

Angela Vergara, PhD

University of Central Florida, Department of Sociology

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EDUCATION

Ph.D. Sociology

Summer 2020

University of Central Florida, Orlando, FL

Dissertation: *Puerto Rico After Hurricane Maria: Responses to Trauma and Constructing a New Life in Central Florida*

M.A. Experimental Psychology

May 2015

St. John's University, New York, NY

Master's Thesis: *Assessment of Dialectical Behavioral Therapy-PTSD for the Treatment of Post-Traumatic Stress Disorder and Non-Suicidal Self-Injury Behaviors in Adult Survivors of Childhood Sexual Abuse: An Examination of Treatment Efficacy.*

B.S. Psychology

August 2012

University of Central Florida, Orlando, FL

Undergraduate Honors Thesis: *What Do You Think of Others that Pursue Cosmetic Surgery? Influences Associated with Perceptions of Cosmetic Surgery.*

Minor: Sociology

Certificate: Women's Studies

A.A. General Studies

December 2009

Valencia College, Orlando, FL

Psychology and Sociology

PROFESSIONAL EXPERIENCE

Visiting Instructor

August 2019 – Present

University of Central Florida

Department of Sociology

Undergraduate

- Research Methods (face-to-face and online)
- Data Analysis (face-to-face and online)
- Introduction to Sociology (face-to-face, online, and synchronous)
- Sociological Social Psychology (face-to-face and online)
- Race and Ethnicity (online only)
- Family Trends (online only)

- Global Inequalities and Society (online only)
- Sex and Gender (online only)
- Qualitative Methods (online only)

Graduate

- Topics in Social Inequality - Global Inequalities and Society (synchronous)

Adjunct Professor

January 2017 – Present

Valencia College/UCF Downtown
College of Behavioral and Social Sciences
Department of Psychology and Sociology

- Introduction to Psychology (face-to-face and online)
- Developmental Psychology (face-to-face)
- Introduction to Sociology (face-to-face and online)

Substance Abuse Counselor

April 2019 – December 2020

Premium Counseling Group, LLC

- Clinical diagnostics associated with substance abuse disorder
- Provide counseling and assessment services at the individual and group level
- Create and manage group therapy sessions utilizing Dialectical Behavioral Therapy, Motivational Interviewing, and other therapeutic techniques
- Provide mental health services in both English and Spanish

Newsletter Editor and Social Media Content Manager

August 2017 – August 2019

Society for the Study of Social Problems
Society of Mental Health Division
Division Officer: Fernando Rivera, Ph.D.

- Newsletter Editor
- Social Media (Facebook, Twitter, Instagram, etc.) content manager

Graduate Teaching Associate

June 2017 – May 2019

University of Central Florida
College of Sciences
Department of Sociology

- Introduction to Sociology
- Sociological Social Psychology (face-to-face and online)
- Race and Ethnicity (online)

Graduate Teaching Assistant

August 2016 – May 2017

University of Central Florida
College of Sciences
Department of Sociology

- Contribute to the development of appropriate teaching materials to ensure content and methods of delivery meet learning objectives

- Participate in the assessment process using a variety of methods and techniques and provide effective timely and appropriate feedback to students to support their learning
- Supervise practical work advising on skills methods and techniques to assist the transfer of knowledge
- Health and Illness in Society

Bilingual Clinical Assessment and Evaluation

September 2014 – May 2015

Project CONNECT

St. John's University Psychological Services

- Direct contact with families seeking to utilize the services provided by Project CONNECT
- Interviewing and assessment of children and caregivers seeking trauma focused treatment
- Administer diagnostic batteries and clinical assessments to children and caregivers
- Perform risk assessments as a function of suicide/homicide prevention for children and caregivers
- Utilize culturally relevant questionnaires and language to assess trauma in minority children and caregivers

Dialectical Behavioral Therapy

– Group Therapy Clinical Co-facilitator

June 2013 – June 2014

Center for Motivation and Change

- Utilized DBT skills to co-facilitate group psychotherapy
- Preparation of clinical notes and diagnostic tools for facilitating clinician
- Maintain patients' clinical records and follow-ups associated with weekly therapy meetings

Undergraduate Teaching Assistant

August 2011

University of Central Florida, Orlando, FL

History and Systems of Psychology

- Collaborated on curriculum and exam development, met with students upon request, and graded all written work, including final exam papers.

Knights Pantry Coordinator

July 2011

University of Central Florida, Orlando, FL

- Manage incoming donations
- Attend to students
- Marketing Promotion and Food Drive for the Knights Pantry

Psychology Academic Advisor

January 2011 – May 2012

University of Central Florida, Orlando, FL

- Academic Advising
- Assist undergraduate psychology students with degree audit interpretation
- Help students explore career possibilities
- Create course overrides, course substitutions, and undergraduate agreement forms
- Oversee University policies are enforced

PUBLICATIONS

- Vergara, A.** (2021). *Puerto Rico After Hurricane Maria: Responses to Trauma and Construction a New Life in Central Florida*. CENTRO: Journal of the Center for Puerto Rican Studies. Manuscript under review.
- Vergara, A.,** Carter, S. (2020). *#Amamantar: Representations of Breastfeeding Targeting Hispanic/Latinx Populations on Social Media*. Women's International Journal. Manuscript under review.

PROFESSIONAL CONFERENCE PRESENTATIONS (*Student presentation)

- Vergara, A.** (2021) *Puerto Rico After Hurricane Maria: Responses to Trauma and Constructing a New Life in Central Florida*. Southern Sociological Society Annual Meeting. Virtual Conference, April 2021.
- Eisenstark, L.* & Vergara, A.* (2021). *Sorority Women in STEM and Impostor Syndrome*. Southern Sociological Society Annual Meeting. Virtual Conference, April 2021.
- Cahow, J.**, Bubriski, A., **Vergara, A.** (2021). *The Girlhood Double-Standard: Girl's Perceptions of Gendered Classroom Expectations*. Southern Sociological Society Annual Meeting. Virtual Conference, April 2021
- Matos, E.* & Vergara, A.* (2021). *Impact of Community Doulas on the Perinatal Outcomes of women of Color: A Meta-Analysis*. Southern Sociological Society Annual Meeting. Virtual Conference, April 2021
- Vergara, A.** (2020). *Netflix and the New Sociological Lens: Everyday Use of the Sociological Imagination*. American Sociological Association Annual Meeting. Virtual Conference.
- Vergara, A.** (2020). *Puerto Rico after Hurricane Maria: Overcoming Trauma and Constructing a New Life in Central Florida*. Society for the Study of Social Problems Annual Meeting. San Francisco, CA. Postponed due to COVID-19.
- Vergara, A.,** Carter, S. (2020). *#Amamantar: Representations of Breastfeeding Targeting Hispanic/Latinx Populations*. International Sociological Association. Porto Alegre, Brazil. Postponed due to COVID-19.
- Vergara, A.,** Rivera, F. (2020). *Can Complementary and Alternative Medicine (CAM) Act as a Point of Entry into the Healthcare System? Evaluating the Motivating Factors behind the Use of CAM services by the Hispanic/Latinx Population*. International Sociological Association. Porto Alegre, Brazil. Postponed due to COVID-19.

- Quamina, P.* & Vergara, A. (2020). Difference in Racial Disparities in Childbirth Mortality Rates: Why are Black Women Dying?* Southern Sociological Society. Jacksonville, FL. Postponed due to COVID-19.
- Ellis, J.* & Vergara, A. (2020). Can Daily Internet Use Cause Self-Reported Anxiety?* Southern Sociological Society Jacksonville, FL. Postponed due to COVID-19.
- Isaiah, J. A.* & Vergara, A. (2020). Effects of LGB Awareness on LGB Mental Health.* Southern Sociological Society. Jacksonville, FL. Postponed due to COVID-19.
- Matos, E.* & Vergara, A. (2020). Content Analysis of Community Doulas' Impact on Women of Color with Low-income.* UCF Showcase of Undergraduate Research Excellence (SURE). Cancelled due to COVID-19
- Vergara, A.,** Carter, S. (2019). *#Amamantar: Representations of Breastfeeding Targeting Hispanic/Latinx Populations.* Presented at the American Sociological Association Annual Meeting. New York, NY
- Vergara, A.,** Rivera, F. (2019). *Can Complementary and Alternative Medicine (CAM) Act as a Point of Entry into the Healthcare System? Evaluating the Motivating Factors behind the Use of CAM services by the Hispanic/Latinx Population.* Presented at the Society for the Study of Social Problems Annual Meeting. New York, NY.
- Vergara, A.,** Carter, S. (2019). *#Amamantar: Global Breastfeeding Representations Targeting Hispanic/Latinx populations.* Presented at the Southern Sociological Society Annual Meeting. Atlanta, GA.
- Vergara, A.** (2019). *Netflix and the New Sociological Lens: Everyday Use of the Sociological Imagination.* Upcoming presentation at North Central Sociological Association Annual Meeting. Cincinnati, OH.
- Vergara, A.,** Carter, S. (2018). *#Amamantar: Social Media Representations of Breastfeeding Targeting Hispanic/Latinx Populations.* Presented at the 98th Annual Meeting of the Southwestern Social Science Association. Orlando, FL
- Vergara, A.,** Rivera, F. (2018). *Another Way Forward: An Exploration of Complementary and Alternative Medicine (CAM) and Psychological Distress in the Hispanic Community.* Presented at 68th Annual Meeting of the Society for the Study of Social Problems. Philadelphia, PA.
- Nicholson, H., **Vergara, A.** (2017). *Factors Affecting Telemedicine Use in Mental Health Facilities Throughout the U.S.* Presented at the Graduate Research Forum at University of Central Florida, Orlando, FL.

Rivera, F., **Vergara, A.** (2012). *Complementary and Alternative Medicine: A pathway or an alternative for the Hispanic community*. Presented at the Showcase of Undergraduate Research Excellence at University of Central Florida, Orlando, FL.

Cohn, M., Remy, C., **Vergara, A.**, Wax, A. (2011). *Is there a stigma associated with gender composition in teams? An in-depth analysis of gender bias in peer evaluations*. Presented at the Showcase of Undergraduate Research Excellence at University of Central Florida, Orlando, FL.

STUDENT ONE-ON-ONE MENTORSHIP

Juliet Cahow. University of Central Florida. Department of Sociology. *The Girlhood Double-Standard: Girl's Perceptions of Gendered Classroom Expectations*. Student Scholar Symposium Faculty Mentor Spring 2021 (Scholarship winner in social sciences category)

Lyndsey Eisenstark. University of Central Florida. Department of Sociology. *Sorority Women in Stem and Impostor Syndrome*. Student Scholar Symposium Faculty Mentor Spring 2021

Pavia Quamina. University of Central Florida. Department of Sociology. *Differences in Racial Disparities for Childbirth Mortality Rates: Why are Black Women Dying?* Student Scholar Symposium Faculty Mentor Spring 2021

Juliet Cahow. Burnett Honors College. *The Girlhood Double-Standard: Girl's Perceptions of Gendered Classroom Expectations*. Honors in the Major Thesis Co-Chair Fall 2020 – Spring 2021

Julie Poulsen. University of Central Florida. *The Sociology of Media and Culture*. Research Faculty Advisor. Fall 2020

Emely Matos. University of Central Florida. *Content Analysis of Community Doula's' Impact on Women of Color with Low-income*. Independent Study Faculty Advisor. Summer 2020 (Resulting coauthored paper presented at SSS Annual Meeting, April 2021)

INVITED PRESENTATIONS

Invited Lecturer, November 2020: “Medical Sociology and Minority Health” Department of Sociology and Criminology & Law. Undergraduate Student Workshop. University of Florida. Gainesville, FL.

Invited Faculty Panelist, October 2020: “Latinos Stand Together Against Covid” UCF Student Government & Latino Medical Association. University of Central Florida. Orlando, FL

Invited Faculty Presenter, October 2020: Professional Development Seminar Faculty Mentoring Panel Session. University of Central Florida. Orlando, FL

Invited Faculty Panelist, September 2020: “What’s in a Name? Latin/a/o/x a Discussion” Virtual Event. Orlando, FL

Panelist, February 2020: “Decolonizing your Syllabus: Creating an Inclusive Curriculum” Department of Sociology. Graduate Student Workshop. University of Central Florida. Orlando, FL.

Invited Lecturer, January 2020: “Minorities in American Society: Hispanic/Latinx Population” Department of Sociology and Criminology & Law. Undergraduate Student Workshop. University of Florida. Gainesville, FL.

Invited Lecturer, September 2019: “Minority Population: Hispanic/Latinx in America” Department of Sociology. University of Central Florida. Orlando, FL.

Invited Faculty Presenter, Summer 2018: “Stress, Emotions, and Healthy Communication: A Biopsychosocial Approach to Health”. 6th Hispanic Health Conference. New York, NY. Arlington, TX. Commerce, CA.

UNIVERSITY SERVICE

Leadership Positions

Co-chair, Diversity and Inclusion Committee. PR/Social Media. Department of Sociology, Spring 2021 – Present.

Member, Departmental Undergraduate Committee. Department of Sociology, Spring 2021 - Present

Professional Service

Faculty Facilitator, Inclusive Syllabi Workshop. Department of Sociology. University of Central Florida. Spring 2021

Presider & Discussant, Reproductive Experiences on the Margins *Co-Sponsored by SWS – South and SSS Committee on Gender and Sexuality. Southern Sociological Society Annual Meeting. Virtual Conference, April 2021.

Presider, Racializing Women’s Health. Southern Sociological Society Annual Meeting. Virtual Conference, April 2021.

Faculty Member, High Impact Practices (HIP) Course Coach Scholarship Program. Division of Student Learning and Academic Success. University of Central Florida. Spring 2021.

Faculty Member, SWS Latinx Feminist Liberatory Praxis Group. Sociologist for Women in Society. Spring 2021 – Present

Faculty Research Mentor, Honors Independent Research Program. UCF/Valencia College Downtown. Fall 2020 – Present

Anonymous (double-blind) Peer Reviewer. *The Pegasus Review: UCF Undergraduate Research Journal*, 2020

Presider, Latina/Latino Sociology Roundtables. Table: Institutions and Community. American Sociological Association Annual Meeting. Virtual Conference, August 2020.

Teaching Development

Alpha Kappa Delta and Teaching & Learning. Workshop on Teaching Theory. Spring 2021

TLC-z Teaching with Lecture Capture: Zoom Edition Certificate. Faculty Development. Center for Distributed Learning. Spring 2021.

Alpha Kappa Delta and Teaching & Learning. Workshop on Teaching Research Methods. Spring 2021.

Essentials of Online Teaching Certification. Orlando, FL. Center for Distributed Learning. Summer 2020. University of Central Florida.

Digital Professor Certification. Orlando, FL. Faculty Development. Summer 2020. Valencia College.

Summer Faculty Development Conference. Orlando, FL. 2020 Diversity Track: Diversity and Inclusion: Navigating Difficult Conversations on Campus. Summer 2020. University of Central Florida. Cancelled due to COVID-19.

Women Faculty Mentoring and Networking Community. Orlando, FL. New Women Faculty Track. Spring 2020. University of Central Florida

Faculty Development. Orlando, FL. SEED I: Seeking Educational Equity and Diversity Track. Summer 2019. Valencia College

Other University Service

Graduate Faculty Member, College of Graduate Studies. Applied Sociology, Domestic Violence, and Medical Sociology MA track. Sociology PhD. Fall 2020 – Present

RESEARCH EXPERIENCE

Research Consultant

Fall 2019

Multilingual Translator in Spanish-English

Vega Nguyen Research

Bellingham, WA

Project: *2020 King County Housing Survey*

Investigator: Jenny Nguyen

- Performed various translation and interpretation duties from Spanish into English, including research texts, IRB proposals, survey metrics, and written text.
- Translated text projects, including legal documents, research packet content, articles, and data reports.
- Upheld strict confidentiality policy when translating personal and research material.
- Provided interpretation and transcription services as needed by research team.

Research Assistant

Summer 2019

Qualitative Data Analyst and Multilingual Translator in Spanish-English

Department of Social Work

University of Central Florida

Orlando, FL

Project: *Strong Foundations Courts*

Investigator: Julie Stein, PhD

- Assessment of the court processes for governing reunification of foster children with their families.
- Focus groups and phone interviews with employees and volunteers who work on child welfare cases that are passing through the courts.
- Discussions with participants will focus on their perceptions of the Conditions for Return model and the ways the practice of the model can be improved/strengthened.
- Performed various translation and interpretation duties from Spanish into English, including research texts, IRB proposals, survey metrics, and written text.
- Translated text projects, including legal documents, research packet content, articles, and data reports.
- Upheld strict confidentiality policy when translating personal and research material.
- Arranged concurrent translation during research interviews and focus groups to allow data collection.
- Transcription of data in Spanish and English.
- Qualitative analysis of focus groups and interviews data.

Research Analyst
Multilingual Translator in Spanish-English
Department of Sociology
University of Central Florida
Orlando, FL

August 2016

Title: *Can Complementary and Alternative Medicine (CAM) Act as a Point of Entry into the Healthcare System? Evaluating the Motivating Factors behind the Use of CAM services by the Hispanic/Latinx Population.*

- Constructed Qualtrics Survey to seek to understand the processes associated with the decision to utilize Complementary and Alternative Medicine (CAM) by the Hispanic community.
- Develop semi-structured interviews and conducted face-to-face interviews with participants in both English and Spanish.
- Interpreted and analyzed quantitative and qualitative results.
- Upheld strict confidentiality policy when translating personal and research material.
- Arranged concurrent translation during research interviews and focus groups to allow data collection.
- Transcription of data in Spanish and English.

Clinical Assessment and Evaluation
Multilingual Clinical Translator in Spanish-English
Child HELP Partnership
St. John's University Center for Psychological Service
New York, NY

September 2014 – May 2015

Executive Director and Founder: Elissa Brown, Ph.D.

Project CONNECT (Community Networks Negotiating Evaluations and Counseling for Trauma) is an approach developed by **Child HELP Partnership** to bridge science and practice in the field of children's mental health. The goal is to alleviate barriers to accessing mental health services for traumatized families. Building on established relationships with local multicultural communities, we bring the evidence-based treatment we provide at our clinic into community settings.

- Conducted suicide risk assessment interviews in both English and Spanish
- Conducted trauma interview and assessment in both English and Spanish
- Performed various translation and interpretation duties from Spanish into English, including clinical assessments and diagnosis, research texts, IRB proposals, survey metrics, and written text.
- Translated text projects, including legal documents, research packet content, articles, and data reports.
- Upheld strict confidentiality policy when translating personal and research material.
- Arranged concurrent translation during research interviews and focus groups to allow data collection.

Research Assistant
Multilingual Clinical Translator in Spanish-English
Mount Sinai Medical Center, New York, NY

January 2014 – July 2014

Department of Psychiatry

Principal Investigator: Adriana Feder, MD

Trajectories of Psychological Risk and Resilience in World Trade Center Responders – the study aims to characterized longitudinal trajectories of World Trade Center (WTC) related Post-Traumatic Stress Disorder and depressive symptoms in WTC first responders through administering a web-based survey.

- Pre-screening for Post-Traumatic Stress Disorder.
- Reaching out to WTC responders for their participation in our online survey and following up with participants who agreed to participate but have not completed the survey yet.
- Collect and record study data. Inputs information in the database.
- Conduct patient-oriented research and work with human subjects in research.
- Performed various translation and interpretation duties from Spanish into English, including clinical assessments and diagnosis, research texts, IRB proposals, survey metrics, and written text.
- Translated text projects, including legal documents, research packet content, articles, and data reports.
- Upheld strict confidentiality policy when translating personal and research material.
- Arranged concurrent translation during research interviews and focus groups to allow data collection.

Clinical Research Assistant

June 2013 – June 2014

Center for Motivation and Change, New York, NY

- Research and training reviewing assessments, entering data (MS Office, Excel, SPSS, etc.), conducting empirical literature searches and compiling reviews of relevant findings.
- Work with members of the clinical staff assisting with research on clinical issues.
- Management of case files and assisting with daily operations.
- Participation on behavioral therapy groups and preparing notes for the facilitating clinician.
- Attend weekly meetings including group discussions of case issues, review and discussion of cutting-edge research, and training in clinical techniques.
- Training and research in evidence supported treatments such as motivational interviewing, community reinforcement approach, and cognitive behavioral therapy/dialectical behavioral therapy.
- Screening for depression, generalized anxiety disorder, and suicide.

Undergraduate Honors in the Major Thesis

August 2011 – July 2013

University of Central Florida, Orlando, FL

Burnett Honors College

Department of Psychology

- The purpose of the study is to determine if there are differences in opinions of individuals who obtain, or want to obtain, cosmetic surgery versus individuals who have not had and do not wish to undergo elective surgery, and to determine if reality television influences people's perceptions of those who obtain cosmetic surgery.
- Literature review of incidents of plastic surgery in relation to reality television, self-esteem and external perceptions of cosmetic surgery.
- Development of survey questions in order to assess for the level of cosmetic surgery acceptance in relation to self-esteem constructs.

Undergraduate Research Coordinator

August 2010 – August 2011

University of Central Florida, Orlando, FL

Department of Psychology

D.E.L.T.A Lab (Developing Effective Leaders, Teams, and Alliances Lab)

Undergraduate Research Assistant Lead Experimenter

- Ran multi-team experiment's (consisting of two 3 person teams)
- Supervise all technical necessities throughout research sessions
- Prepare equipment to conduct experiment and participate in four hour research sessions
- Administered role-specific training for participants during session
- Content video coding of leadership processes
- Enter data and facilitate data entry process
- Participated in the recruitment and selection of new research assistants
- Training new research assistants on experimental procedures

FELLOWSHIPS

Summer Mentor Fellowship

Summer 2016

University of Central Florida

Department of Sociology

Advisor: Fernando Rivera, Ph.D.

CERTIFICATIONS

Collaborative Institutional Training Initiative (CITI) Certified

2019

University of Central Florida, Orlando, FL

- Completed training

Collaborative Institutional Training Initiative (CITI) Certified

2014

Mount Sinai School of Medicine, New York, NY

- Completed training

Question, Prevent, Refer (QPR) Suicide Prevention Gatekeeper

2010

University of Central Florida, Orlando, FL

- Completed training

Family Educational Rights and Privacy Act (FERPA)

2010

University of Central Florida, Orlando, FL

- Completed training

AWARDS

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| • UCF Graduate Student Research Paper Award | May 2020 |
| • UCF Graduate Student Research Paper Award | May 2019 |
| • Summer Mentorship Program | Summer 2016 |
| • UCF Dean's List | Spring 2011 – Summer 2012 |
| • OIS Study Abroad Scholarship Award | Summer 2011 |
| • Golden Knight (Peer Advisor Mentoring Program) | Spring 2011 |
| • UCF Scholars Award | Fall 2011 – Spring 2012 |

EXTRA CURRICULAR ACTIVITIES

Professional Memberships

- American Sociological Association
- Society for the Study of Social Problems
- Southern Sociological Society
- Sociologist for Women in Society - South
- American Psychological Association
- Tau Sigma National Honor Society
- Alpha Kappa Delta
- Psychological Society at the University of Central Florida

SKILLS

Languages

- Fluent in English, Spanish, and working knowledge in French

Computer Skills

- Microsoft Office Applications – Experienced in: Word, Power Point, Excel and Publisher
 - PAWS Statistics 18 Software
 - STATA Statistic Software
 - DARS – Degree audit system
 - NVIVO
-