

## SABHYATA PRAKASH

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### EDUCATION

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**University of Wisconsin-Madison, Madison, WI**

**Bachelors of Arts in Psychology and Gender and Women Studies**

**December 2023**

GPA: 3.5/4, Dean's Honor List Spring 2023

**Relevant Courses:** Social Psychology, Research Methods, Statistics, Prejudice and Prejudice reduction, Criminal Psychology, Physiological Psychology, Child Psychology, Abnormal Psychology, Asian American feminist productions, Women's bodies and health, Gender and global health, Psychological Effects of Racism, Gay and Lesbian Psychology, Psychology of Women, Queer theory, American Indian studies

### SKILLS

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**Research:** Quantitative and Qualitative Research Methods, Data Analysis- SPSS and R, Literature Review, Critical Thinking, Ethics

**Social:** Knowledge of Diversity and Inclusion, Cultural Competence, Intersectional Analysis, Communication, Teamwork, Facilitation, and Leadership

**Languages:** English, Hindi, Punjabi

### AWARDS

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**SURF (Support for Undergraduate Research Fellows) Award**

**University of Wisconsin, Milwaukee**

**2021**

Typically given to students who have demonstrated strong research skills, intellectual curiosity, and dedication to a specific research project or area of study, this award provides financial support to undergraduate students so that they can continue to work as research assistants and contribute to ongoing research projects.

### RESEARCH EXPERIENCE

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**Research Assistant**

**September 2022-December 2023**

**Brauer Group Lab, University of Wisconsin-Madison**

- I actively contributed as a research assistant in a team dedicated to investigating group phenomena and their impact on individuals' thought processes, perceptions, and behaviors within social categories.
- Assisted in conducting research on diversity-related issues, specifically exploring the cognitive processes involved in the maintenance of stereotypes and prejudice within different social groups.
- Played a key role in designing and implementing interventions aimed at reducing discrimination and promoting diversity in various settings, such as schools and companies, while actively assessing the effectiveness of these interventions.
- Conducted extensive literature reviews to gather relevant research articles, ensuring a comprehensive understanding of existing knowledge and informing the team's research design and methodology. Conducted qualitative analysis and quantitatively analyzed the data, identifying trends in behavior and communication between individuals in the group.
- Collaborated with team members in running studies and working with participants, including recruiting, scheduling, and facilitating experimental protocols, while maintaining strict confidentiality protocols.
- Demonstrated strong organizational skills by effectively handling multiple projects simultaneously, managing priorities, and coordinating tasks to ensure timely completion of research objectives.
- I attended and actively participated in lab meetings, sharing research updates and insights and contributing to discussions on experimental design, data analysis, and future directions.

## **Research Assistant**

**Mindful of Memory lab, Department of Psychology, UW-Milwaukee September 2021 - May 2022**

- Attend and actively contribute to scheduled laboratory meetings, demonstrating proficiency in facilitating and leading discussions centered around extant research findings.
- Employ critical analysis and insight to foster an environment conducive to scholarly discourse, ensuring that discussions propel the research agenda forward.
- Assume a pivotal role in the execution of rigorous eye-tracking experiments, encompassing multifaceted responsibilities. These encompass interfacing with study participants, securing informed consent, orchestrating the experimental protocols, and adeptly troubleshooting any intricacies associated with the eye-tracking apparatus.
- Maintain a meticulous approach to data collection, adhering to ethical standards and methodological rigor.

## **Research paper: Effects of Commitment on Inclusive Behavior**

**Brauer Group Lab, UW-Madison**

**September 2022 – April 2023**

- The study was aimed at determining to what extent utilizing one's need for commitment and consistency has an effect on inclusive behavior change.
- The study measures the likelihood of a person agreeing to an inclusive behavior (recording a short video with a message about diversity) in three different conditions: survey conditions (with and without commitment) and a control condition.
- We predicted that participants in the non-control conditions would display more inclusive behavior by saying "yes" to the video than those in the control, and those in the commitment condition would be more likely to agree than those in the no commitment condition.
- Significantly more agreed to the video in the commitment condition than in the no commitment condition, supporting our second hypothesis. However, our first hypothesis was not supported.
- These results suggest that explicit commitments to inclusion increase the likelihood of agreeing to a commitment-consistent request, but it may not be more effective than asking people upfront to perform an inclusive behavior.

## **Research paper: The Effects of Inducing Guilt and Responsibility on White Undergraduates' Behavioral Intentions**

**Brauer Group Lab, UW-Madison**

**January 2023 - Present**

- I am currently working on a study that aims to determine the respective effects of guilt and collective responsibility on increasing anti-racist behavioral intentions.
- The current proposal aims to evaluate the effects of guilt and responsibility separately, suggesting that the negative feelings of guilt in and of themselves do not lead to increased pro-social behavior, but rather that the emphasis on collective responsibility is what promotes anti-racist behavior.
- The study also aims to measure pluralistic ignorance and how that relates to anti-racist behavioral intentions. Pluralistic ignorance refers to the social psychology phenomenon where people hold a certain belief but publicly display support for another belief or norm because they falsely believe that this is what is more generally accepted by other people.
- Relatedly, this study will: 1) evaluate the efficacy of increasing anti-racist behavior through inducing guilt; 2) evaluate the efficacy of increasing anti-racist behavior through inducing collective responsibility; and 3) evaluate the association between pluralistic ignorance and anti-racist behavioral intentions.
- Awaiting IRB approval

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## **CONFERENCE PRESENTATION**

**Prakash S., Gibbons M., Burton I., Isenberg N., and Brauer M. The Effects of Commitment on Inclusive Behavior: A Field Study**

SPSP Annual Convention, February 8–10, San Diego, CA

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## **TEACHING EXPERIENCE**

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## **Camp counselor and Organizer**

**Leadership Summer camp, Honors College, UW- Milwaukee**

**June 2022**

- Coordinated and led a college exploration program for POC high school students
- Developed and implemented engaging workshops and activities to educate students on college admissions requirements, financial aid options, and scholarship opportunities.
- Fostered a supportive and inclusive environment for students by organizing group discussions and activities that promoted cultural awareness, identity exploration, and self-advocacy.

## **Instruction Leader**

**Student Success Center, UW-Milwaukee**

**January 2022 - May 2022**

- Regularly attend class along with students in order to take notes and keep up with class discussions
- Held four (or more) review sessions each week to review course material and provide personal attention to students' questions.
  - Hold exam reviews before each exam to help students be better prepared.
- Assisted in a minimum 25% improvement in students' test scores and end-of-course reviews compared to the previous semester.
- Facilitated discussion and practice solving problems between students and led instructional activities, such as games and interactive activities, to keep students engaged.

## **Teacher**

**Slum Swaraj Foundation, New Delhi, India**

**July 2019 - March 2020**

- I mentored and tutored children from impoverished backgrounds five days a week through active involvement in a non-profit organization.
- Implemented a holistic approach to support individuals facing underprivileged circumstances, fostering motivation and encouragement.
- Contributed to the organization's overarching mission of creating awareness about socio-economic disparities, starting at the grassroots level.
- Developed personalized mentoring strategies to address the unique needs and challenges of each mentee.
- Collaborated with fellow team members to organize community events and workshops aimed at empowering disadvantaged communities.
- Monitored and evaluated the progress of mentees, ensuring the effectiveness of educational support programs.
- Played a key role in establishing a supportive and nurturing environment for children, emphasizing the importance of education and personal growth.

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## **INVOLVEMENT**

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**QTPOC (Queer and Trans People of Color) | University of Wisconsin-Madison**

**Team member**

**January 2023-December 2023**

- Cultivated visibility and promoted diversity, inclusivity, and equity to address underrepresentation.
- Fostered a welcoming environment for students of all racial, sexual, and gender backgrounds.
- Specifically encouraged engagement and participation from queer and trans people of color.
- Advocated for awareness and representation of QTPOC in various spaces.
- Established connections within the community and emphasized continuous education on QTPOC issues.
- Celebrated individual voices, creativity, struggles, and shared resilience within the QTPOC community.

**Antiracism Event Series Committee | University of Wisconsin-Milwaukee**

**Core Team member**

**January 2021 – August 2022**

- I played a key role as a core member of a committee that organizes events centered around antiracist philosophies to encourage acknowledgment and discussion of pressing social justice matters such as racism and intersectionality.
- Collaborated with a diverse team to conceptualize, plan, and execute impactful events aimed at raising awareness about systemic racism and encouraging campus-wide discussion and engagement.

- Established strong partnerships with student organizations, faculty, and community stakeholders, fostering collaborative relationships to amplify our efforts and create a wider network of support for antiracist initiatives.

### **Honors Equity Team | University of Wisconsin, Milwaukee**

#### **Core team member**

**January 2021 – August 2022**

- Actively working towards eliminating systemic racism in the Honors College and making the community a more radically welcoming place for all.
- Tasks include attending meetings, organizing events, serving as peer mentors, participating in panels with high school students, and making connections with the larger community (such as those living in the Milwaukee 53206 area).
- I participated as a panelist in engagements with high school students, sharing personal experiences and insights on overcoming racial barriers and navigating higher education to inspire and empower future generations.
- Collaborated with other campus organizations and stakeholders, forging partnerships to amplify efforts to address systemic racism and create a more inclusive community across various campus platforms.

### **Service Trip | New Orleans, LA**

**March 2022**

- I participated in a highly impactful week-long service trip to New Orleans, contributing over 2,500 service hours alongside a dedicated team.
- We partnered with HandsOn New Orleans, a local non-profit organization, to coordinate and execute various service projects aimed at supporting the community's restoration efforts.
- Played a key role in bundling dead Christmas trees as part of the restoration efforts in Bayou Sauvage, working alongside federal troops to support the preservation of this vital ecosystem.
- Quantified the impact of the service trip, with over 2,500 service hours provided, resulting in a significant value impact of over \$75,000 to the community.
- Developed strong teamwork and communication skills through daily collaboration and coordination with fellow volunteers, community members, and project leaders.

## **WORK EXPERIENCE**

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### **Diversity , Equity and Inclusion, Intern**

#### **Employment Resources Inc., Madison, WI**

**September 2023- December 2023**

- I work collaboratively with the ERI Diversity, Equity and Inclusion Team to develop, implement and evaluate continued efforts at ERI to help us achieve the goal of celebrating diversity, equity, and inclusion in the staff, communities, and the people we serve. The company provides employment opportunities to people with disabilities.
- Responsibilities included development and implementation of a DEI plan, increased knowledge of the various programs and services offered by ERI, and professional development support in the form of informational interviews with staff, feedback on resumes, networking opportunities, access to meetings and events
- Conducting outreach and collaboration with community partners who reach a more diverse candidate base.

### **Notetaker**

#### **McBurney Disability Resource center, UW-Madison**

**October 2022 - December 2022**

- Assist students who require accommodation, enhancing accessibility across classes and the campus.
- I recorded and transcribed lectures and discussions accurately, in a timely manner, and with 95% accuracy during 60 hours of notetaking.

- Implemented timely transcription services to ensure that all students, including those with specific needs, had access to comprehensive course materials.
- Played a crucial role in enhancing communication between students with additional needs and instructors, facilitating a more inclusive learning environment.
- I attended training sessions to stay updated on best practices and emerging technologies in accessibility services, contributing to the continuous improvement of support systems for students.

## **Intern**

**March- July 2020**

### **Youth for Mental Health, Delhi, India**

- Engaged in an immersive internship program with a focused emphasis on comprehending diverse facets within the field of psychology and acquiring essential skills requisite for success within the discipline.
- I participated in a series of workshops, accumulating a total of 40 hours, and conducted virtual field visits to enhance practical insights.
- Additionally, completed a 20-hour Specialized Skill Development training program strategically designed to provide an experiential and practical learning experience grounded in the foundational principles of behavior identification and exploration.
- Formulated and executed an intervention strategy dedicated to enhancing access to menstrual health care services in economically disadvantaged regions of India. Concurrently, developed and conducted workshops addressing societal stigmas associated with menstrual health, aiming to foster awareness and education surrounding these issues.

## **PROJECTS**

### **Moody Park Clean-up | Milwaukee, WI**

**October 2021-March 2023**

- Collaborated with 10th District Milwaukee County Supervisor Priscilla Coggs in organizing and executing a successful community clean-up initiative, aimed at improving the overall appearance and perception of the community.
- mobilized a diverse group of community volunteers, engaging residents, local businesses, and community organizations to actively participate in the clean-up event, fostering a collective sense of pride and ownership.
- Led a team of volunteers in conducting a thorough clean-up of public spaces, parks, streets, and other communal areas, removing litter, debris, and graffiti to create a cleaner and more inviting environment.
- Actively engaged with community members during the clean-up event, fostering a sense of unity and encouraging dialogue about the importance of maintaining a clean community for the well-being and perception of its residents.

### **“Let’s Talk About” series**

**January 2022- August 2022**

- Spearheaded the organization and coordination of a biweekly series called "Let's Talk About," designed to foster dialogue and raise awareness about pressing social justice and DEI issues on campus.
- Developed a comprehensive schedule of sessions that explored topics such as medical racism, the social construction of race, housing discrimination, and other pertinent subjects relevant to DEI.
- Collaborated with student organizations, faculty members, and experts in the field to secure engaging and knowledgeable speakers for each session, ensuring a diverse range of perspectives and expertise.
- Facilitated sessions by leading discussions, promoting an inclusive and respectful environment that encouraged active participation and diverse viewpoints.

### **People’s Independence Day: Fight for Our Rights, Repeal WI Abortion Ban! | Milwaukee, July 4th, 2022**

- Demonstrated commitment to social justice by actively participating in a peaceful protest advocating for abortion access and reproductive rights.
- Engaged in effective grassroots organizing by attending the protest and contributing to the amplification of voices calling for change.

- Collaborated with like-minded individuals and community organizations to raise awareness about the importance of reproductive rights.
- Demonstrated leadership by volunteering to assist with logistics and crowd management during the protest, ensuring a safe and organized event.
- Developed problem-solving abilities by adapting to unexpected situations during the protest, promoting peaceful resolution and de-escalation.
- Actively contributed to the dissemination of information about the protest through social media platforms, raising awareness among a broader audience.