

MARYUM KHAN

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EDUCATION

Rutgers University, New Brunswick, NJ; Douglass Residential College (DRC) member

Bachelor of Arts; graduated May 2023

Major: Psychology (Honors); Minor: Political Science

Honors Thesis: Exploring The Role Of Daily Stressors As A Predictor Of Non-Suicidal Self Injury Among Adolescent Inpatients

HONORS

Honors Research Scholar, Psychology Honors Program (Spring 2023), Paul Robeson Scholar, William Mason Scholarship, awarded for being an outstanding student, displaying academic excellence and for avid community service (2019)

Psi Chi member (Rutgers chapter), the International Honor Society of Psychology

Academic Awards: Interdisciplinary Research Team Fellowship Semester Awards *Fall 2022 & Spring 2023*, John Abela Award for Excellence in Research in Clinical Psychology *Spring 2023*, Dean's List *Spring 2020, Fall 2020, Spring 2021, Fall 2021, Fall 2022, Spring 2023*

LEADERSHIP / ACTIVITIES

- ★ Muslim Public Relations Council (MPRC) – *Event Planning Chair / previous Event Coordinator and Survey Committee Member '20 – '22*
 - Plan events for MPRC, which is a way to foster a safe and comfortable environment for Muslim students on campus by encouraging student groups to work together and to promote educational initiatives regarding misinformation on Islam and the Muslim identity
 - Hopes to educate and inform the larger community and local authorities about the rights of Muslims and through active communication between its coalition organizations and interface with Rutgers' administration.
 - Identify and find resolutions for issues that plague the Muslim community at Rutgers with event planning team

- ★ Rutgers United Blood Initiative (UBI) - *Vice President / previous Chair of Campus Outreach '20 - Spring '23*
 - Lead UBI with Co-Presidents and manage eboard
 - Lead a committee to collaborate with nearby campus directors from other colleges to plan jointevents, contact high profile staff to pave the way for later events, coordinate with center president to find out when centers need campus blood drives, coordinate RSO-fairs and signing up for them
 - Part of nationwide platform to encourage youth blood donors to donate, to raise advocacy and educate others pertaining to blood donation, and actively working to revitalize local blood centers
 - Collaborating with Robert Wood Johnson Hospital and currently working with team to establish chapter at the Rutgers University New Brunswick campus

- ★ Rutgers Amnesty International – *External PR Chair / previous Community and Partnerships Chair '20 - '22*
 - Responsible for building partnerships within Rutgers and the surrounding community to encourage advocacy and service
 - During COVID times, talking to organizations around Rutgers and working with the Rutgers One Liaison to figure out pressing needs in the community
 - Actively participate and take charge in various issues prevalent in our community
 - Communicate with others to sign petitions, educate ourselves on a variety of political issues that pervade society and push people in positions of authority to make imperative changes regarding issues like racism, poverty, healthcare, and education

- ★ Together Not Alone - *Co-Events Coordinator '20 - Spring '23*
 - Organization that promotes mental health and reaches out to the community to raise awareness and diminish stigma
 - Co-events coordinator in planning events, executing them, and ensuring logistics is properly managed

- ★ NJ Youth Leaders in Medicine - *Networking Director '20 - '21*
 - Work alongside 4 other people in that team & the volunteering team to gather volunteer opportunities for the members; the networking team also tries to find medical professionals to do Instagram lives on our page so that our members can get virtual shadowing hours

- ★ Rutgers Partner In Health (PIH) - *Advocacy Intern '20 – '22*
 - Interning to spearhead the advocacy team's efforts to contribute to policy change
 - Helping to oversee call-ins, meetings with members of congress (for example, having a call with the team of Senator Booker)
 - Educate by hosting discussion groups and public lectures about the right to health
 - Advocate for global and domestic policies that further the right to health
 - Demand the right to health be protected for all people everywhere

- ★ One Health Club '20 – '21
 - Initiative to forge co-equal collaborations between all health disciplines

VOLUNTEER EXPERIENCE

- ★ Muslim Student Association HOPE Team '20 - *Spring '23*
 - A representative of the Muslim Student Association, and responsible for planning charity events with the team and raising money for charities throughout the year
 - Have helped raise over \$40,000 every year via different events and an Art Gala held for a multitude of charities targeting impoverished areas around the world, be it for well-building, shelters for the domestically abused, emergency relief, etc
 - Have MC'd at multiple events

- ★ Students for Justice in Palestine '21 - '22
 - Concerned with social, political, cultural and human rights issues throughout Palestine

- Will shed light on injustices currently taking place in Palestine, as well as empower students to elucidate truths and eradicate such injustice
- Organize according to democratic principles in order to promote justice, human rights, liberation, and self determination for the Palestinian people
- Dedicated to raising awareness through education by means of guest speakers, forums for uncensored discussion, and various forms of artistic expression – work with groups within and outside Rutgers since the marginalized Palestinian community is a concern to all peoples

★ Rutgers New Brunswick Virtual Teaching and Tutoring Team '20 – '21

- Selected to be a part of the Rutgers New Brunswick VTT team to further execute the cause of VTT, which is to virtually tutor K-12 graders through 15-30 minute lessons
- Collaborating to create virtual educational content across all disciplines (i.e., math, English, language, etc.) for schools in need of assistance with lesson delivery and/ or enrichment during the current pandemic within America and internationally
- Teach classes to students, lately pertaining to Math and Social Studies
- Taught a short Creative Writing course to elementary/middle schoolers through collaboration with the US Dream Academy, a nonprofit that empowers children most at risk of incarceration (in high crime and high poverty communities) and to believe in themselves and to succeed

★ Grassroots Law Project (GLP) - *Student Lead '20 - '21*

- GLP organizes legal expertise to radically transform policing and justice in America by holding police accountable for their actions and responding to the crisis of racial violence
- Responsible for leading students and guiding them in the right direction to take initiative; as student-lead, represent Rutgers University on the international level

★ MIST New Jersey - *Programs Coordinator '21-'22 / Competitions Coordinator '20-'21*

- MIST offers a fun, educational, interactive program of competitions and workshops geared towards bringing Muslim and Non-Muslim high school students together from around the nation to develop leadership, communication, and other creative skills, all while gaining a deeper understanding of Islam and Muslims
 - My positions required being in charge of certain programs and my position the previous year required being in charge of certain competitions
 - MIST NJ did so well that we were co-hosts for MIST nationals where we were responsible for around 400 adolescents
 - Volunteered for MIST Nationals

★ Charity Week: For Orphans and Needy Children - *Events Head '22 - Present (Regional NJ team) / previous Ambassador '21-'22*

- 100% volunteer led campaign of Islamic Relief; raises money for Orphans & Needy Children for one week a year – operates internationally
- Aims to inspire young people to become active, socially engaged and united upon our shared Islamic and humanitarian values
- Event Head
 - Lead events for the NJ team
- Previous Ambassador '22-'23
 - Ambassadors sell the vision of unity to their friends, family, institutions and communities and take what we learn in CW and use it to level up their communities, institutions, friends and the

- world around them.
- Have MC'd at multiple events

INTERNSHIP EXPERIENCE

- ★ Clinical Psychiatry Internship for e-credit with Dr. Anthony Tobia *Spring '20*
 - Internship with Dr. Anthony Tobia, Department of Psychiatry at Rutgers Robert Wood Johnson Medical School
 - Coordinate weekly small group sessions (Zoom) to address all questions and comments from the prior week's clinical and educational sessions, to set the agenda for the following week (assigned films, etc.)
 - Observe and participate in several unique, weekly faculty-facilitated didactics to discuss observations on the assigned material from a biopsychosocial perspective and to meet stated objectives
- ★ Council on American Islamic Relations (CAIR) - *Youth Development Coordinator for CAIR NJ (Intern) Summer '21*
 - The Council on American-Islamic Relations (CAIR) is a grassroots civil rights and advocacy group. CAIR is America's largest Islamic civil liberties group
 - CAIR has worked to promote a positive image of Islam and Muslims in America. CAIR-NJ puts forth an Islamic perspective to ensure the Muslim voice is represented. In offering this perspective, CAIR-NJ seeks to empower the American Muslim community and encourage their participation in political and social activism.
 - Responsible for creating program aimed towards recruiting youth to advocate for Muslim rights in public high schools (Eid holiday off, prayer in schools, halal meals, etc)
- ★ Civic Engagement and Service Education Partnership (CESEP) *Spring '22*
 - Placement through Rutgers' Collaborative Center for Community-Based Research and Service that is associated with an Acelero/PRAB/RUPCDC/Millhill placement. It is also associated with the Community Psychology and Mental Health, Atypical Child and Adolescent Development, and Infant and Child Development courses
 - Purpose of the recitations is to provide students with a format to reflect on the work they are doing at their placements and to find deeper meaning in their contributions to the community
 - Worked 30 hours at Rutgers Psychology Child Development Center (RUPCDC) placement with children aged 1-2 years old
 - Experience granted me an extremely close opportunity to work with children, to obtain an idea of who they are, what their needs are, etc

CLINICAL EXPERIENCE

- ★ EMT-B License and BLS (CPR) – (IN TRAINING) *Present*
 - Organization: Yeshiva University EMS Club/AuraPrep
 - Department: NYS Department of Health and National Registry EMT (NREMT) recognized
- ★ Virtual Clinical Shadowing *Summer '2020*
 - Dr. Naqvi's virtual rounds
 - To gain experience in clinical medicine during pandemic, participated in these rounds; would work in our assigned Rounding Teams to develop differential diagnoses for an assortment of chief complaints and then come together to round on prepared simulated cases. These virtual morning report sessions allowed me to learn how doctors narrow down their differential diagnoses and I learned the principles of medical decision making. I hope to use these principles to connect the basic sciences I will learn in medical school to their clinical applications and become a better clinician.

★ Mother's Touch App and Women's Health Institute Intern at Robert Wood Johnson Medical School -
Community Outreach Coordinator and Advertisement and Advocacy team member

Summer '21 - Fall '21

- App is powered by a team of diverse Rutgers Undergraduate women from Douglass Residential College and / or the Honors College who are working together to construct this free maternal health education app to centralize on the subject of maternal health and reduce maternal mortality
 - We utilize skills spanning from finding research content to actual coding
 - Function as one of the Community Outreach coordinators and we will work with health related organizations that relate to using the app, collaborate with them to create strategies for reaching more people, determine how to integrate into their organization, and ideally gain more people to try using the Mother's Touch App
 - Function as part of the Advertisement and Advocacy team as well and worked with the team throughout the semester
- By fostering an open environment, we fuse our perspectives on maternal health, COVID-19, and innovation

★ Tobacco Quitting Barrier Survey (TBS Study) and Screen NJ Survey through Robert Wood Johnson Medical School - *Researcher (Surveyor and Data Collector)*

Spring '22

- Recruited to initiate a connected phone survey made by the Research Coordinator for the Department of Psychiatry at RWJ created to ask participants about barriers to cancer screening
 - Make phone calls to participants and follow a scripted set of questions based on certain criteria followed up by mailing the gift card incentives to the participants
 - Collecting data and inputting it into our spreadsheet

★ "Exploring the Role of Daily Stressors As a Predictor of Non-Suicidal Self Injury (NSSI) Among Adolescent Inpatients" - *Psychology Honors Major Proposal*

Fall '22 - Spring '23

- Worked with Kleiman lab at Rutgers University to determine whether it is a "piling up" of stressors over a duration that lead one to NSSI, ideating about suicide, or indulging in self harm (the hypothesis)
- Determined the effect of life events leading to NSSI; determined the event type that will moderate the association between occurrence of stressor and occurrence of NSSI (the hypothesis)
- Work conducted via data drawn through daily diaries from 118 adolescents hospitalized for suicide risk at Franciscan Children's Hospital in Brighton, Massachusetts
 - Undergraduates were not permitted to collect this data due to the complex and intrusive nature of the work
- Using the data, a secondary analysis will be conducted through multilevel logistic regressions to create models to compare whether the (1) "piling up" of various stressors (i.e., the sum of stressors over the past five days) or (2) the occurrence of stressors over the past day is a more accurate predictor of NSSI on the current day
- Received multiple awards and designations
 - Awarded John R. Z. Abela Award – For Excellence in Research in Clinical Psychology given to the Psychology honors major with the strongest record in empirical research in clinical psychology and received \$200 award
 - Honored with a Paul Robeson Scholar designation, having successfully defended a senior thesis

RESEARCH EXPERIENCE

- ★ Research Assistant for the Social Perception Lab (SPL) (for credit) *Summer '20 - Spring '21*
 - Under guidance of Dr. Lee Jussim
 - Nearly all the lab's research addresses how people think about, understand, judge, evaluate, and perceive other people
 - Will be either involved with:
 - Identifying when, how, and how much stereotypes influence how people perceive individuals from the stereotyped group.
 - Projects on science reform and political biases in academia
 - RA role involved reading and reporting on psychology research articles, interviewing, running experimental sessions, and/or coding and analyzing data plus a final paper required at the end of the second semester

- ★ Research Assistant for the Social-Emotional and Character Development (SECD) Lab (for credit) *Spring '21 - Spring '23*
 - Under guidance of Dr. Maurice Elias
 - Work with over 1,000 schools in the United States and internationally, we have learned how to inspire and support others in implementing social-emotional and character competence and improving school culture and climate.
 - SECD is the key to student engagement, vital, healthy thriving, civil discourse, bullying and violence reduction, prevention of drug and alcohol abuse, preparation for citizenship in a democracy, and increased motivation for learning and creativity
 - Am part of the Youth Nation team, through which we work towards students articulating their opinions and expressing themselves via blogging (or other mediums that we are introducing)

- ★ Interdisciplinary Research Team Fellowship Program *Spring '22 - Spring '23*
 - Supports interdisciplinary projects that expand traditional notions of research through collaborative work
 - My team's focus: "A Qualitative Approach to Developing a Special Needs Targeted Framework for SEL Implementation in New Jersey Middle School Mental Health Curricula" under supervision of Dr. Maurice Elias
 - - Research project focuses primarily on awareness and increasing youth exposure to critical mental health topics in middle schools, specifically for the special education community
 - Believe that this endeavor would be impactful in empowering special education youth with important mental health knowledge, especially during such a critical age when kids are just beginning to figure out their own place in the world
 - Hope to develop an effective, culturally-sensitive supplementary curriculum for special education middle-school-aged youth that is tailored to their circumstances.
 - Curriculum will focus on educating early adolescents about critical mental health issues like compassion fatigue, grief, body image, academic stress and burnout, mental health stigma, hustle-culture, loneliness, mindfulness, healthy relationships and more.
 - Team created a poster to be presented at a campus poster session in May 2023, a 3-5 page learning reflection, a one paragraph career narrative, and project timeline that outlines the major due dates, benchmarks and team delegation strategies
 - In support of academic success and our commitment to interdisciplinary scholarship, fellows receive a \$750 per semester award

PRESENTATIONS

★ 2023 Honors Poster Presentation

Spring '23

- Presented Honors Thesis “Exploring The Role Of Daily Stressors As A Predictor Of Non-Suicidal Self Injury Among Adolescent Inpatients”

★ 2023 Interdisciplinary Research Team Poster & Presentation

Spring '23

- Poster pertaining to the “Mental Health Curriculum for Special Education Early Adolescents in Middle Schools,” along with associated colleagues

JOB EXPERIENCE

★ Douglass Welcoming Ambassadors - *PR Chair*

'19 - Spring '23

- Work closely with staff at Douglass Residential College to plan and implement orientation activities for new students and their families during the fall convocation and Welcome Days program. As ambassadors of school spirit and armed with helpful information for new students, DWA members play a key role in helping new students experience a smooth transition to Douglass and Rutgers. DWA members enhance their leadership skills as they serve as role models and work with each other and university staff to plan programs
 - 2-3 hours a month
- Function as PR for the organization

SKILLS

Pipetting, Serial Dilution, PCR, Gel Electrophoresis, LabQuest, SpectroVis, various WQI probes, DNA Sequencing, Vortex Mixer, Microsoft Excel, Verbal/nonverbal communication, Leadership, Initiating, Planning, Negotiating, Group collaboration, Active Listening, Setting goals, Multi-tasking, Public speaking, Persuading, Risk-taking, Decision-making, Quick learner

Fluent in English, Urdu, Hindi; learning ASL and Arabic