

## **SERGIO A. RUVALCABA**

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### **EDUCATION**

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**Pomona College**, Claremont, CA May 2019  
Bachelor of Arts in Cognitive Science  
Minor in Chicana/o-Latina/o Studies  
Thesis: Familismo, Language Brokering Experiences, & Gender Predict Impulsiveness Among  
High-Achieving Latinx College Students

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### **HONORS AND AWARDS**

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**SACNAS Undergraduate Student Poster Presentation Award in General Psychology** 2019  
Society for the Advancement of Chicanos/Hispanics & and Native Americans in Science  
Role: Awardee

**Posse Foundation Full-Tuition Leadership Scholarship** 2015-2019  
Pomona College  
Role: Awardee

**SACNAS Travel Scholarship** 2018  
Society for the Advancement of Chicanos/Hispanics & and Native Americans in Science  
Role: Awardee

**Pomona College Summer Undergraduate Research Program** 2018  
Pomona College  
Role: Awardee

**Pomona College Summer Undergraduate Research Program** 2017  
Pomona College  
Role: Awardee

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### **RESEARCH EXPERIENCE**

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**High-achieving Latinx College Students Study** September 2018-May 2019  
Pomona College, Claremont, CA  
*Research Assistant in CENTRO Lab, PI: Guadalupe A. Bacio, PhD & Sergio A. Ruvalcaba*

- Aim of the primary study was to investigate whether the immigrant paradox is observed in mental health and academic outcomes among high-achieving Latinx undergraduate college

students, and testing whether intrapersonal and interpersonal factors may explain underlying mechanism of the immigrant paradox

- Analysis of data to fulfill a major requirement in Cognitive Science will center around examining the impact family obligation endorsement on the association between language brokering and impulsivity among Latinx undergraduate college students
- Performed a literature review of relevant manuscripts that may help explain initial conceptualization of the study
- Created a partial IRB proposal that was later utilized in the formatting of the final IRB submitted proposal
- Programmed a survey containing a battery of cognitive tasks (i.e., N-back Task, Go/No-go Task, and the Iowa Gambling Task) that assessed for various dimensions of executive function and impulsivity
- Assisted in finalizing behavioral measures that were to be included in the online survey portion of the study
- Aided in creating the standardized operating procedures for data collection, and subsequently helped train research assistants
- Worked alongside a group of research assistants to perform hour-long interviews
- Advertised study throughout several campuses via different avenues (i.e., social media posts, flyers, in-person presentations)

### **Adjustment of First-Generation College Students Study**

September 2017-Present

Pomona College, Claremont, CA

*Research Assistant in CENTRO Lab, PI: Guadalupe A. Bacio, PhD*

- Aim of the study was to better understand that factors that contribute to first-generation college student experience longitudinally
- Provided some input during preliminary stages of measures finalization
- Assisted in procedural training for waves 1, 2, and 3
- Assisted in conducting hour-long, focus-group interviews during all 3 waves of the study
- Co-lead employment of wave 3 data collection by finalizing quantitative and qualitative measures and quantitative analysis
- Transcribed qualitative data verbatim for several focus-group recording across all three waves
- Drafted method section and qualitative results for a report to be distributed to key stakeholders

### **An Ecodevelopmental Approach to Latinx Adolescent Mental Health**

June 2017-Present

Pomona College, Claremont, CA

*Research Assistant in CENTRO Lab, PI: Guadalupe A. Bacio, PhD*

- Aim of the study is to contextualize the experience of Latinx adolescents and parental figures relating to mental health outcomes (i.e., stress, anxiety, substances use, etc.)
- Offered input during initial conceptualization of the study, which involved examining behavioral measures on mental health and substance use utilized by national (i.e., National Latino and Asian American Study and Youth Risk Behavior Surveillance System) and statewide surveys (i.e. California Healthy Kids Survey)
- Assisted during translating and back-translating of measures from English to Spanish

- Reviewed potential battery of cognitive tasks that assessed varying dimensions of executive function

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### PUBLICATIONS

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Azpeitia, J., Lopez, J., **Ruvalcaba, S.A.**, & Bacio, G.A. (*In press*) Relationships among gender, impulsivity, parental monitoring, and alcohol-related problems among Latinx adolescents: a moderated moderation model. *Journal of Child and Adolescent Substance Abuse*. 10.1080/1067828X.2019.1691103

Bacio, G.A., Howard, C., & **Ruvalcaba, S.A.** (In Preparation) *Secondary interventions for ethnically diverse college students: A review of the literature 2011-2018*.

- Aim of the meta-analysis was to inform the impact of a secondary intervention program for diverse, liberal arts college students
- Assisted in conducting a meta-analysis on alcohol interventions with college students
- Drafted introduction, aims, and parts of the results and discussion for the manuscript
- Review of the literature revealed lack of research assessing the impact of secondary interventions on ethnically and culturally diverse populations

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### POSTERS

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**Ruvalcaba, S.A.**, & Bacio, G.A. (2019, November). Familismo and language brokering experiences predict impulsiveness among high-achieving Latinx college students. Poster presented at the SACNAS National Conference, Honolulu, HI.

- Conducted a primary data analysis of an exploratory study that focused on the effect of language brokering and familismo on impulsiveness and impulsivity among 185 Latinx college students.
- The secondary data analysis examined that infrequent language brokering predicted more positive brokering experiences.
- Results showed that familismo and positive language brokering experiences predicted a decrease in hasty future planning decision-making behavior in cisgender Latinas,  $F(1, 101) = 5.39, p < 0.01; R^2\Delta$  of .046.
- Positive language brokering experiences predicted a decrease in hasty future planning decision-making behavior in cisgender Latinos,  $F(1, 51) = 3.18, p < 0.05; R^2\Delta$  of .138.

**Ruvalcaba, S.A.**, Gil Rojas, E.L., Azpeitia, J., & Bacio, G.A. (2018, November). The Role of Language Brokering on Stress Among Latinx Millennial College Students. Southern California Conferences for Undergraduate Research. Pasadena, CA.

- Conducted a secondary data analysis of a larger study that focused on the effect of language brokering on health outcomes among 162 Latinx Millennial, college students
- The secondary data analysis examined the relationship between language brokering and symptoms of burnout, particularly stress

- Results showed that possessing negative perceptions towards language brokering predicted lower levels of stress among Latinas, but not for Latinos ( $\beta = -.28^*$ ,  $p < 0.05$ ).

**Ruvalcaba, S.A.,** Meza Lazaro, Y., & Bacio, G.A. (2017, October). *Impact of Family and Neighborhood Factors on Lifetime Substance Use Among Latinx Youth*. 2017 SACNAS: The National Diversity in STEM Conference. Salt Lake City, UT.

- Conducted a secondary data analysis of a statewide survey consisting of 357 Latinx adolescents from San Diego, California
- Study aimed to provide more information on how neighborhood ties, along with familial closeness, act as protective factors for substance use outcomes
- Results showed that positive neighborhood ties decreased the likelihood of marijuana lifetimes use among males, and stronger family ties decreased the likelihood of lifetime alcohol, cigarette and e-cigarette use for females

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### PROFESSIONAL TRAINING & SKILLS

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**Responsible Conduct of Research for Social and Behavioral**, CITI Program, March 2019  
Certification to conduct research with human subjects

**College 101 for Matriculating High School Seniors**, Uncommon Good, March 2019

**Letting Go: Assisting Parents of College Bound Students**, Uncommon Good, March 2018

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### LEADERSHIP

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**Health Bridges** June 2018-May 2019

Health Advocate Coordinator, Claremont & Pomona, CA

- Student-led organization that aimed to address health disparities within low income, low English proficient communities
- Assisted in providing uninsured patients sign up for temporary insurance until they are able to attain a long-term insurance plan
- Interpreted and translated in Spanish for low-to-no English proficiency patients
- Reviewed weekly reflection reforms from advocates to assess for issues
- Sustained constant communication with the hospital's Volunteer Coordinator

**First-generation and/or Low-income Money Matters Week** January 2019-March 2019

Arts & Social Media Committee Member, Claremont, CA

- Money Matters Week is a week-series meant to highlight class consciousness and combat classism
- Provided active insight to other committees (i.e., Logistics, Community Outreach)
- Documented student narratives in relation to the series' mission statement through a photo campaign

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## WORK EXPERIENCE

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**Quantitative Skills Center**

September 2017-May 2019

Office Assistant

- Cultivated welcoming environment for students seeking academic guidance and support within STEM disciplines
- Assisted in day-to-day operations, such as maintaining stock inventory of office materials and resources

**That Saturday Group**

December 2015-May 2017

Lead Agent

- Organized weekly alternative events on campus for Pomona College Students
- Enforced a substance-free environment for staff and participants
- Conducted weekly staff briefings to give feedback and optimize operational efficiency

**Coop Fountain**

April 2016-March 2017

Student Manager

- Maintained staff by recruiting, selecting, orienting, and training employees
- Followed all operational procedures for cash handling, health and safety, and security to ensure the well-being of self, other staff and customers
- Coordinated financial and budget activities for maximum operational efficiency

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## COMMUNITY SERVICE

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**CommunityHealth**

October 2019-Current

Spanish Interpreter, Chicago, IL

**Health Bridges**

July 2017-May 2019

Health Advocate, Claremont &amp; Pomona, CA

**Pomona Employment Partners**

December 2017-May

2018

On-site Agent, Claremont &amp; Pomona, CA

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## LANGUAGES

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**Spanish:** Native Language**English:** Fluent**French:** Intermediate Listener, Novice Speaker and Writer, Advanced Reading

## COMPUTER SKILLS

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**Programming:** Qualtrics, Advanced; Python, Intermediate; E-Prime, Intermediate; HTML, Novice;

**Software:** SPSS, Adobe Illustrator and Photoshop; Microsoft Office Suite; ChemDraw; PyMOL