

# ALMA A. MANZO

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## Education

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**Arizona State University** Fall 2017 - Spring 2021

**College of Liberal Arts and Sciences**

**New American University Scholarship**

Tempe, AZ

Bachelor of Science: Psychology

Bachelor of Science: Neuroscience

Anticipated graduation: May 2021

Cumulative GPA: 3.66

**Arizona State University** Fall 2021 - Present

**Edson College of Nursing and Healthcare Innovation, PhD**

Phoenix, AZ

## Research Experience

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**Graduate Research Assistant** Fall 2021 - Present

**Arizona State University**

Phoenix, AZ

Mentor: Dr. David W. Coon, Ph.D., Director of Center for Innovation in Healthy & Resilient Aging, Associate Dean & Professor

- As graduate research assistant I have observed EPIC Booster Sessions, the SmartCare program, Spanish CarePRO Screenings and Spanish CarePRO Programs (Wave 1 & 2)
- Care Partners Reaching Out Virtual Spanish (CarePRO-VS) is a five-week program that focuses on reinforcing home practice and healthy coping strategies for caregivers of people living with Alzheimer's or other related dementia via Zoom. All caregivers are Spanish speaking Latino caregivers.
- Early-Stage Partners in Care (EPIC) is a program that helps foster communication between the early-stage care recipient (with dementia) and care partner
  - EPIC Booster Session is an extra group session that focuses on a topic that is of recent concern and provides advice in certain situations for care partners and care recipients in the context of living with dementia
- SmartCare is a web-based focus group for care partners to talk about the ways they stay in touch with family and friends using electronic devices and social media

## Skills

- Learning the process and rigor of multicomponent interventions
- Analyzing data in SPSS
- Learning recruitment strategies for Latino populations

## Goals

- Continue teaching mindfulness based strategies to Latino caregivers of people living with Alzheimer’s disease or other related dementias
- Submit manuscript for narrative review related to the experiences of Latino caregivers of people with Alzheimer’s disease or other related dementias by August 2023

**Research Practicum**

Fall 2022 - Present

**Arizona State University**

Phoenix, AZ

Practicum Mentor: Fiorella L. Carlos Chavez., Assistant Professor

- For three credits (9 hours/week), Edson College places graduate students with a professor to complete a research practicum and I was placed with Dr. Chavez, whose research focus is on the implications of culture, family and work-life related stressors on Latino migrant youth’ well-being.
- This semester and last semester I have been working on the research project ‘Migrant Youth Project Part I’, which is a manuscript Dr. Chavez has previously submitted using preliminary data. I will be the second coder for this project. This data is from Latino migrant youth working in agriculture that Dr. Chavez interviewed in 2016. All interview transcripts we are working on are in Spanish.

**Skills**

- Trained in NVivo 12 Qualitative Software
- Learning the steps of thematic analysis and qualitative coding
- Learning the manuscript submission process

**Goals**

- Submit the final results section for the ‘Migrant Youth Project Part I’ manuscript by May 2023

**Poster Presentations**

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**Western Alliance to Expand Student Opportunities (WAESO)** 03/2021

**Undergraduate Student Research Conference \*Online\***

Poster Presentation: “Women, Estrogen and Alzheimer’s Disease”

Attended the WAESO Arizona 14th Annual Student Research Conference

**Arizona Alzheimer's Consortium 2022 Annual Conference** 09/22/22

Co-Presenter Poster Presentation: “CarePRO Spanish: A Virtual Intervention for the Latino Community”

Co-presented on the intervention CarePRO Virtual Spanish at the Alzheimer’s Consortium conference. This presentation included the feasibility and acceptability of this intervention on 25 Spanish-speaking Latina caregivers of people with Alzheimer’s disease or other related dementias.

**Edson College of Nursing and Healthcare Innovation Research Scholars' Day** 01/09/23

Phoenix, AZ.

**Manzo, A. A.,** Carlos Chavez, F. L. What Keeps Them Going? Using A Resilience Based Approach to Understand Unaccompanied Latino Migrant Youth in U.S. Farm Work. (Poster Presentation)

### **Society of Behavioral Medicine Conference**

04/27/23

Phoenix, AZ

**Manzo, A. A.,** Carlos Chavez, F. L. *Give It Your All: Using A Resilience Framework to Better Understand Unaccompanied Latino Migrant Youth in U.S. Agriculture.* (Accepted)

### **Alzheimer's Association International Conference**

07/2023

Online

**Manzo, A. A.,** David W. Coon, PhD, Maria S Gonzalez, Allison Glinka, Berta Carbajal and Abigail Gómez-Morales, PhD. Incorporating Mindfulness Based Strategies in CarePRO-Virtual Spanish (CarePRO-VS): A Multicomponent Intervention for the Latino Community. (Submitted)

## **Accreditation & Certification**

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CITI Training

- **Responsible Conduct of Research (RCR) Phase II**
- **IRB – Social & Behavioral Research (Group 2)**
  - Expiration: Sep. 2, 2026

## **Qualitative & Quantitative Softwares**

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**SPSS** (*Proficient*)

- NUR 617 Foundations in Science Fall 2021
- NUR 609 Quantitative Research Methods Spring 2022
- PSY 531 Multiple Regression Fall 2023
- CarePRO-VS Data (Dr. David Coon) Fall 2021 - Present

**NVivo** (*Proficient*)

- NVivo Qualitative Data Analysis Training Fall 2022
- NUR 608 Qualitative Research Design Methods Fall 2022
- Migrant Youth Project Part I (Dr. Fiorella L. Carlos Chavez) Fall 2022 - Present

## **Teaching Assistant Experience & Relevant Work**

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**Undergraduate Teaching Assistant**

Spring 2020 - Fall 2020

**Arizona State University**

Tempe, AZ

Lecturer: Dr. Eevin Jennings, Ph.D.

Class: Neuroanatomy (PSY 426)

- Graded quizzes and exams for all Neuroanatomy students
- Held exam reviews and answered any questions students had regarding the class
- Provided Dr. Jennings with insight on the perspective of a student
- Took on additional responsibilities to ensure student success and motivation by holding extra exam reviews and explaining previous materials before class

**Life Enrichment Manager**

09/2020 - 06/2021

**Sunrise Senior Living**

Gilbert, AZ

- Provided a supplemental experience for residents on the reminiscence floor
- Encouraged residents with Alzheimer's, dementia, and other mild cognitive impairments to participate in enriching activities such as: puzzles, dancing, singing, arts and crafts

**Volunteer Work**

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**Greeter/Data Entry**

05/2018 - 01/2019

**AZCEND**

Chandler, AZ

- Volunteered at a foodbank where people sign in to get help for financial needs, food, or job searches
- Managed and facilitated collection of information into the online system
- Ensured people of various cultures received the food and other assistance they needed

**Support Staff**

Summer 2018 & 2019

**Swift Youth Foundation**

Prescott, AZ

- Led the activities for the campers at a non-profit organization that plans a week-long camping event for children from Title I schools in Phoenix

**Mentor**

09/2018 - 09/2019

**Future For Kids**

Tempe, AZ

- Mentored kids who undergo adverse childhood experiences by traveling to a Boys and Girls Club and teaching their assigned kids the six pillars of characteristics through after-school activities
- Participated in sports events held by college athletes such as teaching basketball (Arizona State University) and soccer (Grand Canyon University) throughout the year

**Volunteer**

03/2019

**ASU Brain Fair for Children**

Tempe, AZ

- Ran programs teaching third graders about the brain and what it is like to be a scientist with Heather Bimonte-Nelson's laboratory, inviting third graders from local Title I schools to ASU annually.
- Provided the children with hands-on experiences and showcased a real human brain
- Taught students how to make clay brain models as well as pipe cleaner neurons

**Volunteer** 02/2019 & 02/2020  
**ASU Open Door**  
Tempe, AZ

- Provided a behind the scenes view of research labs and different psychology programs at ASU Department of Psychology for children and adults of all ages
- Taught the public, from children to adults, about structures of the brain while showcasing a real human brain at the Brain Investigation Station
- Engaged in fun activities such as making clay brains, where children and adults learn more about the science of psychology

**Founder, President, and Project Leader** 05/2019 & 05/2020  
**for Woodside Community Action Grant**  
**Swift University**  
Tempe, AZ

- Founded Swift University, a program that emphasizes college and provides fun college-major based activities to children at the Boys & Girls Club, at ASU
- Mentored over sixty elementary and middle school aged students about the importance of education through activities including clay brain models, slime, static electricity relay races, and learning how to write a letter

**Community Educator / Volunteer** 05/2022 - Present  
**Alzheimer's Association, Desert Southwest Chapter**  
Phoenix, AZ / Online

- As a community educator I deliver presentations using the Alzheimer's Association materials to cover topics on Alzheimer's disease and other related dementias (i.e. 10 warning signs of Alzheimer's disease).
- This is a public speaking opportunity to help raise awareness, provide education and expand the knowledge of Alzheimer's disease to the Arizona community, via online webinars. We are in the process of distributing this online educational webinar to Spanish-speaking communities as well.

## **Campus Organizations & Clubs**

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**Member and Volunteer** 05/2018 - 05/2019  
**Planned Parenthood at ASU**  
Tempe, AZ

- Members help with registering people to vote, sign petitions, and make others aware of Planned Parenthood and the great resources it provides. Planned Parenthood at ASU is starting a campaign on menstrual equity to provide menstrual and contraceptive products for students at ASU.

**Vice President and Volunteer** 02/2018 - 12/2019  
**Project Sunshine at ASU**  
Tempe, AZ

- Volunteers go to the Phoenix Children’s Hospital and make crafts with the hospitalized children to bring a little sunshine and relief into their day. I was Vice President; therefore, I led meetings, coordinated volunteer sessions, drove people to Phoenix Children’s Hospital, and answered any questions volunteers had.

**SPARKS Ambassador** 08/2019 - 05/2021  
**SPARKS (Students Providing Awareness Resources & Knowledge to Start College)**  
 Tempe, AZ

- Members of the organization promote higher education to K-12 students by sharing college experiences, scholarship opportunities, and insight on career goals. SPARKS teaches individual leadership skills and communication.

**Member and Volunteer**  
**LGBTQIA+ Interactions Club at ASU** 08/2020 - 05/2021  
 Tempe, AZ

- Members of this club volunteer for organizations that are geared towards the homeless and underserved LGBTQIA+ community. Members will attend demonstrations, provide supplies, resources, and more to help the community. Due to COVID-19 restrictions, recent meetings included members of the community discussing their experiences and the type of volunteer work they will perform when safe.

**Founder/President** 10/2018 - 05/2021  
**Swift Club at ASU**  
 Tempe, AZ

- Members of this club serve Title I students at Crockett, Brunson Lee, and Palomino Elementary Schools. College students attend these after-school programs every week to mentor the 1st-6th grade students and oversee engaging activities. Other volunteer programs are Swift Saturdays and the Swift Carnival which establishes a greater connection with the volunteers and students on the weekends.

**GSA ADRD Interest Journal Club \*Online\*** 09/2021-01/2022

- The Alzheimer's disease and related dementias (ADRD) Journal Club through the Gerontological Society of America club is a transdisciplinary focus on ADRD topics from research, clinical, and policy perspectives. It is an opportunity for learning, growing, and connecting with others in the ADRD field. Meetings are once monthly to read and discuss relevant research and seek ways to collaborate on papers and grants.

**Assembly Member for Edson College** 05/2022-Present  
**Wellness Committee Co-Chair** 08/2022-05/2023  
 Arizona State University

- As an assembly member I serve on the Wellness and Downtown ASU committees, attend monthly assembly meetings, maintain communication with students and staff at the Edson College and create events for graduate students across campuses. I, as an assembly member, serve as a conduit between departments, programs, and GPSA to improve the graduate student experience.

## Foreign Language

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### Spanish (*Fluent*)

AP Caminos - Chandler High School 2015-2016  
Advanced Spanish I Bilinguals - Arizona State University Fall 2020  
Advanced Spanish II Bilinguals - Arizona State University Spring 2021

## Honors & Awards

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**New American University Scholarship** Fall 2017- Spring 2021  
Arizona State University  
College of Liberal Arts and Sciences  
Scholarship of \$1,500 a semester

**ASU Dean's List** Fall 2018- Spring 2021  
Arizona State University  
College of Liberal Arts and Sciences  
Outstanding Scholar

**Pitchfork Award** 04/2020

**Changemaker Award for Group Service**  
For Swift Club at ASU  
Recognizes distinguished ASU Sun Devils who demonstrate personal and organizational leadership, collaboration and commitment to better the ASU community

**Woodside Community Action Grant** 2019 & 2020  
**From ChangeMaker ASU**  
For Swift Club at ASU  
Wrote grant and received \$2,350 within two years

**Devils Unite Grant** 03/2020  
**From ChangeMaker ASU**  
For Swift Club at ASU  
Wrote a grant for a project that taught sustainability to children in Title I schools and received \$500

**Student Resilience Award** 04/2020  
**SPARKS Ambassador**  
**(Students Providing Awareness Resources & Knowledge to Start College)**  
Received \$600 for COVID-19 relief

**Western Alliance to Expand Student Opportunities (WAESO) Award** 01/2020-05/2021  
Arizona State University  
PI: Dr. Heather Bimonte-Nelson

Behavioral Neuroscience of Memory & Aging Laboratory  
Scholarship of \$2,500 to promote opportunities for minority students in STEM research

**Western Alliance to Expand Student Opportunities (WAESO)** 03/2021  
**Undergraduate Student Research Conference (virtual)**  
Third Place award for research poster presentation “Women, Estrogen and Alzheimer’s Disease”

**Sun Devil Welcome x Honorary Speaker** 08/2021  
**“Swift University” Project**  
Recipients of the Woodside Grant are invited to speak to over 10,000 ASU freshmen to talk about our stories and how we created the innovative project that has made an impact on the community

**Research Assistantship Scholarship** 05/ 2021-Present  
**Arizona State University**  
Edson College of Nursing and Health Innovation  
Full tuition & stipend

**Career Development Grant – GPSA** 07/2022  
**Arizona State University**  
Received \$455 to get certified as a yoga instructor for my future research. Also as a way to safely hold yoga events for graduate students to promote wellness. As well as a way to implement what I have learned into my research for Latino caregivers of people with Alzheimer’s disease or other related dementias

**Assembly Member of the Year** 04/2023  
**Graduate & Professional Student Association (GPSA)**  
\$500 Award for outstanding work as an assembly member for GPSA



## References

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Arizona State University  
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