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THEMATIC RESEARCH AREAS

Intervention & Prevention Science
Positive Youth Development
Social Network Analysis

EDUCATION

Expected Graduation: May, 2022
M.S./Ph.D. candidate, Applied Social & Health Psychology
Colorado State University (Fort Collins, CO)
Mentor: Kimberly Henry, Ph.D.

May, 2017
M.P.H., Epidemiology
Colorado School of Public Health at Colorado
State University (Fort Collins, CO)
Mentor: Kimberly Henry, Ph.D.
Practicum site: *DARTNet Institute: University of Colorado, Anschutz Medical Campus*
Capstone title: *An Analysis of the Social Network of Campus Connections and its
Relationship to Youth Outcomes*

May, 2013
B.A., Psychology
San Diego State University (San Diego, CA)
Mentors: Andrew Sarkin, Ph.D. & Laura Schmalzl, Ph.D.

ACADEMIC POSITIONS

Expected Start: 2019
Graduate Evaluation Intern
The Colorado Health Foundation: *Innovation and Dissemination of Evidence-Based
Action in Schools (IDEAS)*

2018 – Present
Graduate Teaching Assistant – *Psy 350: Research Design & Analyses II*
Colorado State University, Department of Psychology

2017 – Present
Graduate Research Assistant
Colorado State University, Department of Psychology

**ACADEMIC
POSITIONS
(CONTINUED)**

2015 - 2017

Graduate Research Assistant
Colorado School of Public Health, Colorado State University

2012 – 2015

Research Assistant
University of California, San Diego, Department of Family Medicine & Public Health

**CONTRACTS &
GRANTS
ASSISANCESHIP**

#NA Haddock & Henry (Joint PIs) 8/15/15 – 8/14/18
William T. Grant Foundation

Mentor Families: A Setting-level Component to Improve Mentoring Outcomes for At-risk Youth

The purpose of this study is to develop, integrate, and empirically test the impact and process of the establishment of Mentor Families within Campus Connections. The establishment of Mentor Families involves nesting 4 mentor-mentee pairs in a “family” group during CC sessions to experience the mentoring program together.

Role: Graduate Research Assistant

\$521,552 direct costs

#NA Haddock & Weiler (Joint PIs) 01/01/16 – 08/30/18
Colorado Department of Human Services - Tony Grampas Youth Services

Campus Connections: Therapeutic Mentoring for At-Risk Youth

Campus Connections (CC) is a mentoring program at Colorado State University that matches trained undergraduates with adolescents who are at risk for delinquency. The program is constantly evaluated to improve outcomes for at-risk youth.

Role: Graduate Research Assistant

\$76,479 direct costs

#1535894 Trumbo (PI) 09/01/15 – 08/30/18
NSF Shelter-in-Place Compliance During Hazardous Release Emergencies: The Effect of Communications Access in Terrorist/Accidental Chemical/Radiological Events
The purpose of this study is to examine the predictors of compliance with a Shelter-In Place order and mechanisms for increasing compliance.

Role: Graduate Research Assistant

\$581,759 direct costs

PUBLICATIONS

Schmalzl L, Powers C, Zanesco A, **Yetz N**, Groessl E, Saron C. (2018). The effect of movement-focused and breath-focused yoga practice on stress parameters and sustained attention: A randomized controlled pilot study. *Consciousness and Cognition*, 65, 109-125.

Choi K, **Yetz N**, Sarkin A. Using the technology of Google Insights for Search to evaluate the impact of a mental health media campaign (2013) [abstract]. *Annals of Behavioral Medicine*, 45(S23).

CONFERENCE PRESENTATIONS

Yetz N. A Social Network Approach of Adolescent Outcomes with Campus Connections. Poster and presentation presented at the Colorado State University Graduate Student Showcase; November 2017; Fort Collins, Colorado.

Yetz N. An Analysis of the Social Network of Campus Connections and its Relationship to Youth Outcomes. Poster and presentation presented at the Colorado School of Public Health Capstone Seminar; May 2017; Fort Collins, Colorado.

Yetz N, Haddock S, Henry K. Personality and the evolution of mentor social networks in a mentoring program for at-risk youth. Poster and poster-slam presentation presented at the XXXVI Sunbelt Conference of the International Network for Social Network Analysis; April 2016; Newport Beach, California.

Powers C, Schmalzl L, Zanesco A, **Yetz N**, Groessl E, Saron C. Breath-focused yoga facilitates perceptual sensitivity and vigilant attention more than movement-focused yoga. Poster to be presented at the 23rd Annual Cognitive Neuroscience Society Conference; April 2016; New York City, New York.

Yetz N, Cross K, Bolano C, Murphy C. Design Fluency, Word Recall, and Odor Identification in a High Anxious Sample. Poster Presented at the San Diego State University Student Research Symposium; March 2013; San Diego, California.

Choi K, **Yetz N**, Yalavarthy M, Goode M, Sarkin A. Using the Technology of Google Insights for Search to Evaluate the Impact of a Mental Health Media Campaign. Poster presented at the 34th Annual Meeting of the Society of Behavioral Medicine; March 2013; San Francisco, California.

Crane M, Sarkin A, Buske K, Choi K, Lo T, **Yetz N.** A community partnership providing behavioral health services to caregivers of Alzheimer's patients to reduce problem behaviors and their impact. Poster presented at the 33rd Annual Meeting of the Society of Behavioral Medicine; April 2012; New Orleans, Louisiana.

VOLUNTEER SERVICES

2017 - Present

Mentoring Undergrads to Graduate School Success (MUGSS)

MUGSS is a mentorship program that matches psychology major undergrad with psychology graduate students. Graduate students are expected to guide undergraduate students towards graduate school by providing advice, reading personal statement, and serve as a resource for the graduate school application process.