ISABELLA AVALOS
Email: isabella.avalos@email.ucr.edu

EDUCATION

Doctor of Philosophy in Psychology (Social/Personality Area)
September 2025 – Expected June 2030, Department of Psychology, University of California, Riverside

Master of Arts in Psychology (Option in Psychological Science), with Distinction
August 2023 – May 2025, Department of Psychology, California State University, Chico
Master's Thesis Project: *Emotion Dysregulation and Urgency: Affective Pathways Linking Childhood Trauma and Risky Sexual Behavior*

Bachelor of Arts in Psychology
August 2018 – May 2023, Department of Psychology, California State University, Chico
Undergraduate Capstone Research Project: *Study Behavior and Prescription Stimulant Misuse Relating to Self-Control and Impulsivity in College Students*

HONORS AND AWARDS

Robert Rosenthal Research Grant **($2,841)**, Fall 2026
George L. Parrott Outstanding Student Award **($1,000)**, Spring 2025
College of Behavioral and Social Sciences Professional Attire Fund **($500)**, Spring 2025
CSU Chico Campus Award **($2,500)**, Spring 2025
College of Behavioral and Social Sciences Student Travel Award **($300)**, Spring 2025
Lieutenant Robert Merton Rawlins Merit Scholarship **($5,000)**, Fall 2024 - Spring 2025
GREAT-OP Research Assistantship **($3,000)**, Fall 2024 - Spring 2025
Graduate Equity Fellowship **($2,000)**, Fall 2024 - Spring 2025
38th Annual California State University Student Research Competition, CSU Chico Delegate, Spring 2024
Student Research Symposium, 1st Place, Spring 2024
Faculty Mentored Student Research Assistantship **($5,000)**, Spring 2024
Graduate Equity Scholarship **($1,000)**, Spring 2024
Chico Graduate Education Access & Opportunity Fellowship **($2,000)**, Spring 2024
Dean's Honor List, Fall 2021 – Fall 2022

PUBLICATIONS

Avalos, I.F., & Johnson, P. S. (2025) Childhood Trauma and Risky Sexual Behaviors: Comparing Positive and Negative Emotion-Related Processes. *Child Abuse & Neglect, 170*, 107804. https://doi.org/10.1016/j.chiabu.2025.107804

Avalos, I. F., Peterson, M., Cedre, G., & Ennis, M. (Under review). Failure to Launch Emotion Regulation? Without a Default Option of "Doing Nothing," Participants Frequently Choose to Regulate Their Emotions Effectively.

Trujillo, J., **Avalos, I.F.**, & Won, B. Y. (Submitted) The Impact of Digital Distractions and Attentional Suppression on Academic Performance.

MANUSCRIPTS IN PREP

Avalos, I. F., & Springstein, T. (In prep) Short-term benefits of unhealthy behaviors? Investigating emotion regulation motives and motive satisfaction associated with behavioral emotion regulation strategies in daily life.

Avalos, I. F., & Springstein, T. (In prep) Please Don't Judge Me: Emotion Regulation Motives, Strategies, and Success in Social Situations.

ORAL PRESENTATIONS

Avalos, I. F., & Springstein, T. (2026) Please Don't Judge Me: Emotion Regulation Motives, Strategies, and Success in Social Situations. *Presented at the 2026 European Conference of Personality, Edinburgh, Scotland. (Poster presented at the 2026 California Well-Being Conference, Riverside, California)*

Avalos, I. F., & Springstein, T. (2026) Short-term benefits of unhealthy behaviors? Investigating emotion regulation motives and motive satisfaction associated with behavioral emotion regulation strategies in daily life.

Presented at the Society for Affective Science 2026 Annual Convention, Pittsburg, Pennsylvania (Poster presented at the Bay Area Affective Science 2026 Meeting, San Francisco, California)

Avalos, I. F., & Johnson, P. S. (2024). Emotional Decision-Making Task: The Development and Validation of a Behavioral Task for Negative Urgency. *Presented at the 2024 College of Behavioral and Social Sciences Student Research & Scholarly Work Symposium, California State University, Chico.*

Avalos, I. F., & Won, B. Y. (2024). Exploring Smartphone Distractions and Attentional Suppression. *Presented at the 49th CSU Social Science Student Research Symposium, Sacramento California.*

Avalos, I. F., & Johnson, P. S. (2024). Exposure to Illicit Substances of Abuse, Impulsivity, and Risk-Taking in Abstinent College Students: A Cluster Analysis. *Presented at the CSU Chico 38th Annual Student Research Symposium and the CSU State-Wide Student Research Competition 2024 (Poster presented at 2023 Western Psychological Association Convention, Riverside, California)*

POSTER PRESENTATIONS

Trujillo, J., **Avalos, I.F.**, & Won, B. Y. (2026) The Impact of Digital Distractions and Attentional Suppression on Academic Performance. *Presented at the Visual Sciences Society 2026 in St. Pete Beach, Florida.*

Peterson, M., Ludwig, C. M., **Avalos, I. F.**, Lash, C., Jacobson, T., & Ennis, M. (2026) Personality Predictors of Emotion Regulation Choice to Aversive Pictures. *Presented at the Society for Affective Science 2026 Annual Convention, Pittsburg, Pennsylvania*

Avalos, I. F., & Johnson, P. S. (2025) Emotion Dysregulation and Urgency: Affective Pathways Linking Childhood Trauma and Risky Sexual Behavior. *Presented at the Association for Psychological Science 2025 Convention, Washington, D.C.*

Avalos, I. F., Vizzusi, R. R., & Johnson, P. S. (2025) What Underlies Urgency? The Interacting Effects of Emotion Duration and Emotion Regulation. *Presented at the Society for Affective Science 2025 Annual Convention, Portland, Oregon.*

Avalos, I. F., Peterson, M., Caravalho, C., Mooslin, G., Lash, C., & Ennis, M. (2025) A Brief Growth Mindset Intervention Is Correlated with Higher Use of Emotion Regulation for Participants Higher in Need for Cognition. *Presented at the Society for Affective Science 2025 Annual Convention, Portland, Oregon.*

Vizzusi, R. R., **Avalos, I. F.**, Dirghanji, S., & Wong, A. E. (2025) Gender's Moderating Role in the Link Between Childhood Trauma, Social Support, and Well-Being. *Presented at the Society for Personality and Social Psychology 2025 Annual Convention, Denver, Colorado.*

Avalos, I. F., & Ennis, M. (2024). Failure to Launch Emotion Regulation? Without a Default Option of "Doing Nothing," Participants Frequently Choose to Regulate Their Emotions Effectively. *Presented at the Association for Psychological Science 2024 Convention, San Francisco, California.*

Vizzusi, R. R., Wong, A., & **Avalos, I. F.** (2024) Criterion Validity of a Narrative Identity Self-Report Measure with Turning-Point Narratives. *Presented at 2024 Western Psychological Association Convention, San Francisco, California*

Avalos, I. F., Chambers, G., & Johnson, P. S. (2024). Incremental Validity of Behavioral Economic Demand for Alcohol During the COVID-19 Pandemic in Predicting Disordered Use. *Presented at 2024 Western Psychological Association Convention, San Francisco, California.*

TEACHING EXPERIENCE

Teaching Assistant, Fall 2026
Personality Psychology (PSYC 150), Department of Psychology, University of California, Riverside

Teaching Assistant, Summer 2026
Psychological Methods: Statistics Procedures (PSYC 011), Department of Psychology, University of California, Riverside

Teaching Assistant, Spring 2026
Introduction to Psychology (PSYC 001), Department of Psychology, University of California, Riverside

Teaching Assistant, Fall 2024
Statistical Methods in Psychology (PSYC 364), Department of Psychology, California State University, Chico

Teaching Assistant, Fall 2022, Spring 2023, Spring 2024
Biological Psychology (PSYC 324), Department of Psychology, California State University, Chico

PROFESSIONAL AFFILIATIONS

Society for Affective Science, Member
European Association of Personality Psychology, Member
Society for Ambulatory Assessment, Member

EDITORIAL SERVICE

Co-Peer Reviewer, 2026
Journal of Personality and Social Psychology: Personality Processes and Individual Differences
Co-Peer Reviewer, 2023
Behaviour & Information Technology
Co-Peer Reviewer, 2023
Journal of Experimental Analysis of Behavior

SERVICE AND LEADERSHIP EXPERIENCE

Get Psyched Speaker Series Guest Speaker, Fall 2026
California State University, Chico
Primary Tasks: Invited by the Psychological Science Master's Program Coordinator to give a talk and share my research background, career path, and field of work with undergraduate psychology students.
Teaching Assistant Panel, Fall 2026
University of California, Riverside
Primary Tasks: Invited to sit on a teaching assistant panel to answer questions and offer practical advice about classroom management, grading, and balancing responsibilities to first-year graduate students.
Center for Ideas and Society Research Writing Group Convener, Fall 2025, Winter 2026
University of California, Riverside
Primary Tasks: Convened a College of Humanities, Arts, and Social Sciences Research Writing Group by coordinating weekly meetings, tracking attendance, and submitting a required end-of-quarter report necessary for participants to receive program funding.
Social/Personality Proseminar Committee, 2025/26 Academic Year
University of California, Riverside
Primary Tasks: Greeted and chaperoned invited speakers, prepared the Goldman Library for seminar sessions, coordinated lunch orders, and provided formal speaker introductions.
Research Education Access & Discovery Club Member, August 2024 – May 2025
California State University, Chico
Primary Tasks: Worked to reduce the barriers to accessing research and fostered a community between students and library staff.
Psychological Science M.A. Program Student Ambassador, August 2024 – May 2025
California State University, Chico
Primary Tasks: Served as direct point of contact for prospective students interested in the Psychological Science Master's Program at California State University, Chico.
Graduate Pathways Society Club President, June 2024 – May 2025
California State University, Chico
Primary Tasks: Led club meetings, served as the primary liaison with external organizations, and collaborated with the club's advisor to strategize future directions.
Adelante Outreach Ambassador, January 2024 – August 2024
Adelante Postbaccalaureate Pipeline Program, Chico State Enterprises
Primary Tasks: Contributed to creating, coordinating, and delivering outreach presentations to undergraduates in classrooms, workshops, organization meetings, and on campus events.

STATISTICAL AND PROGRAMMING SKILLS

R Programming
IBM SPSS Statistics
JASP
Qualtrics XM
Testable

E-Prime

REFERENCES

Tabea Springstein, Ph.D.
Assistant Professor - *Department of Psychology*
University of California, Riverside
tabea.springstein@ucr.edu
Patrick Johnson, Ph.D.
Full Professor - *Department of Psychology*
California State University, Chico
psjohnson@csuchico.edu
Michael Ennis, Ph.D.
Full Professor - *Department of Psychology*
California State University, Chico
mennis@csuchico.edu