual Meeting of the Society for Prevention Research, Washington, DC.
- Raposa, E. B., Erickson, L. D., & Rhodes, J. (2017).** Poverty and natural mentoring relationships: Unequal distribution of social capital? Research panel presentation at the National Mentoring Summit, Washington, DC.
- Rhodes, J. & **Raposa, E. B. (2017).** New findings from the Center for Evidence-Based Mentoring. Research presentation at the National Mentoring Summit, Washington, DC.
- Raposa, E. B. & Rhodes, J. (2016).** Youth environmental stress and mentoring: Do mentor characteristics matter? Research panel presentation at the National Mentoring Summit, Washington, DC.
- Raposa, E. B. & Hammen, C. (2015).** The impact of early adversity on social experiences and mood: A daily processes approach. Symposium talk presented at the Association for Psychological Science (APS) Annual Convention, New York City, NY.
- Raposa, E., Hammen, B., & Brennan, P. (2013).** Early adversity and risk for depressive symptoms in young adulthood: The role of selection into stressful peer contexts. Symposium talk presented at Association for Behavioral and Cognitive Therapies (ABCT) Annual Convention, Nashville, TN.
- Raposa, E., Hammen, C., Bower, J., Brennan, P., & Najman, J. (2013).** A developmental pathway from early adversity to inflammation: The role of health behavior. Poster presented at Association for Psychological Science (APS) National Convention, Washington, D.C.

INVITED LECTURES

- February 2019 “Rethinking the match: Approaches to building supportive mentoring relationships for high-stress youth.”
Invited lecture for the Community Psychology Area Speaker Series, University of Virginia.

- May 2017 “New research findings from site-based mentoring programs.”
Invited Lecture at the Short Course on Evidence-Based Mentoring
at European Institute for Evidence-Based Mentoring, Leewarden,
Netherlands
- May 2017 “Research methods for mentoring program evaluation.”
Invited Lecture at the Short Course on Evidence-Based Mentoring
at European Institute for Evidence-Based Mentoring, Leewarden,
Netherlands
- August 2016 “Predictors of early termination versus lasting relationships: Lessons from
the U.S. census and mentor feedback.” Summer Institute on Youth
Mentoring, Portland State University
- August 2016 “Approaches to improving relationship longevity and goals for successful
match closure.” Summer Institute on Youth Mentoring, Portland
State University
- May 2016 “Identifying and changing interpersonal mechanisms of the effects of early
life stress on mental and physical health.” Clinical Psychology
Symposium, Department of Psychology, University of California,
Los Angeles
- May 2012 “Early adversity and health outcomes in young adulthood: The role of
ongoing stress.” Health Psychology Symposium, Department of
Psychology, University of California, Los Angeles

TEACHING

Courses Taught

Undergraduate

Introduction to Clinical Psychology (*Fordham*)

Abnormal Psychology (*Fordham; William & Mary*)

Behavior Modification Research Methods Laboratory (*William & Mary*)

Health Psychology (*William & Mary*)

M.A.

Clinical Psychology Proseminar (*William & Mary*)

Ph.D.

Dialectical Behavior Therapy (*Fordham*)

Psychotherapy Theories (*Fordham*)

CLINICAL TRAINING

2016-present **Licensed Clinical Psychologist**, Virginia Board of Psychology

2014-2015 **Predoctoral Psychology Intern**, Yale-New Haven Hospital, Intensive
Outpatient Program

2013-2014 **Therapist**, UCLA Psychology Clinic
 2012-2013 **Therapist**, UCLA Les Kelly Family Health Center, Addiction and Behavioral
 Medicine Clinic
Therapist, UCLA Psychology Clinic
 2011-2012 **Psychology Extern**, Harbor-UCLA Medical Center, Adult Cognitive-Behavioral
 Therapy Externship
 2010-2011 **Therapist**, Emotion Regulation in Anxiety Disorders Study
Therapist, Highly Gifted Magnet at North Hollywood High School
Therapist, UCLA Psychology Clinic
Intake Interviewer, UCLA Psychology Clinic
 2009-2011 **Clinical Assessor**, UCLA Psychology Clinic
 2010 **Clinical Assessor**, Fernald Child Study Center

CLINICAL SUPERVISION EXPERIENCE

2014-2015 **Clinical Supervisor**, Yale-New Haven Hospital DBT-SUD Intensive Outpatient
 Program.

- Supervised advanced graduate student therapist in dialectical behavior
 therapy

 2012-2013 **Clinical Supervisor**, UCLA Psychology Clinic

- Supervised beginning graduate student therapist in cognitive-behavioral
 therapy
- Attended weekly didactics on clinical supervision

 2012 **Intake Team Supervisor**, UCLA Psychology Clinic

- Supervised beginning graduate students in conducting clinical and
 diagnostic intakes with adult and child clients

SERVICE

Departmental Service

2019-present **Committee Member**, Graduate Admissions Committee, Fordham Clinical
 Psychology Program
 2018-2019 **Neuroscience major advisor**, 8-10 students per year, William & Mary
 2017-2019 **Committee Member**, Graduate Studies Committee, William & Mary
 2016-2019 **Psychology major advisor**, 15-20 students per year, William & Mary
 2017-2018 **Tenure-Eligible Faculty Search Committee Member**, Department of
 Psychology, William & Mary
 2016-2017 **Committee Member**, Psychology Research Committee, William & Mary
 2012-2014 **Member**, Academic Committee, UCLA Clinical Psychology Program
 2013-2014 **Member**, Clinical Area Committee, UCLA Clinical Psychology Program
 2013 **Invited speaker**, Launching a Successful Research Career panel, UCLA Clinical
 Psychology Program
 2013 **Invited speaker**, Psychology Research Opportunities Program panel, UCLA

Psychology Program

2011-2013 **Member**, Research Committee, UCLA Clinical Psychology Program

College Service

- 2019-present **Faculty Reviewer**, Fordham Undergraduate Research Journal
2019-2020 **Workgroup Member**, Center for Community Engaged Learning Faculty Workgroup and Seminar, Fordham University
2018-2019 **Workgroup 5 Member**, Civic Action Plan, William & Mary
2017-2019 **Leadership Committee Member**, Tutoring for Social Change, William & Mary
2017-2019 **Faculty advisor**, Psi Chi, William & Mary
2017-2019 **Trainer**, Campus Connect Gatekeeper Training Program for reducing suicide risk in college students, William & Mary
2017-2019 **First-year advisor**, approximately 5 students per year, William & Mary
2017-2019 **Task Force Member**, Wellness Minor Work Group, William & Mary
2016-2019 **Leadership Committee Member**, Jed Foundation Campus Program, William & Mary
2013-2014 **Graduate Student Advisor**, Undergraduate Research Journal of Psychology, UCLA

Service to the Profession

- 2018-present **Editorial Board**, *Applied Developmental Science*
2018-present **Contributing Editor**, Chronicle of Evidence-based Mentoring
2015-2016 **Conference Coordinator**, Annual Yale NEA-BPD Conference

Community Outreach

- 2017 **Raposa, E.** “Evidence-based Practices in Youth Mentoring: Lessons from clinical psychology.” Invited training for Merrimac Mentoring student group, William and Mary. October 9, 2017.
2016 **Raposa, E.** & Rhodes, J. “The socioeconomic context of relationships with caring adults: The effects of poverty on natural mentoring.” Invited speaker for William and Mary Psi Chi initiation ceremony.
2015 Kupersmidt, J. & **Raposa, E.** “Practitioner-Researcher Partnership: Case-Based Supervision.” Presentation for Positive Outcomes Mentoring.
2014 Litwin, R., **Raposa, E.**, & Axelrod, S. A. “Suicide Assessment and Management in Medical and Psychiatric Settings.” Talk presented to the community in New Haven, CT, on suicide prevention. Available at <https://www.youtube.com/watch?v=19AetzaJvTM>.

PROFESSIONAL AFFILIATIONS

2016-present Clinical Psychology at Liberal Arts Colleges (CPLAC)

Special Interest Group within ABCT
2012-present Society for a Science of Clinical Psychology (SSCP)
2012-present Association for Psychological Science (APS)
2008-present Association for Behavioral and Cognitive Therapies (ABCT)

REVIEWING

Peer-reviewed journals

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| American Journal of Prevention Medicine | Mindfulness |
| Annals of the New York Academy of Sciences | Journal of Adolescent Health |
| Applied Developmental Science | Journal of Adolescent Research |
| Awry: Journal of Critical Psychology | Journal of Affective Disorders |
| Behaviour Research and Therapy | Journal of Child and Family Studies |
| Child Abuse and Neglect | Journal of Clinical Child and Adolescent Psychology |
| Children and Youth Services Review | Journal of Primary Prevention |
| Clinical Psychological Science | Journal of Social Psychology |
| Current Directions in Psychological Science | Prevention Science |
| Depression and Anxiety | Psychological Medicine |
| Health Psychology | Psychosomatic Medicine |
| Learning and Individual Differences | |

Textbooks, grants, and other projects

Martin & Pear's *Behavior Modification* for Routledge
UC Intercampus Consortium on Health Psychology Seed Grant program
William T. Grant Foundation research grant reviewer